

# American Home

## Special Budget Issue to Help You Fight Inflation

Cost-cutting dishes & wines • remodelings • housing • decorating • lighting • heating • home maintenance

## 6 Timeless "Antiques" to Make & Treasure

Dollar-Wise Tips from Consumer Expert Virginia Knauer

## 9 No-Cost & Low-Cost Ways to Burglar-Proof Your House

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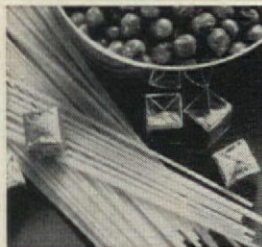
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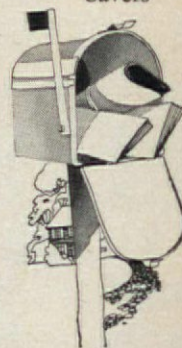
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## Can I Really Look Younger at My Age?

The happy answer is yes, you can, even if you've already reached the age when you won't admit the date on your birth certificate. True, each day your mirror can reveal unmistakable signs of looking older. Yet you may still achieve your own most radiantly youthful potential.

Women in all parts of the world, living in a variety of different climates, have faced the problem of looking old sooner than need be. A fortunate group knows the remarkable benefits of an unusual beauty fluid. Now share their secret. Join those younger-looking women who have experienced the beneficial results of faithful use of this skin-loving liquid. It is known in the United States as Oil of Olay beauty lotion, and is available at drugstores.

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# 7 dollar-wise ways you can whip inflation

By Virginia H. Knauer

Special Assistant to the President and Director, Office of Consumer Affairs



Inflation hurts all of us. That's why the President calls it our domestic public enemy number one. The federal government is taking decisive action to curb inflation's spiral, but some real belt-tightening by all of us—consumers as well as business and government—will be needed if we are to rout this enemy successfully. Here are some surefire inflation-fighting tips to arm you for "battle" where you can fight inflation best—in your home.

## ★1 A sound budget you can stick to makes a most effective weapon.

To tailor a budget to your family's needs takes planning plus some simple arithmetic: *First*, divide your total annual net income into 12 monthly installments. *Second*, divide all your fixed expenses—mortgage payments, property taxes, tuition, insurance premiums—into 12 monthly installments. (Include savings as a regular and unavoidable expense; it's the only way to guarantee that you will save regularly.) *Third*, subtract the fixed expenses from your net income and what's left you can use for day-to-day outlays—food, fuel, clothing—that you must juggle to maintain control over your spending.

When planning your budget, leave room for unexpected expenses such as auto repairs and medical bills. Most important, be realistic. Don't count on income you *might* get, and don't budget for hamburger if you buy steak. Your budget will work only if you are honest with yourself about how you spend money.

★2 **Watch your spending.** Avoid going into heavy debt by buying big items on credit. One way to do this is by keeping your present major goods and appliances in top condition. For example, proper maintenance of your car can insure that it will run well for years. If yours is truly an antique, however, and you need more reliable transportation, don't overlook the advantages of a recent-vintage used car.

★3 **Try to stretch your clothing dollar.** The key to being well dressed on a limited budget is a *coor-*

*dated color scheme.* Stay away from what I call "fad" fashions, which are likely to go out of style before you've worn them a handful of times. Instead, stick to basics—simple lines and solid colors—and add a few accessories to make last year's clothes look new.

Price should not be your only consideration in determining clothing value. To get the most for your money, read the care and fabric-content labels. If a fabric is not washable, consider dry-cleaning costs before you buy. Also, if a washable fabric is not Sanforized (1 percent shrinkage) or preshrunk (3 percent shrinkage), the garment may shrink out of size. In buying for children, look for clothing that will grow with the child. Stretch items are a boon. So are garments for toddlers made with special "grow" features, such as extra snaps and hidden hems you can pull down by removing a single thread.

## ★4 Conserve to keep energy costs down.

When cooking, use low heat for boiling; high heat won't cook vegetables any faster. Avoid opening the oven door while baking; every time you do, 20 percent of your heat is lost. Run your dishwasher only when you have a full load—and preferably in the morning or late evening when electricity demands are not so great.

Make sure your refrigerator is airtight to keep the cold in. Close the door on a piece of paper; if you can pull the paper out easily, you probably need new rubber gaskets around the door. And if your refrigerator is one that requires defrosting, be sure to defrost before the ice deposit is a half-inch thick. Ice acts as insulation and lessens cooling power.

## ★5 Become a "scientific" food shopper.

To get the most out of your food dollar, think first about nutrition. Before you shop, work up a list based upon a week's menus of balanced meals. Avoid impulse buying. Plan in advance and buy only what you need. Also, it's a good idea to eat before you shop. If you are hungry, you'll be more tempted to buy nonessential items—

such as cookies to eat on the way home.

Buy in volume, when possible. You can save significantly if you have enough freezer or storage space. Be sure to study the cost per pound or quart on unit-price labels, and weigh the cost of convenience foods. Time-savers can be expensive, and not all will save you very much time.

A good place to make your food dollar work harder is at the meat counter. To take advantage of the best meat buys, you must be aware of the many available cuts and how to use them. Remember, the economy of a cut depends on the amount of cooked lean meat it contains. Often the lowest price per pound is not the best buy; a more expensive cut with little or no waste may be more economical.

## ★6 For household goods, scour department stores for samples and clearance items.

Also, shop the warehouse sales and look for unadvertised specials—on pots and pans, small appliances and the like. January "white" sales are familiar events, but did you know that January is also a sale month for tires and major appliances? March is a good time to buy glassware and housewares. July is ripe for the purchase of storm windows, August, for garden equipment. Keep abreast of other specials by watching newspaper ads and talking to store managers.

## ★7 For furniture, think of what you can do with your present pieces.

Consider reupholstering your sofas and chairs or repainting or re-staining chests and cabinets. If you're handy at rehabilitating and repair, keep an eye out for garage sales.

When buying new finished pieces, be a label watcher. The Federal Trade Commission has issued stiff disclosure regulations to furniture manufacturers. They are now required to label any furniture made of a material that differs from what it appears to be (such as veneer). In addition, they must inform you of the country of origin, so you will know, for example, if that Danish modern bedroom set you have your heart set on actually comes from Grand Rapids, U.S.A.—or Taiwan.

These are seven areas where you can convert bold anti-inflation principles into positive actions—and also smooth out the wrinkles in your budget. But where your shrewdest tactics are needed most is in buying. By becoming a scientific shopper—not only for food, but also for furniture, services and every household need—you can play an important role in combating our domestic public enemy. I believe the fight is a crucial one . . . and *your* help is needed.



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## Common winter ailments and how to beat them

By Karen Cure

You don't have to be miserable this winter. Most cold-weather ailments can be stopped before they start if you get plenty of sleep, exercise and fresh air, and eat sensibly. But when colds, sore throats or frostbite do strike, you *can* take care of them yourself.

**All-over malaise of colds.** No doctor can do much more for these most prevalent winter miseries than you can do at home. Take two aspirin or similar mild analgesic every three or four hours, avoid strenuous activity and get plenty of rest (not necessarily in bed). If you smoke, stop. Drink plenty of liquids, since fever, runny nose and watery eyes tend to be dehydrating.

**Stuffy and runny noses.** Nasal de-

congestants containing phenylephrine hydrochloride in a ¼- to ½-percent water-base solution will help shrink membranes, permit sinus drainage and dry out runniness. If you use nose drops, rotate your head a bit so the liquid is well distributed. For either drop or spray form, take the dosage in two stages, waiting a few seconds for the first application to go to work before administering the second. If decongestants don't seem to be working, try breathing steam vapor—either from a vaporizer, facial sauna or homemade "steam bath" in the sink. Or try applications of heat over the sinus area. In any case, humidifying the air around you will make breathing more comfortable.

Use petroleum jelly on your Rudolph nose. And when you blow it, do so gently, so you don't force mucus into the sinus cavities or middle ear where it can cause infection.

**Sore throat.** The A-plus remedy is a hot salt-water gargle about four times a day. Mix half a teaspoon of salt in a glass of water as hot as you can stand it, gargle with your head tilted back, and don't swallow. Salt water, which resembles the body's natural fluids, helps flush away irritants and mucus; the warmth stimulates blood flow to the throat and marshals the body's own disease-fighting mechanisms in the area.

Gargles of molasses or corn syrup and hot water will certainly taste better, but they are a little less effective. Over-the-counter germicidal gargles are soothing. Apple-cider vinegar, hot water and honey make a good gargle that you can swallow, too; ditto hot lemonade sweetened with honey. Note: Always gargle *before* you use nose drops, so the gargle doesn't wash them away.

Call the doctor if a sore throat is accompanied by coughing, hoarseness, difficulty in breathing or a fever over 100 degrees, if the soreness has recurred several times or is severe, or if it lasts more than a week. All may be symptoms of more serious maladies.

**Fever.** If your temperature goes up a degree or so, watch carefully, take aspirin, go to bed and drink plenty of liquids.

**Coughs.** Though annoying, they may help clear your trachea and lower respiratory tract of secretions that could cause complications. An expectorant cough preparation will help the process.

If your coughing isn't bringing anything up, it's probably caused by an inflammation in the trachea or bronchi, and you may want a cough suppressant.

**Muscle aches.** Aspirin eases cold-connected aches, as will hot, steamy showers or hot tub soaks.

**Headaches.** Alleviate with aspirin or cold packs. Use a nasal decongestant for headaches related to clogged sinuses; use antihistamines for an allergy-related headache.

**Chapped skin and windburn.** An emollient cream will soothe chapped face and hands. An antichap-stick or any moisturizing lipstick will help lips. Protect your skin before you go outside: Slather on moisturizers. Wear gloves. Wear moisturizers day and night, and use a cleansing cream instead of soap. If you must use soap, get a superfatted variety or a soapless cleanser. Stay away from very hot or very cold water.

**Housewife's eczema.** This crusting and blistering, usually on the hands, begins with redness, scaliness and plain old dry skin. Prevent it by switching to a superfatted soap and using emollients

Not much is known about why people get colds. Someone with a strong, built-in immunity to the 200-odd cold-causing viruses might go all winter without illness, regardless of his health habits. Someone else who eats, drinks and sleeps properly will catch four or five colds in the same period. One person may come down with a cold when he lets himself get overtired; another won't be affected by fatigue. Immunity varies from person to person, and even from time to time within each person. There's just no telling how your body will act.

But you can't catch a cold unless you're exposed to the viruses. And you are most likely to meet them when you're close to a person who has a cold, or when you're in a crowded, overheated, badly ventilated room. (A schoolroom may be an example; that's why kids get colds so frequently during the winter months.)

## Practical ways to ward off annoying colds



Some cold viruses can live for up to three hours on counter tops, blankets, towels or the hand of a cold sufferer. The viruses get on *your* hands and when you rub your eyes or nose—two highly susceptible locales—they get into you. Other means of transmission include kissing, or drinking and eating from contaminated glasses and dishes. To make matters worse, the dry, heated air we all live with in the

winter dries out the mucus membranes so that they can't clean themselves properly.

Bearing these things in mind, you can still fight colds:

- Wash your hands frequently, particularly when you're around people with colds.
- Keep your hands away from your nose, eyes, mouth.
- Use paper cups and napkins or dishwasher-washed eating and drinking utensils, if possible.
- Greet your friends with a handshake instead of a peck on the cheek.
- Stay out of crowds when possible.
- Humidify at least your bedroom, or sleep with a vaporizer on.
- Eat and sleep properly, and get plenty of exercise.
- Dress warmly when you go outside.

That's the full prevention regime. If you follow it, you just *may* be able to fend off those viruses.

regularly. Wear rubber gloves when working with household cleansers and detergents. If you get eczema anyway, see a dermatologist.

**Winter itch.** See a dermatologist to get rid of this ugly red rash. To prevent it, be lavish with lotions, avoid soaps, use baby oil in your bath water, avoid extremely hot or cold water.

**Chilblains.** Youngsters commonly develop chilblains—painful bluish-red nodules on the feet—when melted snow or perspiration that has cooled gets trapped inside waterproof boots. Treatments are less effective than prevention: Coach your kids to come inside if they get snow or cold water inside their boots, then to warm their feet.

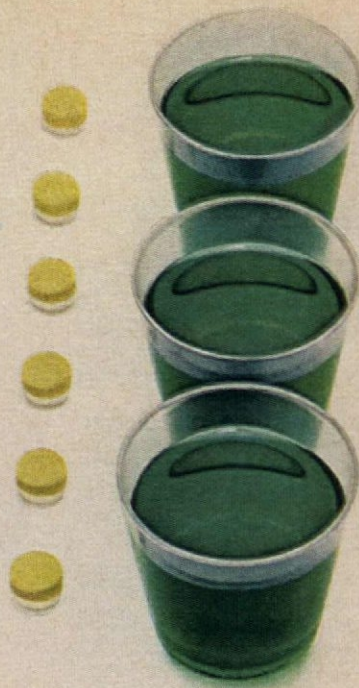
**Frostbite.** Signs of imminent frostbite are pain and flushed skin patched with white. If your skin later becomes numb, looks white or grayish yellow and feels hard on top but soft underneath, it's frostbitten. Get indoors immediately: The warmth of a room will make the pre-frostbite condition go away. Frostbite itself requires more care: Rewarm the affected area in a tub of warm water. Exercise the area after it's been warmed; don't massage it (and don't walk on frostbitten feet). Then cleanse the area with soap and water, rinse and blot dry, gently. Do not break blisters that develop; if fingers and toes are affected, separate with sterile gauze. Elevate frostbitten limbs, keep away from radiators and other heat sources. See a doctor.

**Earaches.** Frequently, earaches are caused by inflammation of the middle ear following a cold or by blowing the nose too vigorously. For pain, take aspirin and use ice packs; see a doctor.

**Flu.** Often you can't tell the difference between a bad cold and a light case of the flu. Neither can your doctor, without a series of tests that would probably outlast both diseases. In either case, minister to your symptoms—aches, malaise, fever, runny nose, headache—as detailed above. See a doctor if you feel worse after several days of flu, or if your symptoms don't go away, or if you have a "relapse." The latter may be a secondary bacterial infection.

**Serious symptoms.** Be on the lookout for warning signs: Call the doctor if you have a sudden, persistent or high fever, extreme prostration, headaches combined with difficulty in moving, shortness of breath, a pain in the chest, ears or sinuses; or if your cold doesn't go away or you are having real difficulty swallowing or breathing. (The latter is something you should especially watch for in young children, for croup is always a possibility.)

Whatever does go wrong, the development of serious complications becomes more likely if you haven't been taking good care of yourself. So take care! It's the best prevention.



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You've got the common cold.

You want to keep medication working in your system up to 12 continuous hours.

You'd need six cold tablets (two every four hours) or three ounces of the colds liquid (one every four hours) or just one Contac. For aches, coughs and fever, the others contain things not found in Contac.

Your cold. Your choice.



**Give your cold to Contac.<sup>®</sup>**

# Custom fit for any dress you make guaranteed on this precision adjusting form—or no cost!

## Aristocrat of Dress Forms

A professional precision adjustment form (DuPont Neoprene) gives body material great flexing and holding power.

- "dial" your measurements into size computer—clip lock—form becomes YOU.
- Adjusts to regular, half sizes . . . many variations 8 to 20 (also model 20 to 50).
- Each shoulder raises, lowers. Each bust expands, contracts, raises, lowers.
- Waist narrows, widens, shortens, lengthens. Hips widen, narrow, raise, lower.
- Entire form gains, reduces with you—adjusts to other family members.
- Strong steel stand—and form—take apart easily—stow away in drawer.

If you're without a dress form—just trying this one can change your life.

This form guarantees a custom-fit expensive look to each dress you alter or make—or no cost. Yet it saves you money so fast it often pays for itself the first or second time used.

This custom fit form saves hours adjusting patterns and fitting clothes—up to 50% of sewing time. It saves struggling, twisting, turning—trying to get the right fit. It saves ripping out seams for a simple alteration, or just because your skirt didn't hang properly the first time.

It's perfect for beginners. Here is why all of this is so.

### THE SECRET OF CUSTOM FIT

Would you like every dress you alter or make praised for its custom-fit expensive look? . . . While you smile—inside—at the money and time you've saved—at the end of embarrassment of poor fit "home-made" clothes—or the success of your first dress making attempt.

The secret is custom-adjusting of standard patterns to your differences (there's only one you). When you pin the pattern to an exact duplicate of you, this adjusting is simple and easy.

And this custom-fit life-size dress form becomes—exactly YOU—with YOUR waist—YOUR shoulders—YOUR neck—YOUR bust line—YOUR hips.

This is because in each body area an ingenious size computer "dials" your measurements. A Tab (like a tape measure) slides through a slot under the area answer window. When your measurements appear in each window, just clip lock in position. Automatically the DUPONT NEOPRENE processed body material has already adjusted—in each body area—to become YOU! Custom adjusting of patterns to you has become as easy as before it was difficult.

### A LIFE-SAVER FOR BEGINNERS

Because the hardest part of home sewing is making adjustments—exactly what ADJUST-O-MATIC makes so simple.

With it beginners easily make hems—adjust hemlines—make alterations so perfectly, store-bought clothes fit like made-to-order. You save the \$3 to \$5 paid before to fix a shoulder line—shorten

a hem—take in a waist line. You're more satisfied with the way your clothes fit.

Fitting in this form is so easy you quickly form old dresses into new. Too tight or too loose—too large or too small dresses fit again. You easily alter, redesign, remodel your own dresses, coats, skirts, blouses. You begin to make your own simple dresses then more complicated ones. Later, you even design your own styles, and all on this form.

### DOES MORE THAN ANY OTHER FORM

This master pattern-maker's form has every possible professional dressmaker trick and short cut built right into it.

It's unlike any other form. To adjust there's no maze of wire and bolts to struggle with. Simply slide, adjust and clip lock. It's pinnable—throughout. No gaps down front or side or around neck give difficulty.

Scientifically placed guide lines let you know when your dress is perfectly centered on the form.

The light steel stand is so adjustable, raises or lowers precisely to any point 4" 2" to 5" 6" (add length of your head from neck up to measurements of any form). It's handsome, rubber-tipped, gives steady support. It assembles, takes apart easily.

### Luigi Cella Dress Forms Hold U.S. Patents

#292255 #3140021 #314022 #3140022

The inventor has built a lifetime as master pattern maker for leading pattern companies into this form.

All his life — he designed dress forms — some of the world's most expensive — to give custom fit to the very rich.

But he built this custom dress form for you — to adjust more precisely than any other — do many dressmaker tricks others can't — yet cost a fraction of what others do.

Work with this form anywhere. Lap, table, chair. Want to work on shoulders—back—underarm—seam—front—waist—hips? Presto! One hand lifts form off stand. Without ever getting up from your chair you can take ADJUST-O-MATIC apart and work in sections.

Every adjustment—each contour line—the height range—the angle of the darts—posture angle of the form—all have been checked and rechecked by fashion fit leaders, home dress-making authorities and fashion editors.

### AMAZING NO RISK OFFER

Instead of bulky, heavy cast-iron framing and body, ADJUST-O-MATIC uses DUPONT NEOPRENE processed body material. Shipped direct to you disassembled it costs a fraction of ordinary forms. There are several parts to each section—only 15 in all. To assemble, adjust or take apart each step is simple and fun with clear can't-go-wrong directions.

When you try it for 30 days without obligation you'll realize why it's so amazing. Full refund if not delighted.

All ADJUST-O-MATIC yet it has many features dress forms costing six times more do not have. Try at our risk. Reserve yours today.



Stand recommended for best results

HARRISON-HOGE INDUSTRIES, Inc., Dept. AH-1-75, 104 Arlington Avenue, St. James, New York 11780

Please rush revolutionary PERFECT FIT ADJUST-O-MATIC Dress Form that guarantees custom-fitting clothes for the entire family for 30-day NO-RISK TRIAL. If after trying PERFECT FIT ADJUST-O-MATIC I am not delighted in every way, I will return for full refund.

- Regular ADJUST-O-MATIC Dress Forms (8 to 20) if bust is 30"-40" @ \$10.98 each
  - Large ADJUST-O-MATIC Dress Forms (20½ to 50) if bust is 41"-52" @ \$12.98 each
- Collapsible Steel Dress Stands included.

- Check or m.o. enclosed. Please prepay postage. (N.Y. residents add sales tax)
- My credit card is # \_\_\_\_\_ Bill me plus \$1.25 postage

name of card

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DUPONT Neoprene processed body material and its own PATENTED FEATURES makes this form possible!

# THE Betty Crocker® RECIPE CARD LIBRARY

The beautiful recipe file shown here contains more than 1,000 kitchen-tested recipes from the world-famous Betty Crocker Kitchens. In your kitchen, each one of these sure-fire recipes will produce a mouth-watering dish as tempting as the ones pictured here. These dishes are produced by simply following the recipes, and the pictures show you exactly what you are preparing as you prepare it.

## ABSOLUTELY FREE

Moreover, the handsome recipe file, valued at \$5.00, is yours FREE just for examining your first set of Betty Crocker recipe cards. The file comes in your choice of four stunning decorator colors. Besides keeping your cards clean, tidy, and ready for instant use at any time, it is a flattering addition to your kitchen work space.

## SEND NO MONEY

To take advantage of this special offer, simply indicate your choice of decorator color on the coupon and mail it to us.

We will rush your first set of 27 Recipe Cards—SEASONAL FAVORITES—and four blank cards for your own recipe discoveries...PLUS the Recipe File and Divider Cards, for 14 days FREE examination. You may return the cards within 14 days and owe us nothing. Or you may pay only \$1.00 plus a small charge for postage, handling and local tax for the set of Recipe Cards. Either way the Recipe File, a \$5.00 value, will be yours as a GIFT, without obligation.

In the following two months you will receive your second and third set of recipe cards. If you are completely satisfied you will thereafter receive three sets of recipe cards a month for the next seven months, until your 24-set library is complete. You will always be billed at the same low price of \$1.00 per set plus postage, handling, and local tax, and the sets are in every case sent to you on approval. You may also cancel the entire arrangement at any time. When your Betty Crocker Recipe Card Library is complete, you will have more than 1,000 recipes at your fingertips to meet every home and entertainment need.

over 1,000  
reasons  
to send for this  
FREE GIFT



### A word from the Betty Crocker Kitchens

From all the thousands of recipes developed and tested by the Betty Crocker Kitchens over the years, we have chosen the most popular—YOUR Favorites!

There are more than 1,000 recipes in all, many never before in print. They are divided into 24 categories, some of which are for parties—others

are for family meals. There are money-saving recipes galore along with helpful tips and serving ideas. Since we first introduced this new concept in cooking convenience the response has been enormous. Literally hundreds of thousands of letters have poured in praising the Library and ordering more cards. So do order soon while the supply lasts. We know this wonderful Library will give you a new lease on cooking and entertaining.

Golden Press, Dept. BC-302  
175 Community Drive, Lake Success Pk., Great Neck, N.Y. 11021

Betty Crocker is a registered trademark of General Mills, Inc.



### Free Recipe File Coupon

Mail to: GOLDEN PRESS, Dept. BC-302  
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Lake Success Pk., Great Neck, N.Y. 11021

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avocado Green	Flame Red	Harvest Gold	Antique White

Please send me the special offer as stated in this ad. I understand the \$5.00 Recipe File in the decorator color I have selected above is mine to keep without obligation, just for examining the first set of Betty Crocker Recipe Cards.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Offer limited to one per household. Available in Canada—priced slightly higher.

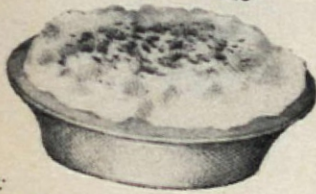
# WESTLIFE

Some tips for better living from southern California

By Muriel Davidson

**Marilyn and Alan Bergman are the perfect collaborators.** Together they write lyrics for songs like "The Way We Were," which won them their second Academy Award. And together, they give a unique, once-a-year dessert party that's a smash! Here's one of their specialties, named after their 1969 Award-winner:

## "The Windmills of Your Mind" Key Lime Pie



**Crust:**

1 box (8½ ounces) chocolate wafers  
½ cup unsalted butter or margarine  
Place wafers in strong plastic bag and crush finely with rolling pin. Add melted butter or margarine; blend well. Press mixture firmly to sides and bottom of 10-inch pie plate. Bake at 350° for 10 minutes. Cool on rack for 30 minutes.

**Filling:**

1 can (14 ounces) condensed milk  
⅓ cup fresh lime juice  
1 tablespoon grated lime rind  
3 eggs, separated  
3 to 4 drops green coloring  
¼ teaspoon salt  
1 cup heavy cream, whipped  
2 tablespoons sugar  
1 tablespoon dark rum  
Shaved chocolate  
Mix milk with lime juice, 1½ teaspoons lime rind and beaten egg yolks. Add coloring; mix. Beat egg whites and salt until stiff (but not dry); fold in. Pour into shell; bake 10 minutes at 250°. Cool 30 minutes. Chill 30 minutes. Top with whipped cream to which you've added sugar and rum; sprinkle with shaved chocolate, remaining lime rind.

## Mistletoe's for kissing under only.

In the October "Westlife" Ms. Davidson recommended mistletoe tea as a marvelous brew. Though some varieties are apparently enjoyed with no ill results by many, toxicologists warn against ingesting mistletoe in any form. The exact properties of all the varieties are hard to pin down. Please play it safe.

—The Editors



**What do you do when you drive to Mexico for the weekend and can't resist buying two of those big, handsome and gaily painted earthenware pots called macetas?**

Most people routinely use them as planters. I made an inexpensive, one-of-a-kind coffee table out of them. And so can you, because imported macetas are readily available in the United States.

The ones I fell in love with are 16 inches high, jug-shaped and sturdy, with a beautiful deep-green floral design—perfect as matched bases for a low table.

I bought two rough planks, 5 feet long, 1 foot wide and 1 inch thick (mine are redwood, but the cheapest local wood you can buy will suffice)



**Only in the Louvre in Paris can you see the Mona Lisa,** and only in a gallery called Yesteryear, Ltd., in Los Angeles can you see a 1927 picture of the young Eleanor Roosevelt endorsing a Simmons Beautyrest mattress. There she is, uniquely surrounded by a matting of beautiful French fabric.

The owners of this tiny art gallery are Penny Bigelow and Sophie Shefrin, and what they do in Yesteryear is very special. First, they have dreamed up a lovely framing technique: Everything they sell is bordered by an exquisite,

plus some sturdy, 2-inch-wide wood stripping. Then I put my husband Bill to work: He laid the planks side by side and fastened them underneath with a 2-foot crosspiece of stripping, right across the center. Next, he measured the width of the mouth of each maceta (mine are 12 inches wide) and cut two strips of wood ⅛ inch shorter. He nailed these underneath, too—18 inches in from each end of the top, so that they could serve as smaller crosspieces and as "corks" for the mouths of the macetas. He turned the top over, fitting the two short strips into the macetas (to hold the top steady) and presto, I had an absolutely super, rough-hewn looking coffee table for under \$30.

I adore the rustic Spanish look and simply varnished my redwood tabletop. But you can make yours smooth and indestructible by sanding the top and then sealing it with a high-gloss polymer coating.

wide matting of imported fabric, then an unobtrusive frame. Second, the art itself is unique: antique advertisements, old film-magazine clips and sheet music, all from the turn of the century. Besides the picture of Eleanor Roosevelt and the mattress, they have old Arrow Collar ads (for which the famous J. C. Leyendecker painted the original), even underwear ads—all framed in silks, velvets and fine patterned fabrics and marked on the back: "This is a one-of-a-kind presentation."

Some of their art costs as little as \$15. Yesteryear, Ltd., is a lovely place to visit: If you are in Los Angeles, you'll find it at 8684 Melrose Ave. And even if you can't pay a call, you might put their framing technique to work by matting an old print or one of your own needlepoints with beautiful fabric.

## Out here there's an un-written landlord law:

"No pets!" But my friend Isobel Silden has had two dachshunds in her apartment. Lia and Tiga never liked being left alone and when they were, their barking nearly gave them away to the landlord.

So Isobel made a tape recording of her own voice. Five minutes after she left home, just when the dogs realized she was gone, they heard her say,



"Quiet girls!" Five minutes later came "I love you. Good dogs!" Later, "Keep very quiet!" Neighbors reported the barking soon stopped.

Try it yourself, if you're in a similar situation. But don't leave the recorder on when you're home, as Isobel did one evening. The dogs were lying peacefully at her feet when they heard her voice from the next room commanding, "Quiet girls!" They looked at her and set up such a commotion she had to sneak them out for a long walk.

# Great news for mothers of cavity-prone children!

**Most children don't brush properly or often enough. That's why the dental scientists at Lever Brothers invented a new fluoride dentifrice called Aim®. If you have children, read on:**

Most cavities happen between the ages of five and fifteen.

You're a conscientious parent. You make your children brush with fluoride toothpaste. You don't question fluoride's effectiveness. But they still seem to get more cavities than they should.

Why?

Could be your children have poor brushing habits. Could be they eat too many sweets. And they probably don't brush properly or often enough. Surveys show the average child brushes less than 30 seconds at a time.

## How new Aim encourages children to brush longer.

Dentists have long stressed that there's no better cavity prevention than brushing. Even a fluoride toothpaste can't



do its best if a child brushes too briefly or too infrequently.

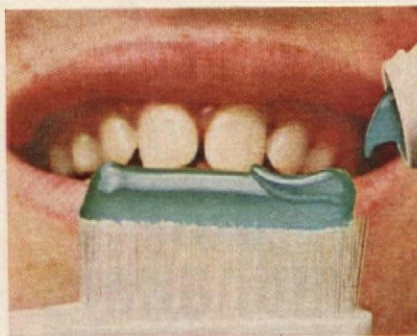
That's why Lever enhanced Aim's

fluoride formula with flavoring compounds known to be especially appealing to children. The results were astounding.

In tests with 1,300 children, Aim was preferred 2 to 1 over the leading fluoride toothpastes. And chances are, the better your child likes his toothpaste, the longer he'll brush.

## Why new Aim is a gel.

The speed at which a toothpaste dissolves is called the "Dispersal Rate." Because Aim is a gel, not a paste, it



has an exceptionally fast dispersal rate.

This means when a child brushes with Aim it spreads its good taste faster than paste in the normal brushing time.

## Unique gel formula is low in abrasion.

In order to clean teeth, all toothpastes must be somewhat abrasive. That's how they keep teeth clean.

But many mothers are concerned about abrasion. So Lever designed new Aim to be among the lowest in abrasion of all leading toothpastes.

## Aim has stannous fluoride, the proven cavity-fighter.

A child in the cavity-prone years needs all the help you can give. Be sure his toothpaste contains fluoride.

Stannous fluoride has been re-



searched more thoroughly than any other anti-cavity ingredient. Aim has the precise amount of stannous fluoride established as effective by dental authorities in reducing tooth decay.

## Ask your dentist about Aim.

Add it up: A flavor to promote better brushing. A gel that disperses faster and is low in abrasion. The precise amount of fluoride established as effective by dental authorities.

So, if you have a cavity-prone child, ask your dentist about Aim.

# Take Aim against cavities!





## Today's best buys in antique pictures

You can find antique paintings, drawings, photographs and prints at bargain prices if you steer clear of well-known names. For less than \$150—often for *much* less—you'll be able to discover many striking 19-century works by capable artisans.

An example is the appealing 1890 photograph above. This winsome photo is as much an artistic statement as any oil portrait. But the frame, done in the woodburning technique (a method of engraving on wood) attracts more attention: The monster and helmet make an imaginative border for a benign young hero. At \$22, this photo would be fun to own.

In choosing an antique picture, be concerned with its condition and whether it pleases you in color and detail. Our pictures, from The Seager Gallery in Elmsford, N.Y., show the variety you are likely to encounter. Prices vary around the country, but you should find similar bargains.



**\$40** buys this dreamlike colored lithograph done about 1870 by Haskell & Allen of Boston. The subject is typical of 19th-century printmak-

ers who provided pictures for the average American home at the time. The scene was probably selected from a book of views and copied by a craftsman in the lithographer's studio. The result is as stylized as a primitive. A little vague in detail and less than brilliant in color, the print has a striking composition. More famous lithographers like Currier and Ives fetch big prices; you can find amusing scenes like this one, by less-prominent printmakers, for much less.



**\$60** is a good price for this *Hunting Scene*, an oil on board painted about 1870 by an American artist. The work is one of the many mysterious—but pleasing—pictures that turn up from time to time. Looking at the animals, you can see that the artist was able. But he, too, probably used another picture, rather than real life, for his inspiration. His details are inconsistent, and the animals have only slight connection with the background. (They also resemble carousel animals slightly.) These elements make the painting primitive, and add a certain charm for those who like surprising juxtapositions.



**\$75** is the price tag on this silhouette of a young girl and her brothers, painted on paper by either an American or an English artist. From the costumes, you can see that it was made between 1830 and 1840, when the silhouette art was at its peak—just before photography replaced it as a technique for quick portraiture. During the early 19th century, silhouette artists

either painted or cut their subjects in storefront galleries, and often worked as swiftly as barbers. The inexpensive portraits they produced were neither signed nor identified. Examples more complex than this one are considerably more expensive.



**\$90** is what you'd pay for this tinsel picture of flowers, an American painting on glass done between 1860 and 1880. Tinsel pictures are a form of pure Victorian whimsy whose appeal continues to grow. Typically, they feature a bouquet of flowers painted in translucent colors so that a tinsel or silver-paper backing will shine through when light hits it. The background is painted an opaque black. The results are flashy, but there is a poignancy to these black-and-brilliant compositions. This bouquet has a butterfly and some birds to add interest to a basically simple composition.



**\$145** a bargain price for *Imaginary Landscape*, done in charcoal on sandpaper—a medium popular with collectors. Our example is American, created in about 1850. Using sandpaper as the ground for charcoal is a clever technique because the charcoal adheres more strongly than it would to smooth paper, and the texture is more reflective. The practice seems to be restricted to 19th-century artists who were primitives, since sandpaper is a ground that requires stylization, rather than the rendering of a great many small details. Here, the artist turned a whimsical scene into an impressive composition. —Marvin D. Schwartz





# How to find the perfect dog for your family



Among the 121 pure breeds now recognized by the American Kennel Club, there's sure to be the right one for you. But first, some basics deserve consideration. You'll want a dog that is suited to your home environment in every way—by his temperament, size, coat, health and abilities. That may sound simple, but it tends to be a bit involved.

**Temperament.** For every breed, there is a standard or blueprint specifying the ideal dog. One specification on this blueprint is temperament: A properly bred dog should inherit the temperament of his breed. So, according to the AKC, most terriers are "gay, bold and active," many working breeds are "steady, devoted and willing," and the little toys are "bright, alert and playful." Some breeds are specified as "gentle and friendly" or "aloof with strangers" or "very good with children." To help you in your search, most libraries and bookstores have material containing the breed standards, and your local pet shop should have inexpensive paperbacks on individual breeds.

Of course, the pup's basic temperament is only part of the story. His future personality is determined largely by human contact: companionship, affection, care and training. To a very significant degree, your family will shape the dog's personality. But any correction of undesirable traits must be accomplished during puppyhood. If a dog is stubborn at one year, he'll be stubborn for life. The trait may be *modified* later if you can somehow convince

him, through training, to be more cooperative. Patience and understanding mixed with affection and praise will lessen—though perhaps not eliminate—the undesirable traits of any dog.

As the new year begins, the list of the 30 most popular breeds is headed by the poodle, German shepherd, Irish setter, beagle and dachshund. The 30 breeds must have something going for them, because they are satisfying hundreds of thousands of dog lovers. It isn't difficult to find quality pups in these breeds, but you should choose carefully, for you'll come across many *poor*-quality pups, too. It's the old law of supply and demand, and the puppy factories are meeting it by breeding the top 30 as fast as nature permits. This often means careless breeding, which in turn means pups that do not inherit their proper breed temperament. Fortunately, you'll find many reliable breeders—and often their prices are lower than those charged by less scrupulous outfits.

**Size.** A dog doesn't care about the square footage of your house. Large or small, he will adapt to any home, of

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## Big or little, frisky or quiet, the purebred you choose should fit your home environment.

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any size. The Irish wolfhound, giant of the AKC breeds, will fit into the tiniest of homes, granted it has room for him to turn around and stretch out on the floor. (In turning, of course, his tail can sweep a table clean of all objects, and his height enables his jaws to reach any unattended food on a table or counter.) But what makes the 120-pound wolfhound—or any breed weighing 50 pounds or more—a poor city choice is the matter of health. To stay in the pink of condition, the big dog needs plenty of exercise; he must be able to run free, rather than take long walks or trots on a leash. If a big dog doesn't run, he tends to put on weight, lose muscle tone and incur coat and skin problems. His life span will be shortened.

Generally, the medium (18 inches) and smaller breeds are the best city choices. The smallest breeds (the toys) get plenty of exercise trotting around indoors, but they aren't meant for a family with lively children. It's quite easy for someone to step on or stumble over a tiny, lively Chihuahua, for example.

**Coat.** The pure breeds come in a variety of coats, but each type requires at least weekly grooming. Otherwise, coat

and/or skin troubles may develop. Coats vary from the difficult-to-groom corded (the puli) to the easy-to-brush shorthair (the Dalmatian). Between these extremes, and in ascending order of grooming difficulty and time, are the wiry, curly, wavy and long (various lengths) coats. In choosing, keep the necessity—and the difficulty, if any—of grooming in mind.

Coat color is a problem only in the city, where a white coat will always show grime faster than a dark coat. One reason for the poodle's great popularity as a house pet is his coat. It comes in a number of colors besides white, is practically nonshedding and is kept really handsome with just an occasional short kennel clip.

**Abilities.** As we know them today, most of the AKC breeds were developed to help man in some way. While some of the breeds are no longer used for their original tasks, all of them retain that work instinct to some degree. Thus if you want a dog that will be a hunting companion, your choice narrows down to the sporting, hound and some of the terrier breeds. And while any big dog can be harnessed and trained to pull a child on a sled or cart, the experts are the Alaskan malamute, Samoyed and Siberian husky.

Often, a family wants a pet that will also serve as a watchdog. Here, the usual choice is between the German shepherd and the Doberman pinscher. Properly bred dogs are easily trained as watchdogs, and there's abundant literature on the subject. There are even professional trainers. But caution is necessary: If your alert watchdog bites someone who comes to your home, you can be sued. Almost always in cases like this, the dog owner has to pay a high price. A big dog who barks at strangers (naturally, or with a little training) is usually sufficient for safeguarding the home.

Often, too, a family wants a dog that can "supervise" small children while they are playing in the yard and keep them from wandering. While many breeds can be trained for this purpose, the best of the lot is probably the border collie, famed as a protector and herder of livestock. Of all purebreds, only the border retains the highest degree of his breed's natural instincts—no accident, since his breeders continue to concentrate on work ability rather than on conformation or beauty. The border collie loves to work. He may regard your children as little lambs, and will often simply take charge of them without any training or prodding at all on your part.

Yes, there really is a breed that is just right for your family. With a little research and planning, you're sure to find the one that fits into your home better than any other.—Kurt Unkelbach

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<b>Jim Croce</b> I GOT A NAME PLUS: Fill Me In, Say I Love You In A Simple Way 10 MORE ABC 235952	<b>ROBIN TROWER</b> BRIDGE OF SIGNS PLUS: Day Of The Eagle, 6 MORE CHRYSALIS 241612	<b>TAMMY WYNETTE</b> ANOTHER LONELY SONG 10 MORE EPIC 240697*	<b>NEIL DIAMOND</b> HIS 12 GREATEST HITS Song Sung Blue, Sweet Caroline, Play Me 10 MORE MCA 243568	<b>BACHMAN TURNER OVERDRIVE</b> NOT FRAGILE Plus: Hell On Wheels, The Highway MANY MORE MCA 246041*	<b>THE HAPPY SOUND OF RAY CONNIF</b> 10 MORE COLUMBIA 246124	<b>LORETTA LYNN'S</b> Greatest Hits Vol. II Coal Miner's Daughter, I Wanna Be Free, 9 MORE MCA 243642*	<b>CHARLIE RICH</b> VERY SPECIAL LOVE SONGS Special Love Song, Field Of Yellow Daisies, 9 MORE MCA 240390	<b>SONNY &amp; CHER</b> GREATEST HITS The Beat Goes On, I Got You Babe MCA 246348*	(Soundtrack) <b>THE STING</b> Featuring The Music Of SCOTT JOPLIN The Entertainer, 10 MORE MCA 239533
<b>THE BEST OF bread</b> Vol. Two Guitar Man, Aubrey, 10 MORE ELEKTRA 243352	<b>SONNY JAMES</b> IS IT WRONG PLUS: Abilene, 9 MORE COLUMBIA 241703*	<b>POINTER SISTERS</b> THAT'S A PLENTY PLUS: Bangin' On The Pipes, Steam Heat 7 MORE BLUE THUMB 240887	<b>RAY STEVENS</b> BOOGIE BOOGIE The Streak MANY MORE EPIC 243956*	<b>LIZA MINNELLI</b> LIVE AT THE WINTER GARDEN 10 MORE MCA 242206	<b>PAPER LACE</b> The Night Chicago Died, Billy Don't Be A Hero MANY MORE ELEKTRA 246058*	<b>ENGELBERT HUMPERDINCK</b> My Love, Plus And I Love You So 9 MORE MCA 243659	<b>JERRY LEE LEWIS</b> 1-40 COUNTRY Tell Tale Signs, MANY MORE MCA 245183*	<b>SLY and the FAMILY STONE</b> SMALL TALK PLUS: Time For Livin', 10 MORE EPIC 244731	<b>LYNN ANDERSON</b> SMILE FOR ME PLUS: A Man Like Your Daddy, 9 MORE COLUMBIA 242354*
<b>BO DONALDSON AND THE HEYWOODS</b> Billy, Don't Be A Hero, 10 MORE ABC 244764*	<b>TCHAIKOVSKY</b> 1812 OVERTURE EUGENE ORMANDY Philadelphia Orchestra MORMON TABERNACLE CHOIR VALLEY FORGE MILITARY ACADEMY BAND COLUMBIA 201129	<b>MEL TILLIS</b> Stomp Them Grapes PLUS: Midnight, Me And The Blues MANY MORE MGM 244566*	<b>THE EDGAR WINTER GROUP</b> SHOCK TREATMENT Some Kinda Animal 10 MORE MCA 242412	<b>BRENDA LEE</b> New Sunrise Wrong Ideas, 10 MORE MCA 238097*	<b>ROGER WILLIAMS</b> THE WAY WE WERE PLUS: Babe, Closed Doors, The Most Beautiful Girl 7 MORE MCA 241026	<b>QUINCY JONES</b> BODY HEAT PLUS: Mind, 6 MORE ABC 242727*	<b>Carly Simon</b> Hotcakes PLUS: Haven't Got Time For Pain, 9 MORE ELEKTRA 239517	<b>STEELY DAN</b> PRETZEL LOGIC PLUS: Rikki, Don't Lose That Number, 6 MORE MCA 241851*	<b>Herb Alpert &amp; The Tijuana Brass</b> YOU SMILE... THE SONG BEGINS Fox Hunt, 11 MORE ABC 242057
<b>DOUBLE SELECTIONS</b> 2-record sets or twin-pack tapes - each counts as two selections. Write in both numbers. 216655-216656	<b>JOHNNY MATHIS</b> All-Time Greatest Hits Chances Are, Wonderful, Wonderful! It's Not For Me To Say 17 MORE - 10 RECORDS COLUMBIA 218750-218751*	<b>FRANK SINATRA</b> IN THE BEGINNING 1945 TO 1951 I've Got A Crush On You, Nancy (With The Laughing Face), 18 MORE COLUMBIA DOUBLE SELECTIONS 218750-218751*	<b>THE WHO</b> QUADROPHENIA PLUS: Love, Reign O'er Me, 16 MORE Double Selections TRACK 236869-236860	<b>THE BEST OF THE MILLS BROTHERS</b> Lazy River, Glow Worm, Paper Doll 19 MORE Double Selections 233007-233008 †	<b>VIKKI CARR</b> Live At THE GREEK THEATRE Lean On Me, It Must Be Him, 14 MORE Double Selections COLUMBIA 237081-237082	<b>THE BEST OF THE ANDREWS SISTERS</b> Bel Mir Riel Du Soho, Boogie Woogie Bugle Boy Double Selections MCA 236893-236894 †	<b>LOGGINS AND TAYLOR</b> ON STAGE Your Mama Don't Dance, 17 MORE Double Selections COLUMBIA 239871-239872	<b>CHARLIE RICH</b> FULLY REALIZED I Can't Go On, Mohair Sam, 22 MORE Double Selections MERCURY 240838-240839*	<b>Chicago</b> VII (I've Been) Searchin', So Long, Call On Me COLUMBIA 239889-239880
<b>ENOCH LIGHT</b> & The Light Brigade THE BIG BAND HITS OF THE THIRTIES In The Mood, One O'Clock Jump PROJECT 3   11 MORE 234757	<b>MARTY ROBBINS'</b> Greatest Hits, Vol. 3 Devil Woman, My Woman, My Woman, My Wife, Tonight, Carmen, 8 MORE COLUMBIA 201251*	<b>Montovani</b> The Incomparable Montovani Plays The All-Time Greatest Hits, Vol. 1 240788	<b>Curtis Mayfield</b> SWEET EXORCIST Plus: Kung Fu MANY MORE CURTOM 242735*	<b>MOUNTAIN AVALANCHE</b> Sister Justice, May Day 20 MORE COLUMBIA 244533*	<b>BOB DYLAN'S</b> GREATEST HITS VOL. 2 Lay Lady Lay, Don't Think Twice, It's All Right 20 MORE COLUMBIA 212654-212655	<b>SHIRLEY BASSEY</b> LIVE AT CARNEGIE HALL Where Am I Going And I Love You So, 20 MORE Double Selections LIMITED ARTISTS 235093-235094	<b>TONY BENNETT</b> All-Time Greatest Hits I Left My Heart In San Francisco, Rags To Riches, Because of You 17 MORE REVEAL COLUMBIA 223131-223132*	<b>ELTON JOHN</b> GOODBYE YELLOW BRICK ROAD PLUS: Saturday Night's Alright For Fighting 11 MORE DUBRA RESELECTION 236133-236134	<b>DICK CLARK</b> 20 YEARS OF ROCK N' ROLL 232603-232604*
<b>KRIS KRISTOFFERSON</b> JESUS WAS A CAPRICORN PLUS: Jesse Younger, Help Me 7 MORE MONUMENT 225318*	<b>MARIE OSMOND</b> Paper Roses 235739*	<b>MAC DAVIS</b> Baby Don't Get Hooked On Me PLUS: Friend, Lover, Wife, So Very Happy 9 MORE COLUMBIA 222406*	<b>FARON YOUNG</b> SINGS Some Kind Of Woman 10 MORE ELEKTRA 240911*	<b>BLOOD, SWEAT &amp; TEARS</b> GREATEST HITS Spinning Wheel, You've Made Me So Very Happy 9 MORE COLUMBIA 214650	<b>THE WAY WE WERE</b> 10 MORE COLUMBIA 239509*	<b>JOHNNY CASH</b> Ragged Old Flag PLUS: Don't Go Near The Water 7 MORE COLUMBIA 242115*	<b>ANDY WILLIAMS'</b> GREATEST HITS Moon River, Happy Feet, Born Free, Dear Heart 7 MORE COLUMBIA 187666	<b>LORETTA LYNN</b> COUNTRY TWENTY COUNTRY PARTNERS As Soon As Hang On, The Phone, 4 MORE MCA 244103*	<b>SIMON AND GARFUNKEL'S</b> GREATEST HITS Bridge Over Troubled Water, Mrs. Robinson, The Sound of Silence 11 MORE COLUMBIA 219477
<b>HANK WILLIAMS, JR.</b> The Last Love Song PLUS: Day Dreams, 8 MORE MGM 240077*	<b>BARBRA STREISAND'S</b> GREATEST HITS 187088	<b>EUMIR DEODATO</b> DEODATO 2 Rhapsody In Blue MGM 232900*	<b>Lynn Anderson's</b> Greatest Hits Rose Garden, You're My Man, 10 MORE COLUMBIA 224758	<b>THE BEST OF CHARLIE RICH</b> Nice 'N' Easy, Daddy Don't You Walk So Fast, 9 MORE EPIC 224386*	<b>CARPENTERS</b> NOW & THEN Yesterday Once More, Sing, 10 MORE 230714	<b>Burt Bacharach</b> LIVING TOGETHER PLUS: Monterey Peninsula, Lost Horizon 7 MORE ABC 236844*	<b>ROY CLARK'S</b> FAMILY ALBUM Rollin' In My Sweet Baby's Arms, 9 MORE DOT 237206*	<b>PETER NERO</b> SAY, HAS ANYBODY SEEN MY SWEET GYPSY ROSE Loves No Like a Rock, Boogie Woogie Bugle Boy/Two O'Clock Jump 11 MORE COLUMBIA 237172	<b>CHARLIE MCCOY</b> The Fastest Harp In The South Paper Roses, Behind Closed Doors 11 MORE MONUMENT 237099*
<b>BILLY JOEL</b> PIANO MAN PLUS: Walk Through Fire, Comes To Mind, 10 MORE COLUMBIA 239863 †	<b>Roger Williams</b> LIVE Autumn Leaves, Alley Cat, 14 MORE MCA 237792*	<b>MAUREN MCGOVERN</b> THE MORNING AFTER 10 MORE 20th CENTURY 235614*	<b>HOLLIES</b> The Air That I Breathe 10 MORE EPIC 242511*	<b>GILBERT O'SULLIVAN</b> I'M A WRITER, NOT A FIGHTER Plus: Get Down, Ooh Baby 7 MORE MGM 235853	<b>Marie Osmond</b> In My Little Corner of the World 10 MORE MCA 244541*	<b>Santana's</b> GREATEST HITS Evil Ways, Oye Como Va 11 MORE COLUMBIA 244459	<b>MAHOGANY RUSH</b> CHILD OF NOVELTY 10 MORE 20th CENTURY 245514 †	<b>CONNIE SMITH</b> I Never Knew (What That Song Meant Before) 10 MORE COLUMBIA 245050 †	<b>BARBARA MANDRELL</b> This Time I Almost Made It 10 MORE COLUMBIA 245027 †

† Available on records only

† Available on records and cartridges only



# Here come the money savers

A special 8-page section filled with cost-cutting articles and charts—on everything from get-smart giveaways to dollar-wise decorating and remodeling.

Some of the nicest things in life are free, including the useful booklets, plans, guides, goods and services below. All you do is pick out what you like and send a note (or a postcard or stamped, self-addressed envelope, if specified) to the company. For a very few items, 5¢, 10¢ or 25¢—in coin—is needed for postage and handling. Offers are good while supplies last.

**Be a wise buyer.** Two excellent booklets will help. Order *Questions About Condominiums* (48 pages) or *Wise Home Buying* (36 pages) from Consumer Information Center, Pueblo, Colo. 81009.

**Plan an efficient laundry center** with the 16-page *Primer of Home Laundry Planning*. With your order, ask for leaflets with advice on choosing an automatic washer and clothes dryer. Write to Consumer Information Center, The Maytag Co., Newton, Iowa 50208.

**Use dye like a pro.** Get RIT's big, beautiful 24-page *Dye-Craft* guide to solid-dye, tie-dye, batik, etc. Write to RIT Dye/American Home, P.O. Box 307, Coventry, Conn. 06238.

**Planning to move?** Get United Van Line's 30-page *Moving Guide* plus labels, inventory sheets, packing guides, new-town fact sheets. Call toll-free 800-325-3870.

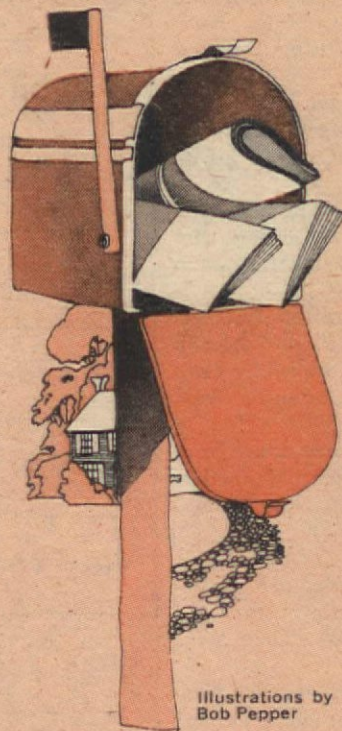
**Give your child a clever cookbook,** 14 pages long, 14 inches high. With it you get a 6-foot-tall wall *Growing Rule*. Send postcard to *Little Miss Cookbook*, Dept. 103-AH, Del Monte Kitchens, P.O. Box 11015, San Francisco, Calif. 94101.

**Sample some specially roasted almonds.** With the packet of nuts, you get a big gourmet gift catalog. Write to Dept. YQ, House of Almonds, P.O. Box 5125, Bakersfield, Calif. 93308.

**Make a charming wooden cradle** with free plans and drawings from Dept. PID, The Stanley Works, New Britain, Conn. 06050.

**Try zesty new recipes from Sanka.** The 16-page *Sanka Spirit* tells you how to make Russian Coffee, Coffee-Nut Bars, Coffee Soufflé and more. Write to General Foods, The Sanka Spirit, Box 3045, Kankakee, Ill. 60901.

## 50-plus great giveaways for you and your home



Illustrations by  
Bob Pepper

**Have a comprehensive, 1½-hour breast exam** to detect early signs of cancer in women over 35. Call or visit your nearest American Cancer Society unit to find out where a demonstration project (held jointly with National Cancer Institute) is going on. Ask the unit for the free breast-check leaflet, too.

**Get help from your county agent** with questions on gardening, crafting, building, voting, pet care, community activities. This service is run by the Cooperative Extension Service; find it locally by looking up its parent, the Department of Agriculture (under U.S. Government in phone book).

**Get rid of such household pests** as ants, spiders, termites. Read *The Ten Most Unwanted*, a 16-page booklet. Send stamped, self-addressed legal-size envelope to National Pest Control, 239 E. 32nd St., N.Y., N.Y. 10016.

**Buy insurance wisely.** Read *How to Avoid Costly Mistakes* booklets on both home and car insurance. Write for each to National Assn. of Insurance Agents, 85 John St., N.Y., N.Y. 10038.

**Redecorating?** Get help from a free Du Pont Lucite wall-paint color card. Write Du Pont Co., Room 24204, Wilmington, Del. 19898.

**Refinish wood like an expert** with 16-page pocket-guide *Tips on Wood Finishing* from Minwax. With it you get a Minwax color card. Write Minwax Co., 72 Oak St., Clifton, N.J. 07014.

**Sew delightful stuffed-animal toys** with pattern/how-to sheet that includes a cat, a duck and an elephant. Ask for *Stuffed Animals*; send 25¢ for postage and handling to White Sewing Machine Co., 11750 Berea Rd., Cleveland, Ohio 44111.

**Try some great new recipes** from a zippy-looking 14-page booklet featuring Swanson canned-food products. Send postcard to *Recipes for All Reasons*, AH, Home Economics Dept., Campbell Soup Co., Box 391, Camden, N.J. 08101.

**Choose fabrics at home from samples.** You get a little batch of woolens and wool blends, plus a catalog of blankets, yarns, kits. Send stamped, self-addressed legal-size envelope to Homestead Woolen Mill Store, West Swanzey, N.H. 03469.

**Be smart with money.** Get *Money: A Woman's Guide to Financial Planning*, a complete yet concise 38-page booklet, plus *The Booklet You Have in Your Hand Is Not Designed to Sell You Life Insurance*—in 24 informative pages. Write to Dept. AH, Consumer Services, Institute of Life Insurance, 277 Park Ave., N.Y., N.Y. 10017.

**Three more money-smart booklets:** Learn all about *Truth in Lending* (No. 65C), *Equal Pay* (No. 235C) and *Your Right to Credit* (No. 025C). Order by number from Consumer Information Center, Pueblo, Colo. 81009.

continued



Build handsome wooden toys or decorative items. Ask for *Six Toys No. P1* or *Six Workshop Patterns No. P3*; send 25¢ each for postage and handling to Dept. PID, The Stanley Works, New Britain, Conn. 06050.

**April 15 isn't far away.** Get income-tax help with *Your Federal Income Tax* (No. 249C) and *Road Maps for Forms 1040 and 1040A* (No. 247C). By number from Consumer Information Center, Pueblo, Colo. 81009.

**Buying new flooring?** Read 16-page booklet on resilient-flooring types, installation and care. Ask for *Step Out in Style* from Armstrong Cork Co., 7110 Gretel Rd., Lancaster, Pa. 17604.

**Write for a 14-inch wall chart** showing the 12 basic stitches for creative stitchery. With it, get a complete catalog of items for the handweaver. Send postcard to Lily Mills Co., Handweaving Dept., P.O. Box 88, Shelby, N.C. 28150.

**Convert your garage into a solarium/family room** with Idea Plan No. 3, Dept. 529 (include 25¢ for postage and handling) from Western Wood Products Assn., Dept. AH, Yeon Bldg., Portland, Oregon 97204.

**Make handsome draperies.** Learn how in the leaflet *Decorator Perfect Pinch-Pleated Draperies*. Send stamped, self-addressed legal-size envelope to Conso Products Co., AHM Pamphlet, P.O. Box 999, Yonkers, N.Y. 10704.

**Remodel your bathroom** only after you read 22 pages of great ideas in *Eight Great Cures for the Common Bathroom*. Write: Eljer Plumbingware, Advertising Dept., 3 Gateway Center, Pittsburgh, Pa. 15222.

**Make a child's desk and chair unit** or a set of TV trays with plans (5¢ each for postage and handling) from Hardwood Plywood Manufacturers Assn., P.O. Box 6246, Arlington, Va. 22206.

**Learn the basics about herbs and spices** with a special U.S. Department of Agriculture leaflet, *Seasoning with Herbs and Spices*, No. 106C from Consumer Information Center, Pueblo, Colo. 81009.

**Get home-care tips** with three big, handsome booklets from Johnson Wax. On a postcard, ask for *Floor Care* (38 pages), *Rug and Carpet Care* (30 pages) or *Furniture Care* (22 pages) from Consumer Services Center, Johnson Wax, Dept. AH75, P.O. Box 567, Racine, Wis. 53403.

**Check into wood sculpturing with Surform tools** from Stanley in a 7-page booklet. Ask for Popular Mechanics reprint from Dept. PID, The Stanley Works, New Britain, Conn. 06050.

**Build a toy-storage chest** and other projects (including a bookshelf, wall-hanging desk, sandbox) from plans. Ask for *Ten Build-It-Yourself Projects* (include 25¢ for postage and handling) from Western Wood Products Assn., Dept. AH, Yeon Building, Portland, Oregon 97204.

**Buying a car?** See the *1975 Gas Mileage Guide for New Car Buyers*, No. 009C from Consumer Information Center, Pueblo, Colo. 81009. (An excerpt is on page 23.)

**Learn where your food money goes.** *The Real Facts About Food* (No. 89C) devotes 22 pages to helping you understand food prices; *What's in Your Food Bill* (No. 100C) is a 4-page leaflet filled with money-saving tips. Order by number from Consumer Information Center, Pueblo, Colo. 81009.

**Make handsome equipment for your backyard.** *Build-It-Yourself Projects for Better Outdoor Living* contains plans and patterns for a garden table, plant enclosure, vine support, garden-tool carrier and rack, potting bench and more. Send 25¢ for postage and handling to Dept. PID, The Stanley Works, New Britain, Conn. 06050.

**If you're a pet owner,** read *On Being a Good Pet Neighbor* from Purina. The 14-page booklet talks about pet care in a populated area, gives pet-feeding tips. Ask for it from Purina Pet Care Center, Ralston-Purina, Checkerboard Square, St. Louis, Mo. 63188.

—Eileen Denver

## Weather-strip to

Weather stripping helps keep warm air in and cold air out by sealing those gaps around windows and doors where movable parts meet framework. Using it can save up to 10 per-

Type of material	
Caulking cord	
Poly tape	
Duct tape	
Felt	
Spring bronze	
Steel interlocking	
Serrated metal/felt combination	
Plastic foam	
Self-adhering plastic foam	
Tubular vinyl gasket	
Vinyl channel	
Wood and vinyl strips	
Aluminum and vinyl strips	
Aluminum and vinyl door bottom	
Rubber garage-door bottom	
Aluminum saddle with vinyl gasket	
Aluminum saddle with interlocking door bottom	

# get the most from your home insulation

cent of your energy costs for heat. Our chart shows the various types of weather stripping (available in hardware stores). Some are flexible; some, rigid. All seal if put in properly. Follow the package instructions and be sure your installation is neither too loose nor too tight; otherwise, weather stripping will not be effective. —Tom Philbin and Fritz Koelbel

What it is, where it is used	Cost	Pluses and minuses
Soft, puttylike material in cord form that is pressed in place to seal wood/metal windows.	2¢ a foot	Inexpensive and easily installed, but only temporary. Once it is on, window may not be opened.
Clear self-adhering tape that seals wood/metal windows and patches cracked glass.	Less than 4¢ a foot	Inexpensive and easy; just press half on framework, half on window. While it is on, window may not be opened.
Strong adhesive-backed tape that may be used like poly tape on wood/metal windows.	Less than 4¢ a foot	Same pluses and minuses as above, except that it comes in various sizes; it is also less attractive.
Strips of felt that are tacked or stapled on to plug the gap where window or door meets the framework.	Less than 3¢ a foot	Inexpensive; easy to install if stapled on. Temporary; tends to deteriorate in time; may not be used successfully where parts slide against it.
Spring-actuated strips of bronze that are nailed around wood door frame, creating a tight seal when door is closed.	\$2.50 a door	Permanent weather stripping, but is difficult to install. Door must be planed down to accommodate it.
For use on wood doors. One part (on door) interlocks with other part (on framework).	\$30 a door, installed	Permanent; its protective metal framework foils burglars, but must be installed professionally.
Felt encased in metal strips nailed around door or window framework to seal gaps.	Less than 7¢ a foot	Durable; works well on doors and windows that are opened often. Not very attractive, and must be fastened with many small nails. (Tip: Use brad driver.)
Thick strips of foam to stuff into gaps between window sash or around air conditioner.	20¢ a foot (1½" x 1¼")	Easily installed—no fastening necessary; good for sealing extra-large gaps, such as where window sash doesn't close completely. Temporary.
Adhesive-backed foam strips that adhere to framework where door or window meets it; works equally well on metal or wood.	17¢ a foot	Easily applied; sticks equally well to wood or metal. Not durable; wears where parts slide against it.
Vinyl stripping with lip that nails to door or window frame to seal, or replaces weather strip in factory weather-stripped windows.	7¢ a foot	Durable and inexpensive. Slips easily into place on factory windows; hard to install (many nails needed) on standard windows.
Strips of U-shaped vinyl that slip over edge of metal casement windows.	Less than 2¢ a foot	Inexpensive, permanent, easily installed; window is free to open and close. Works only if window fits neatly and is not bent or otherwise distorted.
Cut to size to form a standard door stop; vinyl on edge seals gap between door and frame.	\$4 a set	Permanent, easily installed, attractive—can be painted. Door-closing noise is deadened.
Aluminum strips with front edge of vinyl; install directly to face of standard door stop.	\$4 a set	Same as above, except that it is installed over existing door stop. Extremely durable.
Aluminum part screws to bottom of wood door; vinyl part seals door/floor gap.	\$1.50 for 1 piece	Extremely durable
Molded double-lip strip nailed to bottom of garage door to seal door/floor gap.	\$3.50 for 9 feet	Permanent weather stripping; cuts out drafts inside garage and cushions shock of door-closing.
Once saddle is installed on floor, vinyl gasket seals space between floor and closed door.	\$3 to \$6 each	Effective when installed properly. Caution: Door bottom must be planed precisely to mate with saddle.
Saddle installed on floor and interlock installed on door bottom seal space when door is closed.	\$3 to \$6, per size of saddle	Easier to install than above; available in various sizes to fit under any door. Interlock part can be troublesome, catching on rugs and carpeting as door moves.



## How to clean carpets for only 3¢ a square foot

Frequent vacuuming maintains the good looks of your fine carpeting. But once, twice or three times a year—depending on the amount of use it gets—your carpeting should be washed or dry-cleaned to be beautifully revived. Commercial cleaning could cost you up to \$80 for 45 square yards—or more than 15 cents a square foot. Dry-cleaning the carpeting yourself, with a special compound you buy plus a machine you rent, costs only \$12.95 for the same area—or less than 3 cents a square foot.

This home dry-cleaning method begins with millions of tiny, soft plastic sponges dampened with solvent. These form the cleaning compound. Twin brushes in the machine you rent scrub this compound into and around the fibers of your carpeting. Later, you run your own vacuum cleaner to remove the dirt-filled compound.

Primary exponent of this quick, safe and simple home cleaning method is the Host System. It's widely distributed nationally and is the only method designed for home as well as professional use. To locate a local source for the Host System, look under "Carpet" or "Carpet Distributors" in your Yellow Pages. Once you have your materials and equipment, follow this procedure:

- Remove or set aside furniture in carpeted areas. You can even shift it within rooms; the solvent is volatile and

evaporates in one or two hours.

- Spread the compound around your carpeting, about three handfuls a square yard.
- Work the compound into your carpeting thoroughly, using the rented double-brush machine. Treat only three or four square yards at a time.
- Change the machine's direction of motion several times to attack fibers from different angles.
- Allow carpeting to dry completely.
- Vacuum the cleaned carpet, preferably with an upright cleaner, which has a rotating beater-brush.

Treat heavily used areas of carpeting with two light applications of this dry-cleaning method. Spread only about two handfuls of compound per square yard and work in thoroughly. Allow to dry; vacuum and repeat process.

Another important advantage of carpet dry cleaning is that it eliminates any possibility of overwetting. Professional carpet cleaners may use hot water, detergent or foam systems. But you would need their know-how to judge accurately how much water is safe.

A suds-type cleaner, in particular, is likely to set off a vicious cycle by creating a sticky residue that clings to carpet fibers, collecting and holding dirt. This ability to attract may be admirable in an automatic washer that includes rinse cycles. But unless you can pull up your carpet and toss it into a

### Dry-cleaning a carpet gets great results and is easy to do yourself.

washer (possible only with some carpeting in small sizes), using a sudsy detergent will make frequent cleaning necessary. Because of the tenaciousness of the sticky residue, carpeting previously cleaned with detergent may require several applications of the dry method to get out all the accumulation.

Stains, spots and ground-in dirt from heavy foot traffic require special treatment. Before overall cleaning, treat with a spot cleaner—the kind you use depends on the type of stain. Remove spots and stains as quickly as possible. Some may never come out completely if allowed to dry and set.

- Ink and very oily materials such as grease, butter: Scrape any solid material off the surface. Dampen a paper towel with solvent and pick up on towel. Do not rub.
- Oily food, coffee, blood, urine, salad dressing: Scrape off solids and wipe—do not rub—with a mixture of ½ white vinegar and ½ water. If you are certain a detergent will not leave a sticky residue (see test for stickiness, below), mix and apply equal parts of detergent (the kind you use for delicate fabrics), white vinegar and water. Blot the mois-

ture immediately with paper towels.

- Candy, soft drinks, fruit juices, chocolate, alcoholic beverages: Remove solids and blot with detergent-vinegar-water solution. Blot with paper towels.
- Gum, paint, heavy grease, tar, crayon, lipstick: Remove solids. Blot first with dry-cleaning solvent. When dry, blot with detergent-vinegar-water solution. Absorb moisture and allow to dry. Blot again with dry-cleaning solvent.

Antistatic sprays may be applied after cleaning to increase electrical conductivity and reduce sparking when one person touches something metallic—or even another person. Antistatic

### The upright vacuum, with rotating beater-brush, is tops for regular maintenance.

sprays may leave a slightly sticky coating on fibers, which could lead to early resoiling. In general, static buildup can be reduced by keeping the humidity level in your home up to the 50- to 60-percent range. And woven into newer carpeting is a special conducting fiber that grounds all static.

There are also sprays that contain a silicone substance to coat individual carpet fibers and help resist soiling. Their effectiveness depends not only on the quality of the individual product, but also on the environment in which they are used and the fiber they are used on. Before applying any spray or detergent, check its residual stickiness. Place the equivalent of a few teaspoonfuls in an open dish and let dry completely in room air. Test the residue with your fingers. If it feels dry and powdery, you'll know the residue can be vacuumed out of your carpeting easily. If it's sticky, you'll know that it's likely to attract and hold dirt.

Hard carpet fibers, such as nylon and acrylic, may sometimes take on a dull look after long wear. Individual fibers may be scarred or scratched just like wood furniture after long use, and no cleaner will remove the dull look from badly worn or scarred carpeting.

Essential to any carpet maintenance is pile lifting. Continued traffic tends to compress the pile and mat it tightly. Wool, nylon, acrylic and polyester resist crushing better than rayon or cotton. The double-brush action of the carpet-cleaning machine physically lifts the pile while cleaning the fibers. The beater-brush on an upright vacuum cleaner also lifts fibers during routine cleaning. Rotating, it shakes the carpet and loosens deep-down dirt, which the suction system lifts out. Unless this deep dirt is removed, it can cut through the fibers and shorten the life of your carpeting.

—Merle E. Dowd



# Long-distance dollar stretcher

International phone rates have not kept pace with galloping inflation—which means that dollar for dollar and mile for mile, placing a call to a distant land has become an incredible bargain. But you must plan ahead to save. By making calls in the evening or on the weekend (where low rates exist), and by calling station to station instead of person to person, you can cut overseas phone costs in half—sometimes considerably more.

The time zones of the world are significant factors in determining the cost of overseas phoning. So is the International Date Line. For example, when

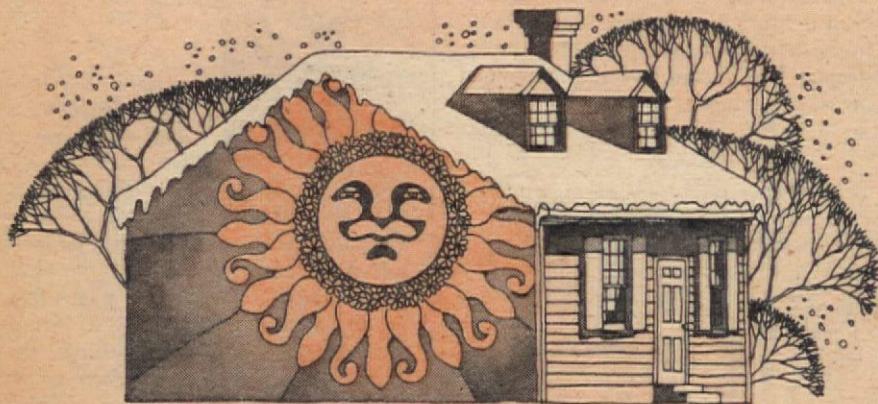


it's 6 p.m. Sunday in New York City, it's 10 a.m. Monday, a business day, in Sydney, Australia. A station call from New York to Sydney is only \$6.75 for three minutes if you place the call on Sunday. It's \$9 on Monday. Similarly, a three-minute person-to-person call to Sydney is \$9 on Sunday, \$12 on Monday. The best way to learn the cost of calls from your home to various parts of the world is to ask your local telephone business office to send you a free copy of their helpful pamphlet

titled *International Telephone Rates*.

In 1970 a new consumer convenience was inaugurated: International Direct Distance Dialing. Now available in close to 200 cities and towns in some two dozen states, including the District of Columbia—and growing all the time—IDDD provides direct dialing service to 20 foreign countries. People like this service because their calls can be put through in seconds instead of minutes, and there is no dealing with an operator.

IDDD involves dialing a series of numbers, so additional preplanning is necessary. Your local telephone business office, serving exchange areas equipped with IDDD service, can supply you with a free pamphlet containing code data for each country and city you can direct-dial, plus rate and time differences you should know.



## Heating your home for less

Topside insulation pays off the most. If your attic has less than the recommended six-inch depth, add more. It's easy to drop bags of mineral wool, called batts, between joists. But if your attic floor is finished, staple batts to the underside of the roof. The job is tougher, but worth your energy and time.

Even if your home is well insulated, some heat will still be lost. Best antidote: storm windows and doors. Buy from a reputable dealer—and only after you've examined them carefully. Favor windows that are sturdy and well finished, with built-in sliding screens so the windows can be used all year-round.

Save by installing storm windows and doors yourself. Don't be deterred by second-story windows tough to reach from the outside. Just install them inside. Another cost-cutter: For windows that are never opened and do not show (such as those in your basement), add *simulated* storm windows: pieces of plastic film mounted on the

inside. They're only about 59 cents a pair at your hardware store.

Cleaning a furnace will cost about \$50, but it'll save you twice that much in fuel bills each year. Hire a pro, and make sure he also cleans the thermostat and uses his sensitive instruments to check its efficiency *and* the furnace's level of combustion. You may need a new nozzle on the oil burner and other repairs or modifications that are cheaper than buying a new unit.

For comfort as well as economy, "balance" your heating system. This is a trial-and-error process of adjusting the flow of hot air or steam so that each room gets only enough heat to suit its use. Your kitchen should need little or no heat, for example; bedrooms are healthier with less; bathrooms and your living and family rooms may need more. Just remember the less heat you use, the less money you spend. And what you spend on insulation this winter will make your home cooler and more comfortable next summer. —M.M.

## Family-car fuel economy for 1975

Here are the top 20 fuel "economy-minded" station wagons for '75, based on early estimates by the Federal Energy Commission after testing prototypes of some 250 new-car models.

Cars come in a range of optional engine sizes and accessories, all of which affect their weight and performance. Our choices reflect economically powered station wagons equipped with frequently purchased options. The FEC warns that because driving habits and engine condition are so variable, the car you buy might not always achieve fuel economy equal to their estimates.

Manufacturer and model	Miles per gallon	
	City	Hwy.
Volkswagen Dasher	23	35
Datsun 710	22	33
Toyota Corolla	21	33
Datsun 610	20	29
Toyota Corona	19	28
Ford Pinto	18	26
American Motors Hornet	18	24
Peugeot 504	17	25
Volvo 245	17	24
Toyota Corona Mark II	17	21
American Motors Matador	16	19
Oldsmobile Cutlass	14	18
Chevrolet Malibu	12	18
Dodge Coronet	12	17
Plymouth Fury	12	17
Pontiac LeMans	12	17
Buick Century	12	16
Ford Torino	11	15
Mercury Montego	11	15
Oldsmobile Custom Cruiser	11	15

# Dollars and sense decorating

## 10 low-cost ways to camouflage your home's built-in problems

You don't have to spend a fortune to offset those flaws in home design that annoy you every day. Clever use of basic materials can create convincing cover-ups and turn minuses into pluses.

1

### A room that's small and unimportant

To make a small space seem more significant, inject one really stunning element: an exciting antique, for example, a wonderful wallpaper—perhaps with matching fabric on furniture—oversized furniture or fabric with large-scaled pattern. Be sure you limit the number of colors—and furnishings. A “busy” room always looks smaller.

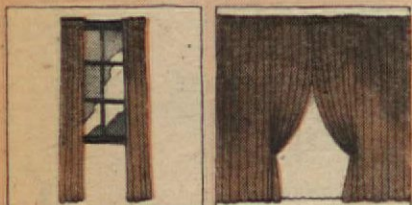
2

### Ugly pipes that spoil your decor

Either point up an eyesore or play it down. In a bathroom or child's room, for example, painting exposed pipes a bright color will give them focus and make them a feature of the overall design. Elsewhere in the house, paint pipes, beams, ducts, radiators—or any elements that are prominent and unattractive—the same color as the walls or ceiling, and you'll see them virtually vanish.

3

### Poorly placed or uneven windows



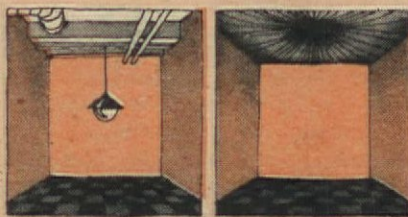
Vary curtain-rod use to make a window look taller (left) or wider (right).

Changing the look of a window or window group can often offset its awkwardness. Move a valance, curtain rod or other hardware and you can alter a window's apparent size and shape. To heighten it, for example, hang the rod

some distance above the frame; to widen, extend the rod beyond the frame.

4

### A high or unsightly ceiling



Distract with dramatic flooring—bold pattern, bright colors—and low lighting (left) or ceiling fabric (right).

The easiest way to shift the focus from above is to draw the eye downward. Here's one sure way to do it. Paint out ceiling beams and ducts; add a fantastic floor covering; then accent with a lowered lighting fixture. Or cover the ceiling with tile, translucent panels or fabric draped tent fashion—either stretched on rods or stapled onto beams.

5

### A room with dreary “plain Jane” look



Paint or glue on trim to simulate structural details and thus add interest to a room.

To offset architectural blandness, install Styrofoam “wood” beams or plastic or wood moldings. You can fake other details with a wallpaper pattern of arches and columns, with paint or with almost any material that comes in strips or rolls—ribbon, tape, blanket binding, webbing—glued or stapled around walls, windows and doors. Apply wallpaper or paneling to the lower half of a wall and create a dado.

6

### Shoobox proportions that stifle a room



Add width with long sofa, striped flooring or a full wall of mirrors.

Open up a narrow room by installing mirrors on one long wall. (Be careful what the mirrors reflect: Lovely things seen twice are pluses, but not muss or clutter.) Or create the illusion of great-

er width with one long papered wall in a trellis, mural or trompe l'oeil design. Put down flooring in a pattern of diagonal squares or stripes that run perpendicular to the long walls. Make one short wall “advance” by painting it a strong or contrasting color or placing a couch along or parallel to it; or if the wall has a window, emphasize it.

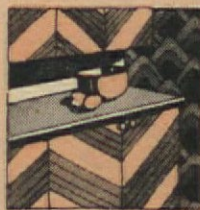
7

### Antiquated stiffness, not charm

One way to update a room is to hide old-fashioned walls and windows behind a false front of plasterboard or plywood. Another is to paper or paint whole walls, even moldings; leave windows bare or add decorative shades.

8

### Outdated kitchen in need of a lift



Apply self-sticks to walls, cabinets and counters and you will cover a multitude of sins.

Camouflage old surfaces with paper or self-stick coverings (vinyl or vinyl-coated paper). Or glue on pages from garden catalogs, blow-ups of family photographs—almost anything that can be made washable when coated with polyurethane. Or paint on high-gloss enamel; be sure to remove the shine (not the surface) first with steel wool, sandpaper or liquid sander. Use self-sticks to mask cracked tile.

9

### The monotony of too many doors

You can make doors less conspicuous by painting or papering them to match a room's walls. In a hallway or foyer, transform a lineup of doors into a decorative design by painting their frames a contrasting color. Or be adventurous; paint each door a different color.

10

### Feeling cramped by a low ceiling

To add height to a room, use low furniture—floor pillows are perfect—lowered lighting and low-hung pictures. Point up the verticals—with vertical-stripe wall coverings and floor-to-ceiling curtains. Paint the ceiling lighter than walls; avoid chandeliers and other hanging fixtures that tend to “pull” a ceiling down. —Ellen Liman

—Ms. Liman is the author of *The Money*

# How to keep your remodeling costs down

The cost of remodeling a kitchen or bath, building a new wing or carport, adding interior living space in a basement or attic—or enlarging outdoor living space with a deck or patio—is not out of line if you invest “sweat equity.” Doing a job yourself cuts costs in half—or more.

Where you live, the kind of project you envision and the suppliers you deal with all affect cost—which is why we present a range of unit prices, including all costs except labor. For example, the listing for ceramic tile includes the cost of adhesive and grout. Not shown on the chart are

plumbing and electrical materials. These are normally installed and/or inspected by licensed craftsmen who make sure their work complies with local building codes. One way to keep costs down is to sharpen your shopping know-how. Here are points to remember:

- Buy for cash and save at cash-and-carry lumber and building-materials centers that cater to home improvers.
- Check the availability of used lumber, doors, windows and plumbing fixtures salvaged from houses razed for highway or new building constructions. —Merle E. Dowd

## REMODELING PROJECT Range of cost (min. to high)

### Kitchen

Complete	\$1,500-3,200
Replacing range, refrigerator, dishwasher	825-1,450
Replacing dishwasher	225-325
Moving sink (with dishwasher plumbing)	275-350
Wall cabinets, wood, per lineal foot	16-30
Base cabinets, wood, per lineal foot	20-50
Laminate counter, per lineal foot	3.50-8
Ceramic tile counter, per lineal foot	2.50-4
Floor, per square foot (see “Floors” below for specifics)	.35-1

### Bath

Complete	\$900-2,200
New half-bath, complete	400-900
Replacing toilet, tub, vanity	200-450
Ceramic wall tile, per square foot	2.50-9
Melamine-finish hardboard, per square foot	.54-1.06
New accessories	60-140

### Finishing existing space

Basement, 15'x20', simple	\$350-500
Basement, 15'x20', deluxe	700-1,200
Attic, 10'x20', simple	250-450
Attic, 10'x20', deluxe	500-900

### Wall covering (per square foot)

Paint, interior, one coat	\$.02-.04
Wallpaper, simple	.10-.20
Wallpaper, vinyl-coated	.12-.25
Wall covering, vinyl on cloth	.16-.30
Wall tiles, vinyl	1.20-2
Wall tiles, simulated brick	1.20-3.50

### Wood paneling (per square foot)

Tongue-and-groove boards, finished	\$.65-1.15
Prefinished 4'x8' plywood	.20-1.50
Simulated wood-finish hardboard	.15-.90

## REMODELING PROJECT Range of cost (min. to high)

### Ceiling

Plasterboard, ready to paint	\$.12-.20
Ceiling tile	.20-.40

### Windows and doors (unpainted)

Metal replacement window	\$25-135
Wood replacement window	35-150
Doors and frame, interior	25-60
Doors and frame, exterior	35-150
Sliding door, 5-foot, single-pane	160-220
Sliding door, 5-foot, double-pane	250-300

### Floors (per square foot)

Asphalt tile, with adhesive	\$.20-.40
Vinyl asbestos tile, with adhesive	.28-.50
Solid vinyl tile, with adhesive	.50-1
Ceramic tile, with adhesive	1.50-4
Sheet vinyl, with adhesive	.35-.60
Hardwood, new, finished	1-1.75
Existing hardwood, refinished	.12-.20

### Roofing (per square foot)

Asphalt shingles (3-tab, 235-pound)	\$.25-.35
Cedar shingles	.40-.65
Cedar shakes	.50-.80

### Siding (per square foot)

Wood bevel (clapboard)	\$.60-.80
Wood drop	.90-1
Aluminum, plain	.50-.60
Aluminum, insulated	.55-.65
Vinyl, solid	.70-.85

### New space (per square foot)

Added room, frame	\$6.50-15
Carport, simple	4.50-6.50
Carport, deluxe	7-11
Garage, simple	7.80-9.25
Garage, deluxe	8.50-12
Wood deck, simple	1.50-2
Wood deck, deluxe	4-6
Patio, concrete	1-1.50
Patio, brick	2-3.50

Keep home fires burning, and you can turn the furnace down.



How you "shop" for wood is as vital as how you build your blaze.

## Help heat your home with firewood that costs you next to nothing

Keeping up a good, roaring fire can supplement your home heating and help you pare energy costs. But fires need replenishing and wood can be expensive. Here are seven ways to get firewood for free or for a small fee:

1. **Our 164 national forests** allow a certain amount of tree-chopping. You can get permission to fell live trees or collect dead ones from the administrator of a forest. (National parks, by contrast, prohibit felling of trees.)
2. **Many state, county or city parks** have trees for the taking. Again, check with the proper authorities: district foresters for state forests, extension agents for county forests, city foresters for municipal lands.
3. **Municipal park and highway departments** chop down and store many trees. Check with municipal officials; you may be able to chop up and haul away some of these trees.
4. **Maintenance departments of local power companies** chop down branches and trees that threaten power lines. They should be pleased to thin out some of their accumulation; call your local customer service representative and ask. (Avoid taking any poles; they are dangerous as firewood because they are so heavily creosoted.)
5. **Construction or remodeling sites** are sure to generate piles of dry wood cut into chunks, suitable for burning. The contractor has to pay someone to haul waste wood away; he should be happy to give it away. Don't neglect buildings under demolition; there's often plenty of dry wood.
6. **Trash dumps nearly always contain fallen limbs and dead trees**, if local regulations prohibit open burning. And if the sanitation workers or contract carters must segregate those trees and branches at the dump, it will be a snap to collect them there. Get permission.
7. **Firms that work with wood**—lumberyards, furniture manufacturers, carpentry shops—usually have to pay someone to haul away scrap. They, too, are often willing to give it away.

### FIREWOOD TIPS

If you *do* get permission to go into a forest, try to select a blend of hardwood and softwood trees. Hardwoods burn longer and contain more heat; softwoods are perfect for short early-morning fires to drive out overnight dampness and cold. And the aromatic woods, such as those of fruit trees, add a pleasant dimension to your fire. (For a pleasant dimension to your fire. (For 25 cents you can receive a copy of a chart that rates firewood. Write to the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Ask for *Firewood for Your Fireplace*, No. 559.)

Store your firewood outdoors under some kind of shelter to protect it from rain and snow. You can make a "roof" out of heavy plastic sheeting held down by a few logs. Wood dries out faster in small pieces; split it before stacking.

### FIREPLACE SAFETY

Make sure you have a broad, non-tippable screen to hold back sparks and flying cinders. Never use combustible fluids to start your fire. Instead, build one like this: Place two logs

horizontally on the grate or andirons and lay tinder (tiny twigs, shavings, paper) between. Place a handful of dry twigs or split soft kindling over the tinder, cover with small, dry logs, then build a "teepee" of kindling on top to sustain the fire until logs are aglow. Remember to clean your grate regularly. Take care that hot ashes left after a fire can't start another—unwanted—blaze in the middle of the night. When fires are out, close the damper—or all the money you save will go up the chimney.

### NEED A FIREPLACE?

Consider buying a wood-burning "parlor" stove or a freestanding fireplace. Both deliver heat quickly and, to their advantage, draw in less cold from the outside than the average built-in fireplace. A stove with UL-approved chimney will cost about \$200, and you can get a freestanding fireplace plus carpenter-installed chimney for less than \$300 if you economize. Look upon such expenses as an investment that will save you heating money in the long run.—E. M. Delman

### NEW ENERGY-SAVING FIRE SCREENS

You can't shut your damper if a fire is still burning when you want to go out or turn in. But you can cut your heat loss. Portland Willamette's "Glassyre" screens (\$125 up) have tempered-glass folding doors you can close to keep the heat inside your house from going up the chimney with the smoke.



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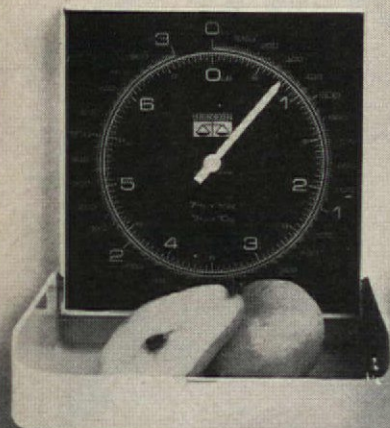


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# What's New



## Wall-mounted weigher

Black-and-white Kitchen Wall Scale goes to 7 pounds, tells grams; tray folds when not in use. It's \$14. (Hanson Scale, Northbrook, Ill. 60062)



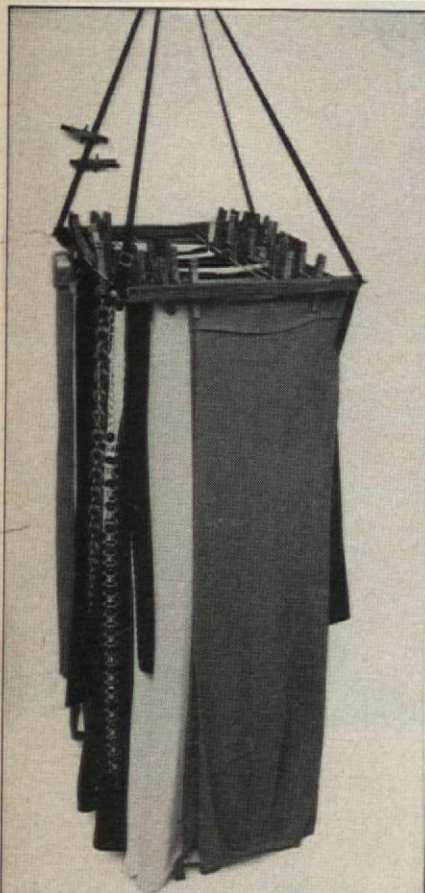
## Permanent auto power

Maintenance-free J.C. Penney auto battery is permanently sealed, never needs water or servicing. Unconditionally guaranteed for as long as you own your car, the battery gives extra starting power. It's \$45 at J.C. Penney Auto Service Centers.



## Tape-on paneling

Now you can panel an inside wall in no time with simulated wood "planks" made of polyurethane. From Graue Mill, they are so light you simply secure in place with squares of double-faced tape. Available in five wood styles ("Barnwood" is shown above), planks have a three-dimensional textured surface that looks and feels like real wood. Not for use in bathrooms or other damp locations, they can be cut with a hand saw or knife; at Sears, Roebuck & Co. Prices start at \$17.99 per box, which will cover 10 square feet.



## Super-size hanger

The Big Hang-Up holds up to 30 belts, skirts, slacks, using special clips on sliding racks. Price, \$25. (Marion Donovan Systems, 850 Park Ave., New York, N.Y. 10021)



## Shutters with wood look

Tough, easy-to-install polystyrene shutters from U.S. Steel have an acrylic wood-textured surface, realistic open louvers. Available in green, white and black, shutters are 14 inches wide, 25 to 81 inches high. Price range is \$10 to \$30 a pair.

## End smashed fingers while hammering

Position nails safely as you hammer with the Nailit magnetic starter, which holds any size nail. Especially good for starting difficult small brads or for use in tight corners, it has a lifetime guarantee. Price is \$2.95. (Seatek Co., 6 Neil Lane, Riverside, Conn. 06878)



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# RALEIGH



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Filter Kings, 16 mg. "tar," 1.1 mg. nicotine, av. per cigarette, FTC Report Mar. '74

# It uses two-thirds less power, lasts 10 times longer Fluorescent lighting, the super saver

If your home lighting system relies entirely on incandescent bulbs, it's no ally in your battle against rising energy costs. The easy alternative, fluorescent tubes, needs only one-third the power to produce the same amount of light. You may not equate fluorescent lighting with hospitality and intimacy. But used properly, it can produce effects not possible with incandescent fixtures. Like an actor on the stage, a fluorescent tube in the home should never be seen undisguised. Happily, its structure and range of sizes give it a versatility ideal for concealed lighting.

**Soffit installation.** You can conceal your fluorescent fixture in a drop ceiling (soffit) that directs light down through a translucent panel to provide over-the-counter illumination in a kitchen or bath. The soffit is just a box with an inside lip along the bottom to support a diffuser panel of plastic or glass. An existing wall serves as the back (#1, below); adjacent walls or cabinets may form one or both ends. Each additional side comprises a framework much like a ladder on edge: two horizontal members connected by vertical members spaced so their centers are 24 inches apart.

**Cove light.** Generally used on all four walls in a room, or on two opposite walls, cove installations produce soft, even, shadowless illumination for an entire area. You hide your fluorescent fixture in a projecting trough (#2, below), which consists of a support board that anchors the entire unit to an architectural member; a face

board that conceals the fixture and helps focus the light; a standoff member that attaches face board to support board. The standoff, running parallel to the support board, provides a horizontal base; the face board, angling upward, conceals the tube and focuses light toward the center of the ceiling.

All important to the success of a cove light is the angle of the face-board lip. It must be low enough so that light projects across the room, yet high enough to conceal the tube. To position your installation properly, picture it on scaled graph paper. Starting at a point on the opposite wall equal to 68 inches above the floor, draw a line to the top of your tube. Draw a second line from the intersection of ceiling and opposite wall to the bottom of your tube, as in our drawing. The inner edge of the face-board lip should be where lines intersect.

**Open bracket lights.** These are the show-off installations that can dramatize your walls or draperies with a flood of decorative light. If you attach your unit to a wall, the bracket will reflect light off the ceiling and, since it is open at the bottom, will also project light downward onto the wall.

To construct a wall-bracket disguise, simply connect the face board to the top of the support board with standoffs whose centers are 24 inches apart. The face board should be screwed, rather than nailed, to standoffs, so it can be removed easily when you replace a tube. The wall-mounted

bracket that illuminates a draped wall or window is called a valance (#3, below).

The ceiling-mount bracket, which directs light downward, is called a cornice (#4, below). In this installation, both tube and face board can be attached directly to a support board mounted the proper distance from the wall.

**Variations on a scheme.** By combining two or more types of installation, you can make a single light source do multiple duty. In your bedroom, for example, a standard cove trough, with a diffuser panel centered above your bed, will provide indirect overall lighting plus a strong, direct light source for bedtime reading. As a decorative bonus, this cove-and-soffit unit will also spotlight the bed, with its backdrop of wall covering or draperies.

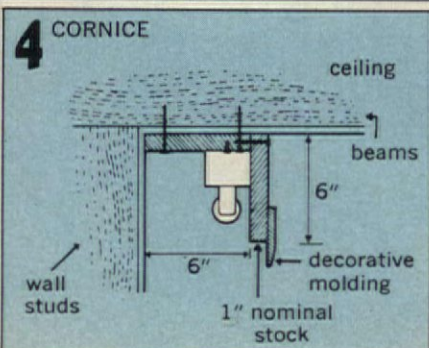
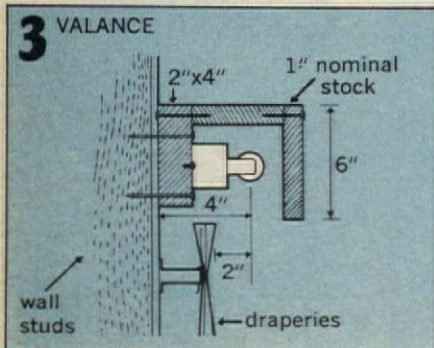
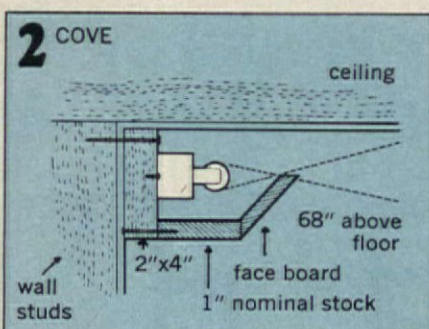
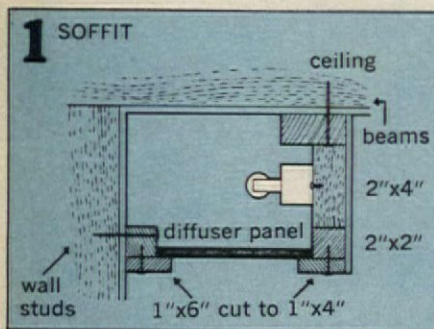
**Choices to consider.** Fluorescent tubes are commonly available in 18-, 24-, 36- and 48-inch lengths. Figure 10 watts per lineal foot in making your choice. The workhorse of fluorescent lighting is the four-foot (40-watt) tube. Since lamps of different wattages produce the same amount of light per foot, they are all entirely compatible. Thus you can supplement a line of 40-watt tubes with whatever lower-wattage tubes you need to fill a given space.

In selecting a tube, let color be your guide. Generally, cool white goes well with cool tones (blue, green, violet), but can distort warm ones (red, gold, brown). Similarly, warm white intensifies ruddy tones and distorts green and blue. You may want to experiment with more than one type of tube before you make a final selection. If you're using a diffuser panel, be sure to include it in your tests; it will modify the amount and color quality of the light that's produced.

Next, you must choose your fixture: either a preheat, rapid-start or instant-start. If you can accept a half-second delay after flipping the switch, rapid-start fixtures are your best bet for moderate cost and extra-long life. The preheat blinks annoyingly for a few seconds, and its starter is a potential trouble source. The instant-start not only costs the most, but it subjects tubes to the most wear and tear.

The cost of converting to fluorescent lighting will vary according to the amount and complexity of rewiring that must be done. Likewise, the economic benefits will depend upon your local electrical rates. But as energy costs continue to escalate, you can't help but save by a switch to fluorescent lighting.

—Patricia Zettner



Illustrations by Adolph Brotman



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# Sew a Holly Hobbie

Who doesn't love a little lass in calico? This sweet wall hanging and old-time outfit are easy-do Holly Hobbie\* patterns from Simplicity.



**H**ere's the charming miss you've seen on so many greeting cards and gift wraps. Stitch up her demure dress and apron (as shown, or in shorter length) and poke bonnet for a special little girl. Or appliqué the 26-by-35-inch wall hanging, using fabric remnants. The two patterns are \$1 each at Simplicity counters.—Eileen Denver

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Larry Couzens

# Children's horoscopes you can embroider



The birth sign of your child, at the center of a delightful embroidery horoscope chart, makes a colorful memento you will cherish.

Embroidered horoscope charts like these, each containing a child's own name, birth date and exact horoscope chart, make decorative additions to your home's gallery of family portraits. Our horoscope chart is individually cast according to the date and place of birth of your child. Each kit includes all you need to complete a 12-by-16-inch picture that's ready for you to frame. There are Persian yarns, needle, design stamped on Belgian linen, directions for easy embroidery stitches, lettering guide and carbon so you can write in the child's name and birth date. In addition, you will receive a printed interpretation of the horoscope chart. To order, fill out coupon at right completely.

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AH175

# 9 no-cost and low-cost ways to burglar-proof your house

By Mel Mandell

Safeguarding your home against intruders is simpler than you think—and cheaper, too. There's no reason to install a costly burglar alarm system when other methods do the job just as well, perhaps better.

**1 The best way to safeguard your home is also the most rewarding:** Get friendly with your neighbors. Good neighbors will report suspicious happenings at your home when you are away; indifferent neighbors won't even question bold burglars who empty the contents of a home into a moving van.

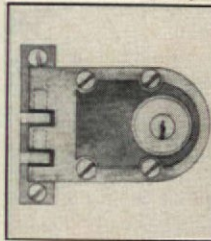
**2 When neighbors are friendly and cooperative,** it's also easy to get them to participate with you in Operation Identification, a free anti-burglary program (complete details in box below).

**3 Your next most effective deterrent is outside lighting.** Light threatens intruders: It exposes them to the people who may be inside a house, and silhouettes them to passersby. If you have lights at the front and rear of your home, leave them on at night. This can be done automatically when you are out, if you install sunlight-sensing controls in each lamp (for about \$10). These controls turn lights on at dusk and off at dawn. The cost of lighting—installation and energy consumption—is small compared to its crime-fighting advan-

tages. And if you get all your neighbors to light up, too, burglars will be turned off by your neighborhood's brightness.

**4 Make sure your front door is secure and solid** before you spend good money on locks. Glass- or wood-paneled doors or doors that don't fit their frames neatly are not secure enough. For maximum protection, mount metal grills (they come in decorator styles) over glass panels, or reinforce wood panels by backing up the door with 3/4-inch plywood attached with carriage bolts and painted or stained to match the door. Block those crowbar-inviting gaps between door and frame by installing inexpensive angle iron adjacent to the locks. This metal stripping, which costs only 75 cents a foot, is mounted through the door with carriage bolts.

**5 You need a good lock to supplement your primary lock.** Use the drop-bolt lockset, known as the "Segal" lock after the company that introduced it. It



resists crowbars because it grabs the door frame. To protect its cylinder, you can mount a guard plate on the outside over the cylinder face (metal

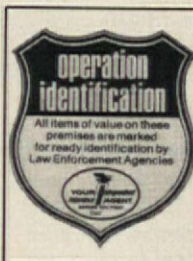
## Operation Identification protects your valuables—for free!

This mushrooming anti-burglary program, sponsored by the National Association of Insurance Agents, has proved invaluable to many thousands of homeowners in more than 1,300 communities throughout the United States.

To participate, all you do is inscribe your area-coded phone number or your driver's license number on a metal area of your valuables with a special engraving tool. You can borrow the tool from your local police, cooperating banks or an independent insurance agent who's a member of NAIA (look for special NAIA listings under "Insurance" in your Yellow Pages). You will also get decals (see one above) to put on your doors to alert would-be intruders. The insurance agent will give you an inventory form: After engraving your valuables, you note on the form where each ob-

ject is engraved. If your home is ever burglarized, you'll have a concise record of your valuables for police and the insurance company.

But chances are you *won't* be burglarized: A burglar knows that a "fence" will steer clear of items whose rightful owners are so easily traceable. And what fences won't buy, thieves won't steal.

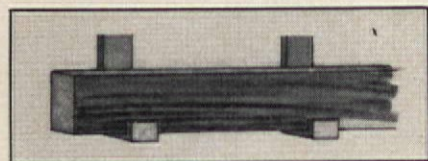


Statistics support the success of Operation Identification: In Cincinnati, Ohio, where 30,000 out of 125,000 homes are enrolled, nearly 12,000 homes were burglarized in a two-year period. Of these, only 10 were in Operation Identification. And in St. Paul, Minn., the city-wide burglary rate in 1973 was 7.2 per 1,000 homes compared with .74 per 1,000 in Operation Identification homes.

Today, this burglary-prevention program is going strong across the country, so you probably won't be the first on your block with warning decals. On the other hand, you certainly don't want to be the last. —R.S.

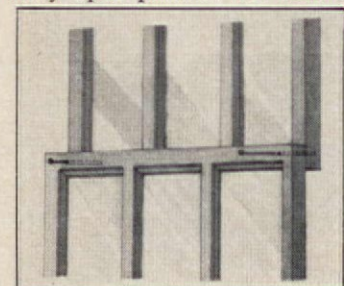
guard plates come in kits complete with four carriage bolts for only \$2.50). But don't waste \$20 on a pick-resistant cylinder for each lock; not one burglar in a thousand knows—or needs to know—how to pick a lock.

**6** There's a much cheaper way to secure your back door or the door that connects your house to an attached garage than adding locks. Just mount metal brackets on door frames and drop lengths of pipe or 2-by-4 lumber into the brackets at night or when



you're going away. (If the doors open out, mount the brackets on the inside of each; the dropped-in pipe will keep the door from opening.)

**7** You can secure your double-hung windows with a few penny's worth of hardware: Drill a 1/4-inch hole in the two upper corners of the bottom window frame, and drill corresponding partial holes in the overlapping bottom of the top frame. Then simply insert two tenpenny nails so the window can't be raised. These can be slipped out in seconds whenever you want. You can secure the window in a partially open position for ventila-



tion by drilling a second set of holes a few inches higher on the top frame.

Casement windows are inherently more secure because the glass panels are smaller. If you want to lock your casement window, however, Ideal Security makes a keyed lock-and-lever replacement for the standard lever action. This easily installed lock costs about \$4.

**8** Secure any jewels, compact valuables and irreplaceable papers by renting a safe-deposit box, a bargain at \$10 to \$15 a year. There's no need to buy an elaborate home safe; burglars always find them, and have been known to cart away safes weighing a thousand pounds or more. The only reason to have a small home safe is to protect papers

that you refer to frequently. But the safe must have a moisture-bearing lining to protect papers from fire.

**9** If you feel you need some kind of alarm system, there are ways to keep its cost down. Let's say your home or vacation cottage is extremely isolated. A perimeter system may seem essential. You can cut the expense simply by shrinking the perimeter—excluding easily penetrated spaces such as basement and sun porch. Or instead of wiring your entire home, consider installing one ultrasonic motion detector in the room through which an intruder is likely to pass. This portable device, which has a built-in alarm, can cost as little as \$125; an extra-loud siren is \$30. You activate the motion detector with the flick of a delayed-reaction switch before you go away.

Remember this: If you have applied all the basic deterrents (items 1 through 8), an alarm system may not be necessary at all.

A final recommendation: Don't keep a gun for protection. First, guns stolen from homes (and shops) are a leading source of weapons for criminals. Second, and of utmost importance, your chances of using a gun on a dangerous intruder are remote (and he might shoot back), while the chances of someone's being shot accidentally are quite high. Each year about 1,200 Americans are killed and at least 10,000 seriously injured in shooting accidents in the home. If you *must* keep hunting or target guns at home, unload them, place lockable trigger guards on each one—and then lock the guns in a closet.

## "I couldn't join the club 'till I got Tuffy to eat



## ...Then I discovered Tender Vittles."

Tuffy is the club cat. He doesn't like to eat a lot of things. Like tuna, and canned ham, and caviar that I got from my mother's refrigerator. I thought he didn't like any food.

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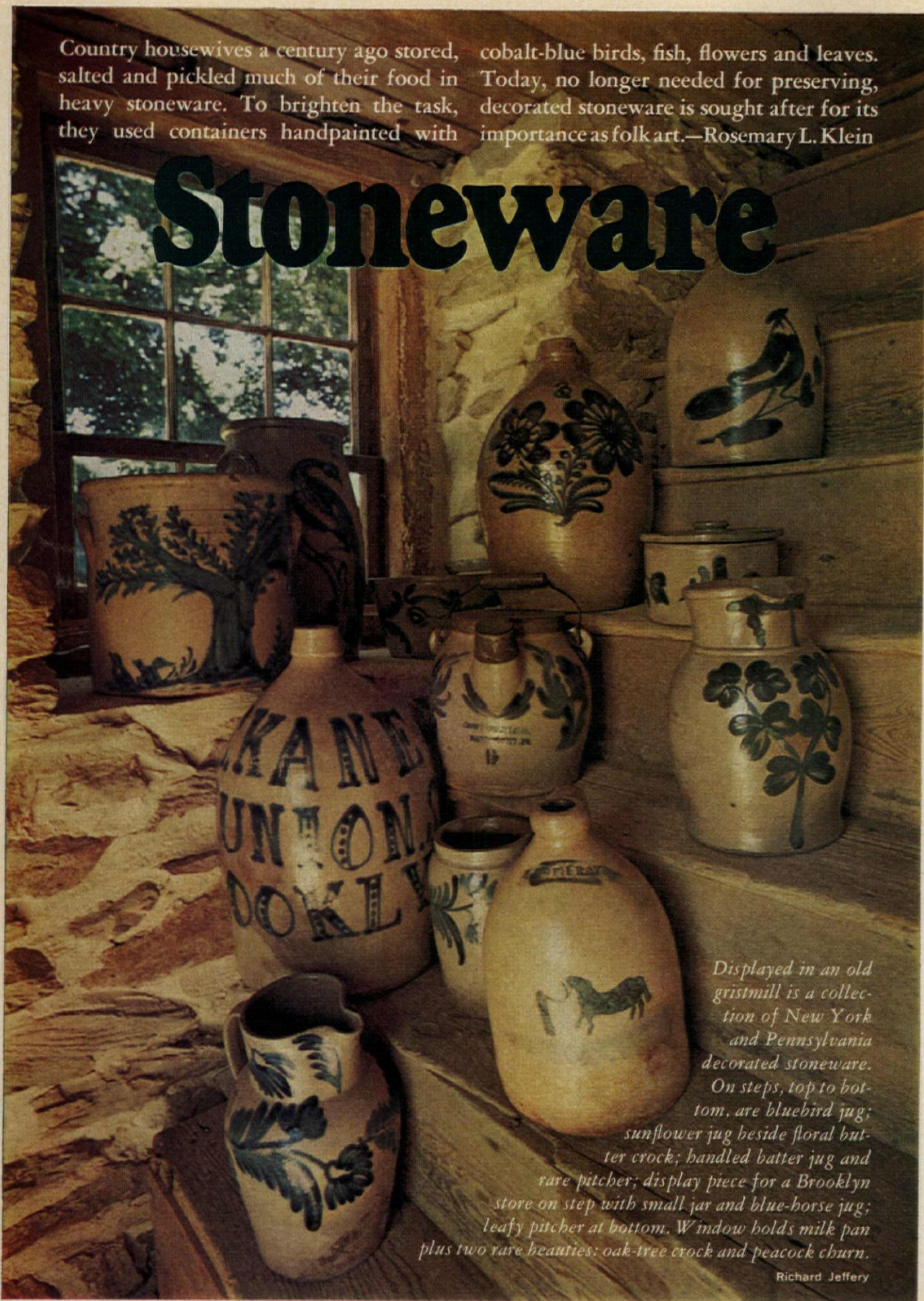
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Country housewives a century ago stored, salted and pickled much of their food in heavy stoneware. To brighten the task, they used containers handpainted with

cobalt-blue birds, fish, flowers and leaves. Today, no longer needed for preserving, decorated stoneware is sought after for its importance as folk art.—Rosemary L. Klein

# Stoneware



*Displayed in an old gristmill is a collection of New York and Pennsylvania decorated stoneware.*

*On steps, top to bottom, are bluebird jug; sunflower jug beside floral butter crock; handled batter jug and rare pitcher; display piece for a Brooklyn store on step with small jar and blue-horse jug; leafy pitcher at bottom. Window holds milk pan plus two rare beauties: oak-tree crock and peacock churn.*

Richard Jeffery



# Showcase stitchery kits

## With a promise of spring

Like the sight of a first crocus, Meredith Gladstone's "Window Greenhouse" (above) refreshes the spirit. The needlepoint, handsomely scaled at 14 by 30 inches, displays plants and blooms to delight all who cherish nature's greenery. Designs are stamped on 10-mesh Penelope canvas, yarns and instructions included. Frame assembles easily.

Nature Niches crewel kits (above, right) are complete with assembled 5 3/4-by-7 3/4-inch ecology wood frames as shown. Birds, bees, flowers and plants are stamped on fabric to be worked quickly in liltng colors. You get yarn and full instructions in each kit. —Ann B. Bradley

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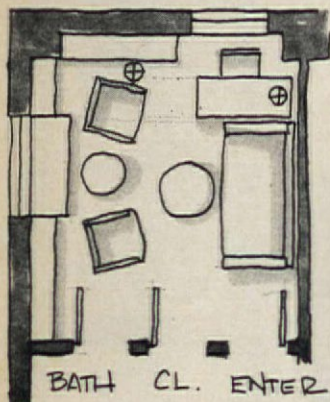
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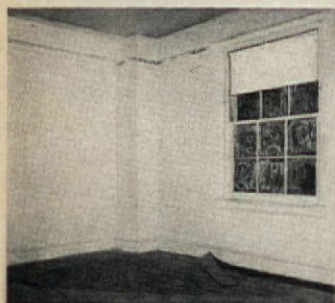
# Carleton Varney's Room of the Month

January's Room of the Month, a den/family room, is decorated for coziness. To achieve warmth, I've chosen stacking bookcases of walnut and had plaster ceiling beams painted in faux bois technique to simulate wood.

Burgundy draperies draw to shut out a chilly view. Sofa and chairs glow in a flamestitch of burgundy, sand, chocolate. There's warmth in accessories, too: gleaming brass, red lacquered desk, vivid Indian pillows. Best of all, the coziness is doubled by a mirrored sofa wall.



Floor plan shows tables handy for drinks, books. Desk doubles as end table.



Here's the original room, before I started work.



Strong, bold flamestitch is perfect for a den, especially when teamed with rug in complementary colors.







**A**nd as they rode off into the sunset, the prince promised her his love, his riches and his castle in the clouds if only she would be his. She agreed. Later, after the wedding, they discussed the running of the kingdom. "The King, my father, is old and my blessed mother, the Queen, has long been gone and the castle is in terrible disarray," explained the Prince. "It needs the hand of a fine woman like yourself to straighten its many rooms and dust its many nooks and light its many fires and clean its many chimneys and sweep its many corridors and feed its many occupants and visitors. Then, we shall have many sons so that they may run the kingdom long after I am gone. I can only hope that when they come of age, they will be as lucky as I in finding a good wife." And with that, they kissed *and the Prince lived happily ever after.*

**Y**ou've come a long way, baby.



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

## Ask us about your antiques

**Q** This lamp was my grandmother's. The shade has a floral design in many shades of green and pink. Is it a Tiffany lamp?

C.B.—Raquette Lake, N.Y.

**A** Bronze lamps with stained-glass shades were made by Tiffany Studios from the 1890s to about 1916. They were used in fine interiors as a



single element of Art Nouveau design. Since other companies copied Tiffany Studios, an unmarked lamp is often questioned; look for a Tiffany Studios mark on the base of yours.

The genuine articles feature ingeniously designed shades, with colorful floral patterns. Your design is simpler than that of most Tiffany shades.

**Q** This oak cabinet is a family treasure. A sticker in back attributes it to the Larkin Furniture Co. of Buffalo, N.Y. Can you give us any information about it?

J.B.—Landing, N.J.

**A** Your china cabinet is a fine example of turn-of-the-century oak furniture. The curving pediment and paw feet are motifs inspired by the earlier Empire style, then in revival. We have



no information on Larkin, but your cabinet suggests the company worked in the fashion of the time, producing good furniture. (Collectors have rediscovered oak, by the way.)

**Q** This chair was in my mother-in-law's attic. I think it is mahogany. I'd love to know more about it.

C.D.—Palatine, Ill.

**A** Your chair is a handsome example of late Victoriana. The elongated proportions of the back are typical of the more experimental design of the turn of the century. The small banisters

across the top reflect Middle Eastern influence; similar banisters appear on much of the furniture of the period. Popular, too, was the trumpet pattern of the turned legs.

The style of the chair was significant when new. It was produced internationally, but there is a strong possibility that your chair was made in the United States.



**Q** This clear glass decanter is marked "Déposé" on the base. The gentleman featured wears a military uniform and medals. What is the origin of the decanter, and can you identify the military man?

V.K.M.—Pinole, Calif.

**A** The decanter is one of the figural types that were made in quantity after 1860. As the word "déposé" is French for "registered" or "patented," so the piece must have been made in France. The bearded gentleman is no doubt a historic figure, but we've had no luck identifying him. He could be Napoleon III or General Boulanger, but the resemblance isn't perfect. Studying the personalities in the Franco-Prussian War might help you identify your man.



**Q** I bought this statue at a garage sale. It appears to be plaster. On the front is the title "Never mind." I've been told it's a John Rogers. Is it?

P.A.—Manlius, N.Y.

**A** Your charming sculpture of one little girl consoling another is certainly in the spirit of John Rogers. But the figures are idealized more than his would be, so it is more likely the work of one of his less-famous com-

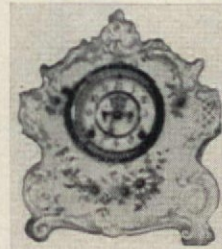


petitors. There were quite a few producing small groups for parlor decoration in the period 1860 to 1900.

**Q** This clock has been in the family as long as I can remember. It is white porcelain, with decorations in rose, gold, blue and yellow. Among the markings is the date 1755. Is it that old? Can you tell me more about it?

R.D.—N. Tonawanda, N.Y.

**A** Your clock case is done in the Rococo Revival style, which originated in the 19th century and remained popular until quite recently. Your clock



is probably a 20th-century version. Marks with dates are very often applied by modern manufacturers who are historically minded and proud that their

firm has been in business for centuries. If you can open the clock, examine the works. You might find a patent date that would place it more precisely.

**Q** My round, silver-plated container is three inches tall and has a feathery design. It is marked "Derby Silver Co. Quadruple Plate" on the bottom and bears the number 42. How old is the piece, and what was it used for. Also, what does the 42 mean?

R.P.—Linden, Ala.

**A** The Derby Silver Co. was a Connecticut manufacturer whose patented Quadruple Plate was extremely



fashionable in the 1870s and 1880s. Your container was probably made in the '80s, when the leaf ornament on it was in fashion. It could have been part of a

toilet set, perhaps used to hold pins. Art objects often bear marks that are no longer meaningful; the 42 on your container might have referred to its style number or to its place in a catalog.

Now you can learn the real story behind that family treasure. 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. We are unable to return photos or send personal replies.—**Marvin D. Schwartz**

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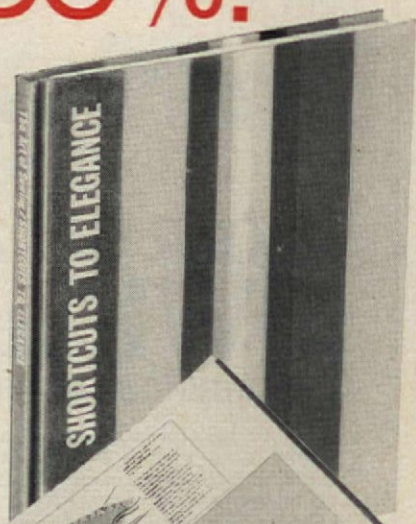
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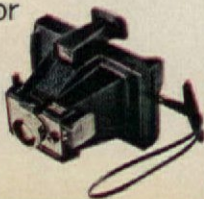


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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

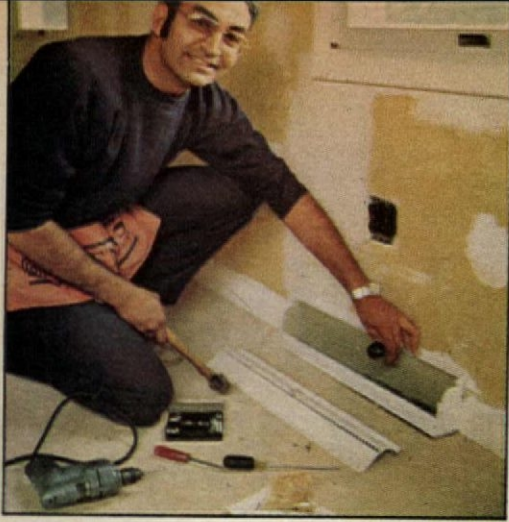
Kings, 15 mg. "tar," 1.1 mg. nicotine; Longs, 17 mg. "tar," 1.2 mg. nicotine, av. per cigarette, FTC Report Mar. '74

# "Our remodeling added space and value"

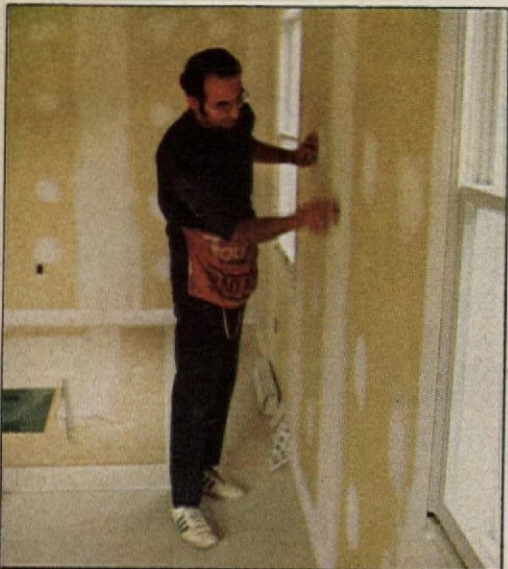
By Jane Randolph Cary



"With some fast figuring we realized we'd be better off enlarging our old house than buying a new one." So Jan and Ramon Srour of Yorktown, N.Y. (above), joined that spunky group of Americans who elect to solve today's housing problems themselves, investing muscle power to cut costs. The Srours had much in their favor: good handyman skills, a willingness to work hard and put up with mess, three young daughters to cheer them on—plus an 18-year-old home, in an attractively matured development, that was not likely to drop in value. See what their efforts produced.



**“Days off and weekends go by quickly, but interior finishing doesn’t,” says Ramon, a bank executive. “Jobs like finishing baseboards (above) and sanding drywall (below) take patience, but when doors are finally hung (bottom) and paint has dried, all your work seems worth it.”**





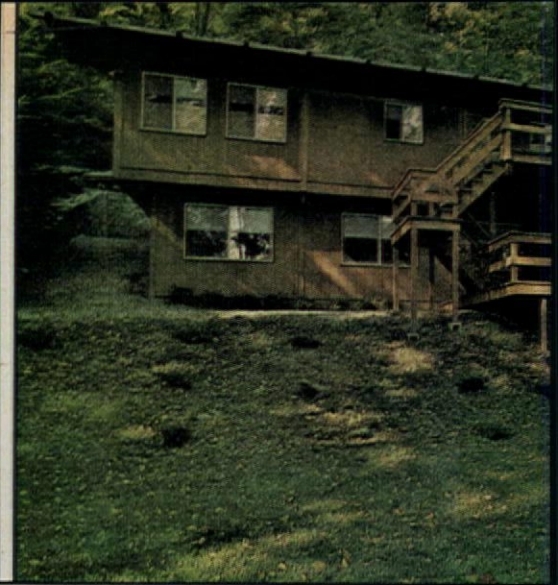


← **“WE SAVED \$3,000”** →

## **“How? We did all the inside work ourselves.”**

The Srouns chose a local contractor to build a two-story, 580-square-foot addition to their three-bedroom house. His price, \$10,000 (other bids ranged from \$8,000 to \$15,000), included foundation, roof, walls, siding, porch, windows and

exterior trim. Jan and Ramon did the rest. With a new living room and master bedroom, plus a dining room converted from their old living room, the Srouns have a four-bedroom home for a price that is enviable in today's tight-money market.



**HOUSING COST-CUTTER**

# “Our panelized home gave us a budget start”



Four years ago, Evie and Paul Bleiweiss ordered a panelized house from Stanmar, maker of manufactured homes. It arrived at their Connecticut lot ready for assembly: posts, beams, roof, walls, subfloor, doors, windows. “When the workmen left,” says Paul, “we had an empty 1,440-square-foot shell—but for just one-third the cost of a finished custom house. We put in the essentials; the luxuries were added as we went along.”



*Stone fireplace, oak floor (left) and convenience-filled kitchen (above) are some Bleiweiss additions.*

Photographs by Maris/Semel

Shopping Information, page 80

# Stencil it and save

By Helene Brown

If there's a room in your home that needs an instant perk-up, try easy stencil decorating to work low-cost magic. Here and on our cover, designer Richard Neas has used colonial motifs and such modern time-savers as fast-drying acrylic paints to bring color and charm to walls, floors and unpainted wood pieces. Start with the simplest pattern and apply it to just one item. When you've mastered the technique, you're ready to tackle larger projects. To order our patterns and instructions, see coupon on page 72.





# 6 timeless "antiques" to make and treasure

By Dorothy Lambert Brightbill

Many American Home readers have asked us to feature again the marvelous antiques-reproduction projects we offered years ago. Here are a half-dozen of them, classics all, for you to make yourself. To order patterns and instructions, see coupon on page 72.



**Dower chest** *Store precious keepsakes and jewelry in a tiny replica of an old Pennsylvania Dutch dower chest. Exactly like a full-size one, this miniature (11 inches high, 13 inches wide) has traditional bottom drawer and curved bracket feet. Make it from our plans.*

## Pie cupboard

*Pennsylvania Dutch cupboard stores anything from pies to linens. Panel designs are Norwegian rosemaling. Plans include building, painting instructions.*



*continued*



**Sawbuck table** *Sturdy Pennsylvania Dutch table is 29 inches high with a 30-by-48-inch top.*

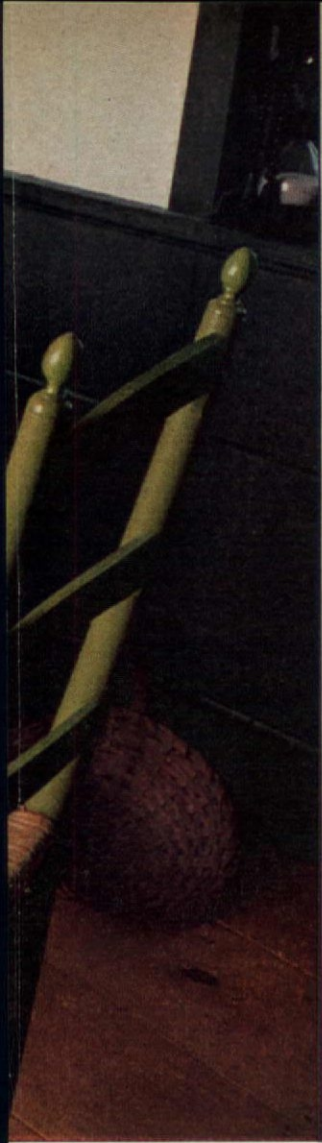
# Our do-it-yourself "antiques" are back by popular demand



**Braided rug** *It's 2 by 3 feet; plans include hints for rug above.*

The "antiques" projects shown on these pages have been reader favorites for years. These six—and the other American Home projects we will feature in coming months—were all copied from choice antiques. Braiding the rug (left) and painting tin trays (opposite) are easy jobs. Making the table (above), the dower chest and pie cupboard (pages 54 and 55) requires some basic carpentry skills. Why not try your hand at one or more projects, and create your own heirlooms?





## Tin trays

*Deep, old-fashioned apple and bread trays are expensive and hard to find.*

*Now create your own toleware by buying tin trays in traditional shapes and painting them with Pennsylvania Dutch designs. Plans include painting instructions for this pair of projects, plus details on ordering the special tin forms.*

# Save \$1,175 and make your home look like a million

By Christine B. Roth

**SAVE \$275** You don't have to spend a lot to make a room feel intimate. Achieve an inviting effect by putting up walnut-stained 1-by-4s from the lumberyard. Inexpensive baskets plus dime-store bandanas on the lampshades and pillows provide splashy accents for little money.





**SAVE \$400** Make a canopy bed out of an old four-poster, then swath it in low-cost fabric. Felt-covered plywood panels offer window interest.

Joseph W. Drohan A.S.I.D. and Susan Murray, Wellington Hall, Newton, Mass. (above and below, left), from The Junior League of Boston Decorators' Show House 1974

Barbara Fulton, Wayne, Pa., from the Philadelphia Vassar Club Designers' Show House 1974



**SAVE \$250**

Turn a flea-market cupboard buy into a serviceable work/hobby area with paint and gingham fabric (left). Sew on door pockets for stashing.

**SAVE \$250**

Use vinyl wall covering and washable carpeting in the bath (right). Old mirrors and pictures add decorative appeal.





Outside, the O'Rourke farmhouse in Fairfield, Conn., looks pretty much as it did in the 18th century. Inside, it contains super conveniences for 20th-century family living.

By Evan Frances, A.S.I.D.

# Family-remodeled kitchen pays off in efficiency, space and \$8,000 saved

Carol and J. Barry O'Rourke rented their 200-year-old farmhouse for three years before they decided to buy it. "The day we signed the papers," Carol recalls, "Barry broke down the wall that divided our kitchen into two scroungy rooms." That was the beginning.



Kitchen paneled in V-groove knotted cedar planks has center island with built-in range and barbecue beside dining counter (right). The O'Rourkes remodeled their kitchen from two tiny rooms and extended it. Kitchen now flows into a lounging area (opposite) with outdoor view.

Shopping Information, page 80

J. Barry O'Rourke

Barry, a professional photographer, designed the kitchen himself, taking into account his wife's culinary flair, the need for easy-to-reach storage and the family's preference for enjoying breakfasts, lunches and snacks right in the kitchen. Barry did most of the construction, with help from Carol and the children—Randy, 19; Cindy,

15; and Shannon, 12. "After you break your first wall, the others are simple," he insists. The second wall to come tumbling down separated the old kitchen from a small bedroom. Now the kitchen adjoins a lounging area with window wall. "Doing the work ourselves, saved us \$8,000," says Barry. (continued on page 80)



Cost-cutting with

# Casserole



**Chicken**



## Chicken Vermicelli

Here is a "two-fer" or "double-batching" recipe built around that time-honored trick of preparing two casseroles together. Serve one now; freeze and enjoy the other one later. You save time and energy by cooking both at once. You save money by buying chickens on sale, by using curry for saffron in the recipe—and by adding pasta to your casserole to beef up its protein content.



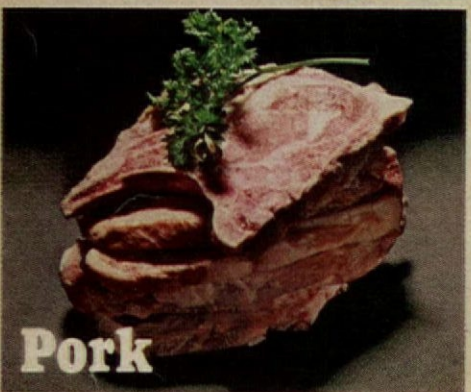
**Ham**

## Ham Jambalaya en Casserole

This is a company dish to make from pantry-shelf ingredients. Shop wisely for the convenience and out-of-season foods you need; blend with our recipe magic—and you'll save. Buy a large canned ham. Use part; freeze the rest. Canned tomatoes are the better buy for flavor and food value this time of year.



**Fish**



**Pork**



## Savory Pork Bake

Bake budget pork with sweet, nutty rutabagas for the best-tasting seasonal dish of the winter. Rutabagas, like other vegetables available fresh right now, can be bought in bulk—some for immediate use, some to be prepared and frozen for the coming months. Buying in-season foods is the best and oldest penny wisdom. Flavor and supply run high, and the cost should be comparatively low.

# Cookery

By Lucy Wing

Save time, save energy, save money.

Make these hearty casseroles with carefully chosen supermarket specials.



## Baked Fish Casserole

Some very basic products are brought together in this delicious wine-flavored entrée—a one-dish meal you can create with ease in less than 40 minutes. Time is money, if you're able to save it. Using judiciously chosen prepared foods can reduce both preparation and cooking time. And because you make this casserole from on-hand ingredients, you may save some shopping time as well.



To make these casseroles and more, see recipe section, which includes budget buying tips, beginning on page 68.

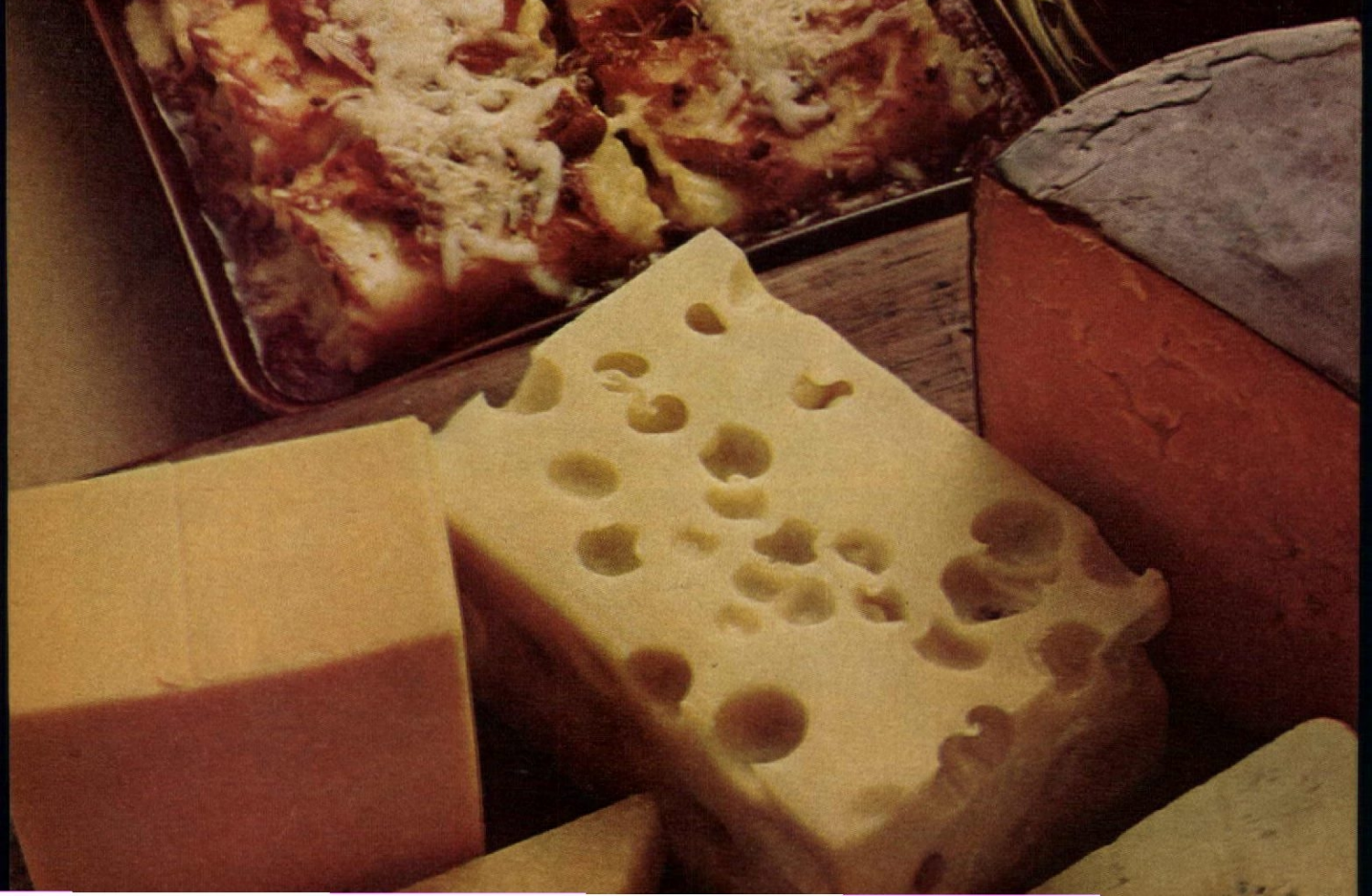
Take a  
chunk of

# Cheese




1

2







**Cost-cutting with** this month's best buy and big nutritional boost.

By Margaret Happel

**C**heese is always a wise purchase, and today a smarter-than-ever buy. For there's no bone or fat to trim and waste; you can use and eat everything. And since more protein is packed into one ounce of cheese than in an ounce of most steaks, it makes a nourishing meat alternative. Buy three to four ounces per serving, if you plan cheese as your main meal protein; two ounces, if you use it as a snack or appetizer. Your supermarket has more than 50 varieties and flavors. Whether sliced, grated, cubed or in chunk or spread form, it's nature's oldest and most convenient food product—and most compact nutritional package. What a bargain!

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*Pictured here is a sampling of cheese in its infinite variety of uses: **1** as a savory entrée—Lasagna Rolls in Tomato Sauce; **2** as a rich soup—Hearty Winter Cheese Chowder; **3** as a surprising dessert—Cheese Pear Pie; **4** as a piquant snack—Sandwiches Lucerne. To make these and other budget-paring cheese dishes, see recipe section beginning on page 68.*

# Cost-cutting with Eggs Benedict

This month's most elegant budget-trimming tip: Turn a traditional brunch favorite into dinner's star attraction for an economical feast of ham and eggs.



## No. 74 Cooking Lesson

By Jacques Jaffry

### Eggs Benedict

Top flavorful bacon or ham with a poached egg. Swirl on a masterful Hollandaise sauce. The result: a main-dish delight that is surprisingly inexpensive. Our technique will guarantee your success.

*1½ cups butter or margarine*

*3 egg yolks*

*1 tablespoon cold water*

*1 tablespoon lemon juice*

*Salt*

*Cayenne or white pepper*

*8 slices Canadian-style bacon or ham*

*Butter or margarine*

*4 English muffins*

*1 tablespoon vinegar*

*8 eggs*

**1** Cut 1½ cups butter or margarine into small pieces into saucepan. Melt over medium heat. Set aside. Put egg yolks and water into stainless-steel or enameled bowl, small saucepan or top of double boiler. Place over barely simmering water.

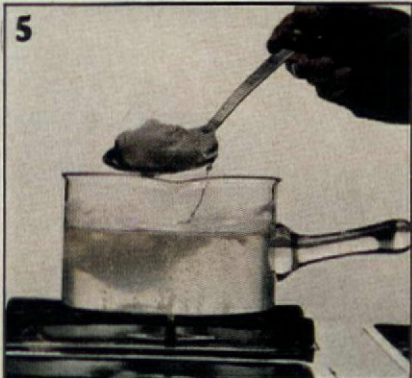
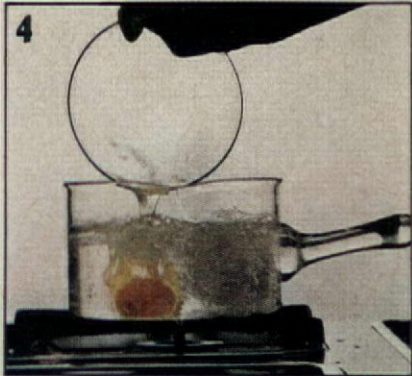
**2** Stir with whisk until mixture has the consistency of heavy cream. If yolks thicken too fast or seem to lump, set pan

in cold water a few seconds while beating mixture. Return to heat and continue to cook sauce. Beat egg mixture until it runs off whisk in a ribbon.

**3** Remove bowl or pan from simmering water. Set on folded towel. Stir sauce until bottom of bowl or pan is cool to the touch. Pour in cooled melted butter or margarine, a teaspoon at a time. Stir constantly until sauce begins to thicken. Add rest of butter or margarine, but do not use residue at bottom of pan. Stir in lemon juice. Season to taste with salt and cayenne or white pepper. Keep sauce warm.

**4** Sauté bacon or ham in a small amount of butter or margarine. At same time split and toast muffins. Top each muffin half with sautéed bacon or ham slice. Keep warm. Put about 2-inch depth of water in shallow pan. Add vinegar. Bring to boiling. Reduce heat so water just simmers. Break an egg into a small bowl or saucer and slip it into the water. Add 2 or 3 eggs (depending on size of pan) the same way. *Eggs should not touch each other.* Cook 3 to 5 minutes, according to firmness desired.

**5** Remove eggs with slotted spoon. Let drain well. Rinse in warm water to remove any vinegar taste. Place eggs on ham or bacon. Keep warm while cooking the remaining eggs. Just before serving, spoon sauce over eggs. Makes 4 servings.



Ben Swedowsky

# The original play dough.

Nothing's more creative, more rewarding, or more basic than baking. And baking's both fun and an economical way to feed your family. Fleischmann's Basic Oatmeal Dough is a whole new way of baking that starts with just one simple, nutritious recipe.

Follow it exactly and you've got old-fashioned oatmeal bread. Give the dough a twist and you'll get rolls. Add walnuts, and pretty soon you'll be serving your family walnut bread.

It's that simple. Why not open a package of Fleischmann's® Yeast and start with the basic recipe. Then, divide it up to make one or more of these tempting ideas. But don't stop there. Because creativity's the whole idea behind this basic recipe. Experiment. Design. Let your imagination go wild. And pretty soon you'll find there's no more fun than baking, especially if you're baking with Fleischmann's Yeast.

In a large bowl thoroughly mix 1 c. flour, 1½ tsp. salt and 1 package undissolved Fleischmann's Active Dry Yeast.

Combine 1⅓ c. water, ¼ c. milk, ¼ c. molasses and ¼ c. margarine in a saucepan. Heat over low heat until liquids are very warm (120°F.-130°F.). Add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1 egg, 1 c. steel cut or old-fashioned oatmeal, and ½ c. flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough flour (3½-4 c.) to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Punch dough down. Proceed according to directions below for desired shape or shapes.

**Round loaves:** Divide dough in half. Shape each half into a smooth round ball. Place on a greased baking sheet. Flatten slightly. Cover; let rise until doubled, about 1 hour. Bake at 400°F. about 30 minutes, or until done. Remove from baking sheet and place on wire racks to cool.

**Rolls:** Divide dough in half; divide each half into 12 equal pieces. Form each piece into a pencil-shaped 9-inch roll. Hold one end of dough firmly and wind dough loosely around; tuck end underneath. Place on a greased baking sheet. Cover; let rise until doubled, about 1 hour. Bake at 375°F. about 15 minutes, or until done. Remove from baking sheet and cool on wire racks.

**Walnut bread:** Divide dough in half. Knead ⅓ c. chopped walnuts into each half. Roll each half to a 8 x 12-inch rectangle. Shape into loaves. Place in 2 greased 8½ x 4½ x 2½-inch loaf pans. Cover; let rise until doubled in bulk, about 1 hour 15 minutes. Bake at 400°F. about 30 minutes, or until done. Remove from pans and place on wire racks to cool.

For more tempting baking ideas, send your name and address plus 50¢ (no stamps please) for a copy of Fleischmann's Bake-it-Easy Yeast Book to: Fleischmann's Yeast, Box 1396, Elm City, North Carolina 27898. Allow 4-6 weeks for delivery. No orders accepted without Zip Code. Offer good only in U.S.A. while supply lasts. Void where prohibited or restricted.

## Fleischmann's Yeast. Bake someone happy.



Another fine product of *Standard Brands*

# How to make our cost-cutting dishes

## Cheese

continued from page 65

### 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.

## Lasagna Rolls in Tomato Sauce

(pictured on page 64)

**Makes 8 servings.** Each serving: 560 cal.; 31.4 gms. P.; 35 gms. F.; 49 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C.

- 1/2 pound Italian sausage links
- 1/2 pound lean ground beef
- 2 tablespoons olive or pure vegetable oil
- 2 cloves of garlic, crushed
- 1 cup chopped onion
- 2 tablespoons chopped parsley
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 can (29 ounces) Italian-style tomatoes with puree, cut up
- 1/2 cup red wine
- 1 pound ricotta cheese
- 3/4 cup grated mozzarella cheese
- 1/2 cup grated sharp Cheddar cheese
- 1/2 cup grated Parmesan cheese
- 1/4 cup thinly sliced green onions
- 4 egg yolks
- 1/2 of 16-ounce package lasagna noodles (12 noodles)

In skillet simmer sausage in small amount of water until cooked (about 35 minutes). Remove from pan and slice; add ground beef to pan and sauté until browned; drain. Add oil, 1 clove crushed garlic and onion; simmer 5 minutes. Add drained sausage, parsley, seasonings, tomatoes and wine. Simmer sauce, stirring occasionally, 45 minutes or until sauce is thick. Combine ricotta, 1/2 cup grated mozzarella, Cheddar, 1/4 cup grated Parmesan, green onions, remaining crushed garlic and egg yolks; blend thoroughly.

Cook lasagna noodles until firm according to package directions; drain noodles well. Spread about 1/4 cup cheese filling mixture on each noodle. Roll up, jelly-roll fashion, starting at narrow end. Spoon about half the meat sauce in bottom of 13x9x2-inch baking pan. Place rolls in pan, seam side down. Pour rest of meat sauce over top. Sprinkle with remaining 1/4 cup shredded mozzarella and 1/4 cup Parmesan. Heat oven to 375°. Bake for 30 to 35 minutes or until bubbling hot. If desired, sprinkle surface generously with more chopped parsley. Let stand 2 to 3 minutes before serving. This dish reheats well with no loss of flavor.

## Hearty Winter Cheese Chowder

(pictured on pages 64-65)

**Makes 6 servings.** Each serving: 570 cal.; 27 gms. P.; 39.9 gms. F.; 19 gms. C. Source of riboflavin and vitamin A.

- 1/4 cup butter or margarine
- 1/4 cup chopped onion
- 1 clove of garlic, crushed
- 1/3 cup flour
- 5 cups milk
- 4 cups (1 pound) grated sharp Cheddar cheese
- 1 1/2 cups dry white wine
- 2 teaspoons salt
- 1 teaspoon dry mustard
- 1/4 teaspoon pepper
- Dash of cayenne

In large saucepan melt butter or margarine. Add onion and garlic; sauté 2 or 3 minutes. Remove from heat and blend in flour; gradually blend in milk. Cook, stirring constantly, until sauce thickens and boils 1 minute. Add cheese, a little at a time, stirring until melted and soup is smooth. Add wine and seasonings. Heat slowly, stirring often, but do not boil. Serve with croutons and a sprinkling of parsley, if desired.

## Cheese Pear Pie

(pictured on pages 64-65)

**Makes 6 servings.** Each serving: 592 cal.; 8.4 gms. P.; 22.7 gms. F.; 92 gms. C.

- 1/4 cup all-purpose flour
- 2 tablespoons firm butter or margarine
- 2 tablespoons brown sugar
- 2 cans (29 ounces each) sliced pears, drained
- 1/3 cup granulated sugar
- 1/3 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon nutmeg
- 1 tablespoon lemon juice
- 1 unbaked 9-inch pastry shell
- 1 cup shredded Cheddar cheese

Heat oven to 425°. Make streusel topping by combining 1/4 cup flour, butter or margarine and brown sugar; cut together with pastry blender or 2 knives to size of coarse cornmeal. Reserve. Combine about 2/3 of the sliced pears with granulated sugar, 1/3 cup flour, salt, nutmeg and lemon juice; toss lightly to coat evenly. Turn pear mixture into prepared pastry shell; spread out evenly. Sprinkle cheese over pear layer. Arrange remaining pear slices over top. Sprinkle reserved flour-brown sugar-streusel mixture over top. Cover pastry rim with aluminum foil strip to prevent excessive browning. Remove foil for last 15 minutes of baking. Bake 45 to 50 minutes or until bubbling and browned. Cool.

## Sandwiches Lucerne

(pictured on page 65)

**Makes 6 servings.** Each serving: 344 cal.; 15.8 gms. P.; 17.5 gms. F.; 26.7 gms. C. Source of riboflavin, vitamins A and C.

- 9 slices firm white bread, halved diagonally

- 3/4 cup dry white wine
- 2 tomatoes, sliced
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1 cup milk
- 2 cups (1/2 pound) grated Swiss cheese
- 1 teaspoon salt
- 1 teaspoon paprika
- 1/8 teaspoon pepper

Heat oven to 400°. Butter 13x9x2-inch baking pan. Place bread slices in pan; drizzle wine over bread; place tomato slices over top. Melt butter or margarine in small saucepan; blend in flour; gradually stir in milk. Cook over low heat, stirring constantly, until mixture thickens and boils 1 minute. Add cheese and stir until melted; blend in seasonings. Spread cheese sauce over bread. Bake 10 to 15 minutes or until browned. Serve hot. To make as pictured: Use 6 individual greased baking dishes. Arrange 3 half slices bread alternately with tomato slices in each dish. Drizzle with wine, then top with sauce. Garnish with parsley, if desired.

## Herb Parmesan Bread

**Makes 16 slices.** Each slice: 267 cal.; 8.4 gms. P.; 5.4 gms. F.; 29.7 gms. C.

- 2 packages active dry yeast
- 3/4 cup warm water (105° to 115°)
- 1 1/4 cups buttermilk
- 4 1/2 cups all-purpose flour
- 3 tablespoons shortening
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 2 teaspoons salt
- 1 1/2 teaspoons dried basil
- 1 cup grated Parmesan cheese
- Butter or margarine, softened

Grease 9x5x3-inch loaf pan. In large mixer bowl dissolve yeast in warm water. Add buttermilk, 2 1/2 cups flour, shortening, sugar, baking powder, salt and basil. Blend 1/2 minute on low speed of electric mixer, scraping bowl constantly. Beat 2 minutes at medium speed, scraping bowl occasionally. Stir in cheese, then remaining flour. Turn dough onto well-floured board; knead for 5 minutes. Roll dough out to rectangle about 18x9 inches. Beginning at the short side, roll dough up. Press ends to seal; fold ends under loaf; pinch edges to seal well. Place dough, seam side down, in greased pan. Brush loaf gently with soft butter or margarine. Let rise in warm place (85°) until doubled in bulk (about 1 hour). Heat oven to 425°. Bake on low rack 30 to 35 minutes. Remove from pan. Brush with butter or margarine; cool on wire rack.

## California Cheese Salad Bowl

**Makes 6 servings.** Each serving: 527 cal.; 17.8 gms. P.; 43.4 gms. F.; 22.6 gms. C. Source of thiamine, riboflavin, vitamins A and C.

- 3 quarts torn salad greens (iceberg, escarole and chicory)
- 1/2 pound sharp Cheddar cheese, cut in julienne strips
- 1/4 pound blue or Roquefort cheese, crumbled

# Cheese for Everyday.



Kraft still brings you the nice • to • have • around • the • house cheeses.

Back when J. L. Kraft delivered cheese to the stores in person, you could choose from a line of fine, everyday cheeses. Very little has changed. Today Kraft brings you that same cheese, conveniently packaged in a whole line of Cheddars and

Colbys, in chunks and longhorn styles. You don't have to see the man on the wagon, just the Kraft name on the package, to know: here is consistently fine cheese, still the same good value when it comes to meal planning.

**Colby** is a mild cheese with an open texture. Serve it for snacks with crackers, rye bread, cold cuts and relishes. The famous longhorn—or half-moon—shape looks as good as it tastes on snack trays.



**New York Extra Sharp.** Everyday cheese lovers swear by this one. For fine, aged flavor and value, it can't be beat. Look for the tightly knit texture which is the mark of a good nibbling cheddar. Serve it as an appetizer, on cheese trays, or with fruit and wine for dessert.



**Sharp Cheddar** has the full, clear "bite" that makes it recommended for recipes where you want the cheddar flavor to stand out: omelets, rarebits, crepes, cheese pies, soups. If you do a lot of cooking with cheese, this reasonably priced, consistently fine cheese is the one to use.



**Mild Natural Cheddar Cheese** makes a fine dessert cheese because of its smooth, mellow flavor. A slice with apple pie is traditional, but it tastes equally good with any kind of fruit tart or cobbler. It stands alone very nicely, and, by the way, kids love it.



**Medium Cheddar** will probably be the most versatile cheese in your kitchen. It's ideal for meatless dishes, for all kinds of cooking where you want rich flavor to go a long way. Try it in casseroles, vegetable sauces, cheeseburgers, sandwiches.



Division of Kraftco Corporation

continued

- 2 oranges, peeled and sectioned
- 1 avocado, peeled and sliced
- 1 sweet onion, sliced and separated into rings (about 1 cup)
- 1 cup thinly sliced celery (2 stalks)

- 1/2 green pepper, cut in thin strips
- 3 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 1/8 teaspoon pepper
- 1/8 teaspoon chili powder
- 1/4 cup wine vinegar
- 1/2 cup pure vegetable oil
- 1 tablespoon toasted sesame seeds

Arrange bed of salad greens in large salad bowl. Arrange cheeses, orange sections, avocado, onion rings, celery and green pepper over top attractively.

Combine sugar, salt, dry mustard, pepper, chili powder and vinegar; blend thoroughly. Stir in oil.

Chill salad and dressing separately. At serving time, pour dressing over salad; toss lightly. Sprinkle with sesame seeds.

### Chive Cheese Sauce

Makes 1 1/2 cups or 6 servings. Each serving: 155 cal.; 3.75 gms. P.; 15 gms. F.; 1.8 gms. C.

- 1 package (8 ounces) cream cheese
- 1/2 cup milk
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- Dash of cayenne

- 2 tablespoons snipped chives

Combine all ingredients in small saucepan. Heat slowly, stirring constantly; do not boil. Pour over well-drained hot carrots, green beans or cauliflower.

### Spinach Custard Soufflé

Makes 6 servings. Each serving: 317 cal.; 20.6 gms. P.; 21.9 gms. F.; 10 gms. C. Source of riboflavin, vitamins A and C.

- 2 packages (10 ounces each) frozen chopped spinach
- 6 eggs
- 2 1/2 cups milk
- 1 1/2 cups grated Swiss cheese
- 1 1/2 teaspoons salt
- 1/2 teaspoon paprika
- 1/8 teaspoon pepper
- 2 tablespoons butter or margarine
- 2 tablespoons flour

Heat oven to 350°. Prepare spinach according to package directions; drain thoroughly, removing all moisture. Beat 4 eggs slightly; stir in 2 cups milk, cheese, 1 teaspoon salt, paprika and pepper. Combine well-drained spinach and cheese mixture in buttered 2-quart baking dish.

Melt butter or margarine in small saucepan; blend in flour. Blend in remaining 1/2 cup milk gradually. Cook, stirring constantly, until sauce thickens and boils 1 minute. Remove from heat; blend in remaining 1/2 teaspoon salt and 2 egg yolks, slightly beaten. Beat 2 egg whites until stiff but not dry. Fold egg whites gently into cream-sauce mixture. Spoon over spinach custard. Place baking dish in pan of hot water. Bake 50 to 55 minutes or until knife inserted into custard comes out clean. Serve at once.

70

### Double Cheese Sandwiches

Makes 6 servings. Each serving: 491 cal.; 19 gms. P.; 33.5 gms. F.; 30.5 gms. C. Source of thiamine, riboflavin and vitamin A.

- 12 slices rye bread
- Prepared mustard
- 12 slices Muenster cheese
- 6 thin slices boiled ham
- 6 tablespoons soft butter or margarine
- 1 1/2 tablespoons butter or margarine
- 1 1/2 tablespoons flour
- 3/4 cup milk
- 1/4 teaspoon dry mustard
- 1/8 teaspoon salt
- 1/4 pound grated Muenster cheese (1 cup)

### Chopped parsley

Spread 6 slices bread with mustard; top each with 2 slices Muenster cheese and 1 slice ham; cover with remaining bread slices. Spread outsides with soft butter or margarine. Preheat griddle or large skillet. Slowly pan-fry sandwiches, turning once, until lightly browned and melted. Meanwhile, melt remaining 1 1/2 tablespoons butter or margarine in small saucepan. Blend in flour; gradually stir in milk. Cook, stirring constantly, until sauce thickens and boils 1 minute; add seasonings and cheese; do not boil. Spoon cheese sauce over sandwiches. Sprinkle with parsley.

### Mushroom Cheese Pie

Makes 6 servings. Each serving: 562 cal.; 16.76 gms. P.; 45 gms. F.; 21.6 gms. C. Source of thiamine, riboflavin and niacin.

- 1 unbaked 9-inch pastry shell
- 1/2 pound Italian sausage links
- 2 tablespoons butter or margarine
- 1 pound fresh mushrooms, sliced (4 cups)
- 1 cup milk
- 4 eggs, beaten slightly
- 1/4 teaspoon salt
- Dash of pepper
- Dash of cayenne
- 2 tablespoons chopped parsley
- 1 package (4 ounces) Liederkranz cheese, sliced

Heat oven to 350°. Bake pastry shell for 10 minutes; remove from oven and reserve. Cook sausage in small skillet; drain and slice sausage; reserve. Melt butter or margarine in large skillet; add mushrooms and sauté 3 to 4 minutes. Combine sausage, mushrooms, milk, eggs, salt, pepper, cayenne and parsley. Arrange cheese slices over bottom of pastry shell; pour mushroom mixture over cheese. Bake 45 to 50 minutes or until pie is set and a knife inserted in center comes out clean. Serve warm.

### Casserole Cookery

continued from page 63

#### Chicken Vermicelli

(pictured on page 63)

Makes 2 casseroles (6 servings each). Each serving: 389 cal.; 30.6 gms. P.; 13.8 gms. F.; 33.6 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C.

- 2 broiler-fryers, about 2 1/2 pounds each

About 6 tablespoons pure vegetable oil

- 1 package (1 pound) vermicelli or very thin spaghetti
- 2 cups fresh or frozen chopped onion
- 2 teaspoons curry powder
- 2 teaspoons salt
- 4 cups water
- 4 chicken bouillon cubes
- 1 package (10 ounces) frozen peas (about 1 1/2 cups)
- 1 jar or can (4 ounces) pimientos, drained and slivered

Rinse chickens; pat dry with paper towels. Cut into serving-size pieces. Heat 1 tablespoon oil in large skillet over medium heat. Break strands of vermicelli or spaghetti in half; cook in oil in small batches until golden brown. Remove as they brown; drain on paper towels. Add more oil when needed. Place half of browned vermicelli in 3-quart shallow casserole.

To prepare other casserole for later use: Line another dish with heavy-duty aluminum foil; leave enough overhang to cover. Place remaining vermicelli in dish. Set both dishes aside.

Heat 2 tablespoons oil in same skillet. Brown pieces of chicken in 2 batches. Remove pieces as they brown to casseroles. Discard all but about 2 tablespoons fat left in skillet. Add onion and curry. Sauté 2 minutes. Stir in salt, water and bouillon cubes. Bring to boiling, stirring until cubes dissolve. Add peas and pimientos. Remove from heat. Heat oven to 350°. Pour half of broth mixture in each casserole. Cover tightly. Bake 15 minutes. Remove casserole to be frozen from oven. Continue to bake other casserole 15 minutes or until chicken and vermicelli are tender. Before freezing partially baked casserole, cool slightly. Freeze. Lift food in foil or wrap from dish. Wrap tightly; label. Return to freezer. Freeze up to 3 months. To serve frozen casserole, unwrap food; place in dish. Thaw overnight in refrigerator and bake, covered, 30 minutes at 350°.

#### THE SMART SHOPPER SAYS:

- Chickens generally are a good protein buy. For this recipe purchase them whole; cutting them into pieces yourself saves you money.
- We used a 10-ounce package of frozen peas. Buy the large polyethylene bags if the cost per ounce is less; we've included the cup measurement so you can remove just the amount needed.

### Ham Jambalaya en Casserole

(pictured on page 63)

Makes 6 servings. Each serving: 465 cal.; 25 gms. P.; 14.7 gms. F.; 56 gms. C. Source of thiamine, niacin and vitamin C.

- 1 can (2 pounds) cooked ham
- 2 tablespoons bacon drippings or pure vegetable oil
- 2 cups medium- or long-grain rice
- 1 can (10 3/4 ounces) condensed chicken broth
- 1 cup water
- 1 can (4 1/2 ounces) cooked shrimp, drained and rinsed
- 1 can (14 1/2 to 16 ounces) stewed tomatoes
- 1 bay leaf
- 1/2 teaspoon leaf thyme, crumbled

Cut ham crosswise in half. Wrap and refrigerate 1 half to use in sandwiches or other recipes. Cut other half of ham into 1-inch strips (about 2 cups). Heat oven to 375°. Combine bacon drippings or oil and rice in 3-quart casserole until grains of rice are coated. Add undiluted chicken broth, water, ham, shrimp, tomatoes with their liquid, bay leaf and thyme. Cover tightly. Bake 55 minutes or until rice is tender and liquid is absorbed. Fluff rice with fork before serving.

**THE SMART SHOPPER SAYS:**

- Fresh tomatoes and green peppers are premium priced this time of year. We've relied on canned stewed tomatoes flavored with green peppers—a budget blend of two vegetables and seasonings.

- Long-grain rice is the choice for making steamed rice or pilafs. It also commands a high price. Why not try the lower-cost medium-grain rice for casseroles, puddings and desserts?

**Baked Fish Casserole**

(pictured on page 63)

**Makes 4 servings.** Each serving: 227 cal.; 21.9 gms. P.; 2.7 gms. F.; 23.7 gms. C.

- 1 package (1 pound) frozen fish filets, thawed
- 1 package (12 ounces) frozen shredded hash brown potatoes, thawed slightly
- 1 package (9 ounces) frozen cut green beans, partially thawed
- 1 can (10¾ ounces) condensed cream of shrimp soup, undiluted
- ¼ cup dry white wine
- ⅛ teaspoon hot-pepper sauce

Heat oven to 350°. Pat fish dry with paper towels. Fold large filets crosswise in half, or place several small pieces together and fold into triangular-shaped pieces. Lightly grease a 1½-quart casserole. Place potatoes in bottom of dish. Add beans. Arrange fish over beans. Combine soup, wine and hot-pepper sauce in small bowl. Pour over fish. Bake uncovered 25 minutes or until fish flakes easily. Sprinkle with paprika, if desired.

**THE SMART SHOPPER SAYS:**

- An infinite variety of frozen fish filets is available year-round, ready to cook after thawing, so there's no waste. We have used flounder; try our recipe with sole, perch or cod.

- Keep this recipe's ingredients on hand for a last-minute meal. To thaw fish and vegetables quickly, place in a plastic bag under warm running water.

**Savory Pork Bake**

(pictured on page 63)

**Makes 6 servings.** Each serving: 780 cal.; 21.4 gms. P.; 55.8 gms. F.; 48.6 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C.

- 2¼ pounds pork shoulder arm steaks, blade steaks or loin blade chops, cut ½ inch thick
- 1 can (20 ounces) pineapple chunks in heavy syrup
- 2 tablespoons cornstarch
- 1 tablespoon catsup
- 1 teaspoon salt
- ½ cup water

**2 rutabagas, about 2 pounds each, pared and cut into ½-inch strips**

Trim fat from steaks or chops. Cook pieces of fat in skillet until fat is rendered. Remove pieces of fat. Brown steaks or chops in drippings. Remove pork from pan; discard all drippings. Drain syrup from pineapple into same skillet. Combine cornstarch, catsup, salt and water in small bowl. Stir into syrup in skillet. Bring to boiling. Remove from heat. Heat oven to 350°. Lightly grease a 3-quart casserole. Place rutabagas, pineapple chunks and browned pork in casserole. Cover with sauce. Cover dish tightly. Bake 1 hour or until pork and rutabagas are tender. Garnish with parsley, if desired.

**THE SMART SHOPPER SAYS:**

- Our recipe uses the less expensive cut of pork. Pork shoulder steaks or end chops are similar in appearance, nutrition and flavor to loin or rib pork chops, but are a third their cost.

- Canned pineapple is a year-round good buy. When it's on special, buy in

bulk. Since you have paid for the syrup or juice as well as the fruit, save and use it in the sauce as we have, or use as a marinade for fresh in-season fruits.

- Trim fat from meat to be browned and render the pieces of fat; use the drippings instead of oil, shortening, butter or margarine.

**Parsley Clam Casserole**

**Makes 4 servings.** Each serving: 415 cal.; 14.4 gms. P.; 18.6 gms. F.; 53 gms. C. Source of thiamine, riboflavin, niacin and vitamin C.

- 1 package (8 ounces) spaghetti
- ¼ cup pure vegetable oil
- 2 cloves of garlic, crushed
- ⅓ cup all-purpose flour
- 1 bottle (8 ounces) clam broth
- 2 tablespoons dried parsley flakes
- 1 can (8 ounces) minced clams
- 1 can (about 4 ounces) mushroom stems and pieces, drained
- Salt
- Pepper

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2/3 cup water

Slice steak diagonally into thin strips. Combine contents of gravy mix envelope, soy sauce, sugar, and ginger. Pour over meat, tossing lightly. Heat half of oil in large skillet. Add beans. Cook and stir 5 minutes until tender-crisp. Remove from skillet. Heat remaining oil in same skillet. Add steak. Cook 3 to 5 minutes, stirring constantly. Add beans and water. Cook, stirring, until heated. Serve over hot rice. 4 servings.

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Cook spaghetti according to package directions. Drain. Place in greased 2-quart casserole. Heat oven to 350°. Heat oil in saucepan over medium heat. Add garlic. Cook 1 minute. Stir in flour. Remove from heat. Stir in clam broth gradually until blended. Return to heat. Cook until thickened, stirring constantly. Add parsley, clams with their liquid and mushrooms. Season to taste with salt and pepper. Pour sauce over spaghetti. Toss until well mixed. Cover. Bake 20 minutes or until heated through.

#### THE SMART SHOPPER SAYS:

- This is another shelf-staple casserole; keep ingredients on hand for a rainy day—or for any last-minute meal making.
- Though we have used an 8-ounce package of spaghetti, why not buy a 1-pound package and use half? Larger sizes tend to be more economical.
- We have used mushroom stems and pieces rather than the costlier button or sliced mushrooms. They're cheaper, but are just as delicious.
- Save and use the drained mushroom liquid for making gravy or sauces.

#### Turkey Noodle Supper

Makes 6 servings. Each serving: 261 cal.; 17.4 gms. P.; 5.75 gms. F.; 34 gms. C. Source of thiamine, niacin and vitamin A.

- 1/2 pound carrots, pared and thinly sliced (about 2 cups sliced)
- 1 1/2 cups water
- 2 chicken bouillon cubes
- 1 package (8 ounces) fine egg noodles
- 1 can (10 3/4 ounces) condensed cream of celery soup, undiluted
- 1/2 cup milk or reconstituted nonfat dry milk
- 1 1/2 teaspoons salt
- 1/2 teaspoon poultry seasoning
- 1/8 teaspoon pepper
- 2 cups thinly sliced celery
- 3 cups cubed cooked turkey

Combine carrots, water and bouillon cubes in large saucepan. Bring to boiling. Cover. Cook 5 minutes. Add noodles. Cook over low heat, stirring occasionally, until noodles are just tender.

Remove from heat. Heat oven to 350°. Combine soup and milk in 3-quart buttered casserole. Stir in salt, seasoning and pepper. Fold in celery, turkey and noodle mixture. Cover. Bake 40 minutes or until mixture is heated through.

#### THE SMART SHOPPER SAYS:

- Buy turkeys when they're specially priced; remember the larger the bird, the greater the proportion of meat to bone, thus the better the buy. This is also true for ham or roasts.
- Condensed soups make excellent sauce and gravy bases, so keep a selection on hand for other meals.
- For extra savings, use liquefied powdered nonfat dry milk for all your cooking and baking needs; combined with fresh whole or skim milk, it really stretches your dollar.

#### Corned Beef Casserole

Makes 6 servings. Each serving: 317 cal.; 19.9 gms. P.; 18 gms. F.; 19 gms. C. Source of niacin and vitamin C.

- 3 tablespoons butter or margarine
- 1/4 cup all-purpose flour
- 1 can (14 ounces) beef broth
- 1 package (3 ounces) cream cheese, cubed
- 2 tablespoons drained prepared horseradish
- 1 pound potatoes, pared and thinly sliced (about 2 1/2 cups sliced)
- 1 teaspoon salt
- 4 cups shredded cabbage (about 1 pound)
- 1 can (12 ounces) corned beef, cubed

Melt butter or margarine in saucepan over medium heat. Add flour. Cook until bubbly. Remove from heat. Stir in broth gradually. Return to heat. Cook until thickened. Stir in cheese until blended. Add horseradish. Remove from heat. Heat oven to 350°. Lightly butter a 2-quart casserole. Place potatoes in bottom. Sprinkle with salt. Add cabbage, then beef cubes. Pour horseradish sauce over. Cover. Bake 40 minutes or until potatoes are tender.

#### THE SMART SHOPPER SAYS:

- Although canned meats may seem expensive, remember that you will have no waste, no bones, fat or gristle to

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discard. Count the cost per serving and not the cost per pound. Expensive boneless cuts of meat may be cheaper per serving than less expensive cuts with bone or gristle that are discarded.

- Plan to buy a large head of cabbage or bag of potatoes; use the leftover vegetables for salads or other meals.

### Double Cheese Macaroni

Makes 6 servings. Each serving: 401 cal.; 17.9 gms. P.; 19 gms. F.; 40.7 gms. C. Source of thiamine and riboflavin.

- 1 package (8 ounces) elbow macaroni
- 2 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- ¼ teaspoon salt
- Dash of cayenne
- 1 can (13 fluid ounces) evaporated milk, undiluted
- ⅓ cup water
- 1 package (8 ounces) pasteurized process cheese spread, sliced
- ¼ cup grated Parmesan cheese

Cook macaroni according to package directions. Drain; set aside. Melt butter or margarine in saucepan over medium heat. Stir in flour, salt and cayenne. Cook until bubbly. Remove from heat. Gradually stir in milk and water. Return to heat. Cook until smooth and thickened. Stir in cheese spread until melted. Remove from heat. Heat oven to 375°. Lightly grease a 1½- or 2-quart casserole. Place half of macaroni in dish. Cover with half of sauce. Sprinkle with 2 tablespoons Parmesan. Repeat with another layer of macaroni, sauce and cheese. Cover. Bake 25 minutes or until heated through.

#### THE SMART SHOPPER SAYS:

- Meat, poultry and fish account for the greatest part of your food dollar. So to stretch your food budget, here's a chance to use such low-cost but no less nutritious meat alternatives as cheese and macaroni.

### Chili Franks and Beans

Makes 8 servings. Each serving: 303 cal.; 15.1 gms. P.; 15 gms. F.; 27.9 gms. C. Source of vitamin C.

- 1 pound frankfurters, cut crosswise into quarters
- 1 cup fresh or frozen chopped onion
- ½ teaspoon garlic salt
- 1 can (about 1 pound) tomato puree
- 1 tablespoon chili powder
- 2 cans (1 pound each) pinto or red kidney beans, drained (3 cups beans)
- 1 tablespoon brown sugar

Heat oven to 350°. Lightly grease a 2-quart casserole. Combine all ingredients in casserole. Cover. Bake 30 minutes or until flavors are blended.

#### THE SMART SHOPPER SAYS:

- This is a quick and easy, energy-saving casserole. One-dish preparation means no additional serving or cooking dishes to wash.
- Franks are economical and nutritious, and there's no waste. Compare prices: All-beef franks will cost more than all-meat ones, but if the price is the same, beef franks are the better buy.
- Save the drained liquid from beans or any vegetable and use for flavoring soups or stews.

### Meat Loaf Encore

Makes 8 servings. Each serving (meat loaf calculations based on American Home recipe): 296 cal.; 18.8 gms. P.; 8.6 gms. F.; 35.8 gms. C. Source of thiamine, niacin and vitamin C.

- 3 cups cubed leftover meat loaf or cooked meatballs
- 2 small green peppers, seeded and cut into ½-inch-thick rings
- 1 jar (about 1 pound) plain spaghetti sauce
- 1 cup water
- 1 package (8 ounces) elbow macaroni
- 2 teaspoons salt
- 1 teaspoon Italian seasoning
- 1 teaspoon sugar

Heat oven to 350°. Lightly grease a 3-quart shallow casserole. Combine all ingredients in dish; toss very gently until well mixed. Cover tightly. Bake 55 minutes or until macaroni is tender.

(If not tender, add more water, a tablespoon at a time, and continue to bake.) Garnish with parsley, if desired.

#### THE SMART SHOPPER SAYS:

- Take advantage of your grocer's meat specials. Buy a large amount of ground beef when it's featured. Make a meat loaf for one meal, plan to save some for this casserole.
- Be sure to store leftovers properly. Wrap foods well in aluminum foil or plastic wrap and refrigerate. If you don't plan to use leftovers right away, put them into airtight containers and freeze. Throwing away spoiled unused food is a waste of your dollar.
- Canned tomato products, such as spaghetti sauce, are cheaper this time of the year than fresh ones.

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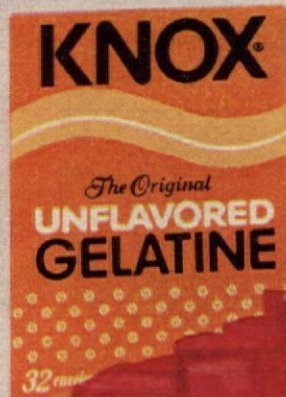
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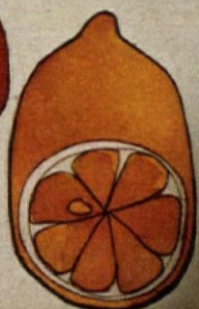
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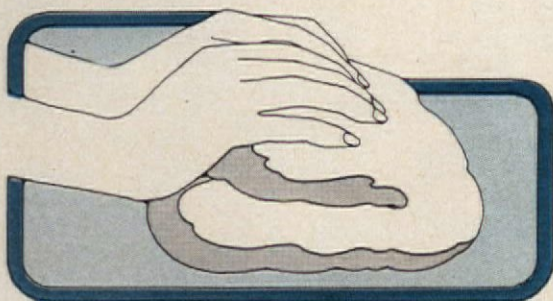
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# Bread Baking

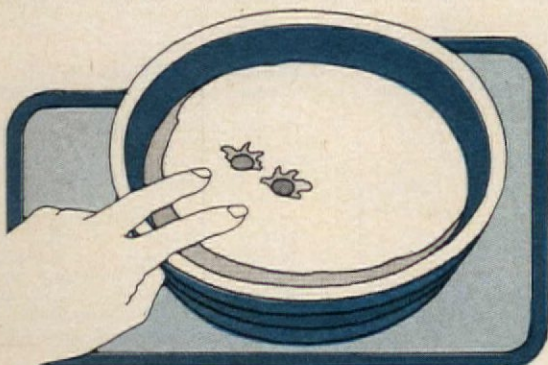
Homemade bread can be a super cost-cutter if time is on your side and you bake in batches. Warm and fresh from the oven, it's the most satisfying fare a cook can create. Our basic recipe plus some understanding of simple techniques are all you need to bake a perfect loaf. You can enhance your bread's nutritive value by using enriched flour. Or substitute a milled whole-grained mixture for one-third of the flour's total volume.



## BASIC WHITE BREAD

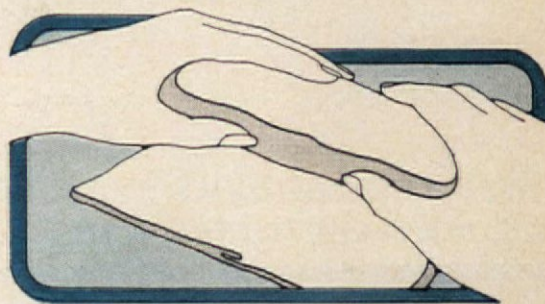
- 5½ to 6½ cups unsifted enriched all-purpose flour
- 3 tablespoons sugar
- 2 teaspoons salt
- 1 package active dry yeast
- 1½ cups water
- ½ cup milk
- 3 tablespoons butter or margarine

1. Put 2 cups flour, sugar, salt and undissolved yeast into large bowl of electric mixer.
2. Combine water, milk and butter or margarine in small saucepan. Place over low heat to melt. Cool.
3. Add milk mixture gradually to flour mixture. Beat 2 minutes at medium speed, scraping sides of bowl



- occasionally with a rubber scraper.
4. Beat in ¾ cup flour or enough to make a thick batter. Increase speed to high; beat 2 minutes.
  5. Remove from mixer. Scrape any dough from beaters.
  6. Stir in enough additional flour (about 3 cups) to make a soft dough.

7. Sprinkle board or work surface lightly with flour. Turn the dough out onto board; knead about 10 minutes, as shown (left). Dust your hands lightly with flour; flatten dough. Pick up dough at farthest edge and fold it toward you. Push dough away with the heels of your hands, using a quick, rocking motion.
8. Give dough a quarter-turn on board; repeat. Flour board lightly, as needed, but do not over-flour. Without adding flour, knead dough until smooth.
9. Place dough in large greased bowl. Turn dough over to grease all sides; bring smooth side to top.
10. Cover dough; let rise in a warm place (85°).
11. The dough is risen sufficiently when you can press two fingers into its top surface and the impression remains, as shown (below, left). If this test fails, re-cover dough and let rise 10 minutes more.
12. Punch dough down by pushing fist firmly into center. Knead dough quickly to form a ball.
13. Turn dough out on lightly floured board. Cover with towel or inverted bowl. Let rest 15 minutes.
14. Cut dough in half with sharp knife. Cover one half with towel or bowl while shaping the other.



15. Flatten dough with hands or rolling pin into a 12x8-inch rectangle. Working from center of rectangle and using sides of hands, press out air bubbles all the way to the ends. Press firmly, but do not tear.
16. Fold dough in thirds. Press out air bubbles again. Flatten dough until its width equals the length of 9x5x3-inch loaf pan.
17. Roll dough toward you, starting from upper short side. As you roll, press dough constantly and firmly with heels of hands, or with thumbs, to seal inside edges and get air out. Press nearest edge firmly to seal, as shown (above).
18. Place loaf seam side down on board. Press ends with edge of hand to seal; tuck ends under.
19. Place loaf seam side down in greased loaf pan. Repeat with other half of dough.
20. Let loaves rise in warm place, covered and away from draft, 1 hour or until doubled in bulk. Set oven rack in center position; preheat oven to 400°.
21. Loaves are ready for baking when doubled in bulk and top surface springs back at light touch.
22. Bake bread 25 to 30 minutes or until crust is golden brown and sounds hollow when tapped. Remove from pans; cool on wire rack. Makes 2 loaves.



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MEADOW AND MOUNTAINS



## Some basics you should know

America has caught up with Europe's love affair with the grape, and is finding that a glass or two of wine with food is one of life's memorable pleasures. Happily, innumerable delightful California wines are available throughout the United States and their prices are fair. In all, there are three classifications:

1. *Generic* includes wines labeled Chablis, Rhine, Claret, Burgundy, and made from blends of grapes. These wines are somewhat similar in characteristics to their imported namesakes.

2. *Varietal* indicates wines named for the grape from which they are principally made—a Cabernet Sauvignon, say, or a Pinot Blanc.

3. *Proprietary* covers wines with special trademark names coined and used exclusively by individual wine companies that blend and bottle them. Emerald Dry, for example, is a proprietary name selected by the Paul Masson Vineyards.

Whenever a vintage, or year, is marked on a bottle, this is an assurance that at least 95 percent of the wine was made from grapes picked that year.

**To know wines is to taste them.** Wine tasting is actually a simple, logical procedure. Use clear, stemmed glasses; those that hold eight to 10 ounces allow wine to "breathe," since you *never* fill a glass to the rim (half-way is proper; two-thirds acceptable).

**First, note the color of the wine.** Is it pale gold, shimmering topaz, royal purple? Slowly twirl the glass from the stem (this allows more air to get into the wine), lower your nose into the glass—and inhale its aroma and bouquet. Aroma, by the way, is the fragrance of the particular grape or grapes; bouquet is the scent that comes

# BAD NEWS FOR PEOPLE WHO DON'T SHINE COPPER WITH TWINKLE.<sup>®</sup>

Tests show, of all the leading copper cleaners in the United States, none gives a shine that lasts longer than Twinkle.

Know why? Twinkle contains Chronite (no other copper cleaner has it). It really holds back retarnishing. Repeat—it holds back retarnishing.

Isn't Twinkle the copper cleaner you've been dreaming about?

Should you throw out your present brand and get Twinkle right away? That's your decision. But if you've been using Twinkle all along, you know what a long lasting shine means.



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from aging. Don't worry about distinguishing the difference; many wine experts can't. But, in time, you'll be able to gauge whether a wine has a lively "nose" or a weak one.

**Now, swirl the wine around your palate.** Check out the body and "feel" as you move it about your mouth. Is it full, or is it light? Take a swallow. Is the wine easy to drink, or harsh? Wine is meant to be drunk while dining; sometimes a certain wine may appear a bit edgy until you sip it along with food. As you taste more wines, you acquire a taste memory, but what counts most of all is that the wine is pleasing. Wine testing is a personal experience.

**General guidelines:** White wine with white meat, red wine with red meat, white wine with fish or seafood (unless the fish is prepared in a red wine sauce—which then calls for red wine). Rosé wines and champagnes are pleasant to drink with most dishes. Of course, if you plan to serve more than one wine at a meal, the white precedes the red.

**Some specific suggestions:** A Chablis or an Emerald Dry makes a delightful aperitif wine with appetizers before dinner, Pinot Chardonnay or Pinot Blanc with fish, a Johannisberg Riesling or Cabernet Sauvignon with chicken or turkey. Ham calls for a Claret or Burgundy or a chilled rosé such as Rosé of Cabernet or Zinfandel Rosé.

A Cabernet Sauvignon or Pinot Noir goes well with lamb and beef; a zesty Zinfandel or Barbera, with game. Should cheese be served after dinner, it's proper to finish the last of the red wine with it. And for a special occasion, a champagne or dessert wine may be served with the sweet.

White, rosé and light red wines are enjoyed when they are young, and should be served chilled, at 45 to 50 degrees. Red wines are best at room temperature, or slightly below—60 to 65 degrees. Uncork red wines with considerable bottle age an hour or so before serving, so that the wine has time to breathe and "stretch."

**These California wines are good buys for everyday enjoyment:**

- Cresta Blanca's Dry Watch Sherry (\$2.70, when last priced on the West Coast). It has bright, jewel-like color, rich nutty aroma and flavor.
- E. & J. Gallo's French Colombard (\$1.79 a fifth, \$3.29 a magnum). Light in color, it's soft on the palate with a trace of authority in the aftertaste.
- Paul Masson's Emerald Dry (\$2.25). This is a pleasant white wine, with a sprightly nose, gentle finish.
- E. & J. Gallo's Ruby Cabernet (\$1.79 a fifth, \$3.29 a magnum). It features an impressive red color, a nose that seems to jump from the glass and a lingering taste. —George Christy

# If you ever thought about paneling a wall, read this.

Ads make paneling sound easy. "Just drive a nail or zip an adhesive, and the panel is up."

## ADS DON'T TELL

What the ads don't say is that in real life you can dent the surface of a panel while hammering a nail flush. Or, a nail can glance off the hammer, shoot sideways, and mar the surface. Or, adhesive on the face of the panel can mean a real mess. While adhesives work, they require know-how you may not have. Nailing sounds simple, but too often you can miss, slip, or just plain goof. It's not so easy. Too many things can go wrong to spoil your job.

## GOOF-PROOF PANELING

Now there's a mistake-proof way for you to put up wall paneling fast—and as easy as the ads say. It's our Swingline Whammer™ 2001 nail gun. It looks like a staple gun but it drives nails *not staples*, into paneling. You don't need adhesive or a hammer. And it handles molding too. Safe. Sure. Simple.

**NAILS STRAIGHT & TRUE**  
You drive a colored nail with no chance to miss the head,

no chance of the nail bending and cutting the face of the panel, no mars or hammer dents either. Our new, hand-powered tool accurately drives a 1-1/32" brad with a single stroke.

## NO FILLING NEEDED

You can drive and countersink Whammer nails on the panel's face. The colored nails become almost invisible. No filling needed. You no longer have to drive nails in the grooves of paneling (where wood is thinnest and gives least support).

## PAYS FOR ITSELF

Professionals find our Whammer 2001 nail gun pays for itself in hours. Do-it-yourselfers find it pays for itself in no grief, no mistakes, and "saved" paneling. (At hardware sellers everywhere, suggested retail price \$19.95).

## HERE HOW TO DECIDE

Send for our booklet that includes professional tips on how to put up paneling with our Swingline Whammer 2001 nail gun. Mail the coupon or write to:



*Swingline*®

# Whammer™ 2001 NAIL GUN

Swingline, Div. of Swingline, Inc., 32-00 Skillman Avenue, Long Island City, N.Y. 11101

Please send me your Whammer booklet. I'd also like the name of the dealers nearest me (Check box: )

DEPT. B

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Address \_\_\_\_\_ City \_\_\_\_\_  
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*Swingline*®

Div. of Swingline, Inc., 32-00 Skillman Avenue Long Island City, N.Y. 11101

## Food questions you ask

*Does the vitamin C in fruits and vegetables do the same thing for the body that vitamin C tablets do?*

Maureen Roper  
Bridgeport, Conn.

Vitamin C—whether manufactured by man or by nature—is all the same. Your body can't tell the difference between the natural vitamin or the synthesized tablet. But natural, fresh citrus fruits, for instance, give you *more* than just vitamin C: They give you small amounts of other vitamins, minerals, natural sugars, water and cellulose (roughage)—and they give you flavor!

*Can I use extra-large eggs in recipes even though medium or large eggs are called for?*

Mrs. D. Adams  
Hancock, Mass.

Extra-large eggs may cause cakes to fall when cooled. For baking, it's best to use medium to large eggs. But if you have only the extra-large ones on hand, you can still measure out the proper amount. Break the number of eggs called for into a liquid measuring cup, stir lightly. A medium to large egg equals about ¼ cup. Spoon out the excess for later use.

*Are there any differences between light cream, coffee cream and table cream?*

J. Johnson  
Albany, N.Y.

None at all. They are simply different names for cream that contains from 18 to 30 percent milk fat.

*What causes ground-beef patties to shrink when I cook them?*

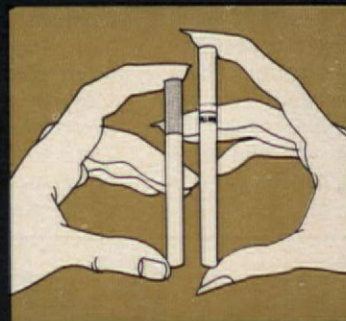
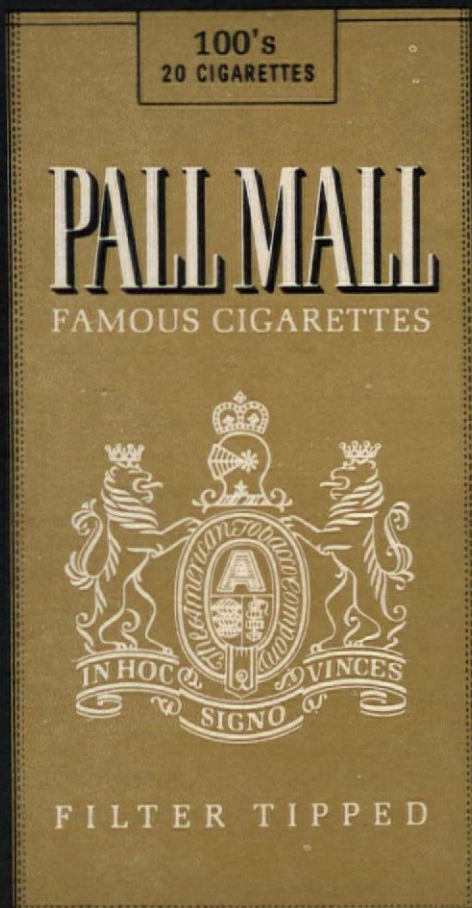
D. Kent  
Binghamton, N.Y.

All meats shrink in size and weight during cooking. The amount of shrinkage depends on the fat content, cooking temperature and cooking time. Basically, the higher the temperature, the greater the shrinkage. Cooking ground beef at moderate temperatures (325° to 350°) keeps shrinkage to a minimum and helps retain meat juices and flavor. Overcooking draws out most juices. So does salt; it's best to wait until ground beef is cooked before seasoning with salt.

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

# PALL MALL

## GOLD 100's



Longer...  
yet milder.

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.

## Shrewd planning, hard work, no waste get remodeling results.

For the O'Rourke's of Fairfield, Conn., remodeling their kitchen involved the whole family for an entire year. "It was worth it," says Carol.

For Barry, the amount of time and energy he devoted to the remodeling was more than compensated by the \$8,000 he saved. But, he cautions, his willingness to work was not the only cost-cutter. Planning was another factor.

"Take the 9-foot window wall at the end of the kitchen," he says. "A contractor gave me a price of \$650, installed. I decided to shop around—and found a unit that was of better quality than the one he had. I bought it and did the installation myself. I paid only \$250 for materials."

The ceramic-tile floor was another area where the O'Rourke's made substantial savings. They said no to an estimate of \$460 that was just for setting tile; work on the subflooring would have added much more. "I did the whole job in three days," Barry recalls. "Carol helped me with the grouting one evening. My total 'labor' cost was \$35 for one day's rental of a tile-cutting machine, an expense that would have been greater if I hadn't planned ahead. I set the tiles that did not have to be cut, and had all the others marked for cutting before I brought home the machine. If I'd rented the machine first and cut the tiles as I needed them, I'd have had to pay for a three-day rental.

"When you do a remodeling job like this yourself, you become extremely conscious of the materials you're using—because you pay for every one of them. The result is you tend not to waste anything, and you never throw anything away until you've finished the entire job. When working with lumber, for example, you use most of the short ends. Professional carpenters usually reach for a new 8-footer when they need a 27-inch section, instead of poking through the scraps. The time you spend poking doesn't cost anything, and every scrap you use is a money-saving plus.

"The only thing we paid to have done was connecting the dishwasher and new sink to our existing plumbing—after I had installed them. The cost, for one day's work, was \$160."

Barry didn't stop with just the kitchen. He was determined to improve other living spaces in the 200-year-old Connecticut farmhouse. He removed one wall between the living and dining rooms—and another between the living room and what was once a taproom. When the walls came down, they yielded three magnificent oak planks—which he planed, sanded and used to build the kitchen counter—and exposed a three-hearth fireplace that warms the expanded spaces.

When the O'Rourke's opened the wall between their living room and taproom, they found a penny that had been placed there, apparently for luck, when the house was first built. Last May, Barry had the penny encased in silver and hung on a silver chain for Carol to wear. "We feel certain it will bring us happiness in this house, always," she says.

## 5 ways to cut the high cost of hot water

**1. "Waste" one gallon of water each month**—that is how much you have to tap from the bottom of your water heater to draw off water-borne sediment that impedes heat transfer.

**2. Forgo baths in favor of water-conserving showers.** Or wash up with a "Navy shower." Because naval vessels make their own fresh water, the crew must learn to wet down quickly and shut off the flow while soaping, turning it on again only to rinse. A sailor can shower properly using five gallons of hot water or less. A civilian who leaves hot water on while soaping up can waste an extra five gallons or more.

**3. Adjust your hot-water temperature downward.** You'll save energy in the long run—and find that a lower temperature is still adequate for washing bodies, dishes and clothes (especially now that cold-water detergents are so

effective). Most people dilute their hot water with cold anyway.

**4. When taking a weekend trip, turn the thermostat on your hot-water heater down to a conservative 70 degrees** (remembering to turn it back up again as soon as you return). Before you and your family embark on a long vacation, an electric water heater should be turned off completely, and one heated by gas should be turned down so that only the pilot light is burning. Restoring hot water can take several hours. So if yours is a family that looks forward to hot baths (or showers) immediately upon returning, prevail on the neighbor you've asked to watch your vacant house to turn on your water heater at some point before your scheduled return.

**5. Do a monthly faucet check for leaks**—and be sure to fix them. —M.M.

## 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.

### CARLETON VARNEY'S ROOM OF THE MONTH

**Page 38.** All sources N.Y.C.: Drapery fabric, "Fairway," Greeff Fabrics, Inc.; upholstery fabric, "Tangiers," Carleton V. Lid.; pillow fabrics, "Bunga" and "Three Countries," China Seas, Inc. (fabric treatment, Zepel by DuPont); sofa bed, Simmons Co.; brass tables, Sons of India; bookcases, Curtis Furniture Co.; window shades, Holland Shade Co.; rug, Rosecore Carpet Co., Inc.; mirror installation, Wesley Depp of John Depp, Inc.; paint contractor, Bromley Painters; desk lacquer work, William Weaver. Other sources: Carpet, Lees Carpets, King of Prussia, Pa.; paint, "Sandpiper," Pratt & Lambert, Buffalo, N.Y.; club chairs, Heritage Furniture, Drexel, N.C.; desk lamp, Chapman Mfg. Co., Avon, Mass.

### "OUR REMODELING ADDED SPACE AND VALUE"

**Page 47:** Windsor armchair, Bloomingdale's, N.Y.C.; fabric, "Fiji Batik," "Sutters Sampler"; carpet samples, "Wildwood" in Dutch Blue and "Heathcliff" in Azalea—all from F. Schumacher & Co., N.Y.C.

### "OUR PANELIZED HOME . . ."

**Page 50, bottom:** Patchwork quilt, needlepoint pillows to be featured along with complete how-tos in spring-summer *American Home Crafts*, available in February.

### SAVE \$1,175 AND . . . LOOK LIKE A MILLION

**Page 58:** Sofa fabric, S. Harris, Los Angeles, Calif.; Yugoslavian sheepskin rug, Stark Carpet Corp., N.Y.C.

**Page 59. Top:** Sheet, pillow sham, Roman shade fabric, Brunschwig & Fils, N.Y.C.; ceramic table, Trouvailles, Inc., N.Y.C.; carpet, "Gateway," Lees Carpets, King of Prussia, Pa. **Bottom, left:** Chair, Trouvailles, Inc., N.Y.C.; lamp, Chapman Lamps, Furniture & Accessories, N.Y.C.; fabric, "Columbine Check" in brown, Henry Cassen, N.Y.C. **Bottom, right:** Wallpaper, "Alexandria," Multi-color Co., Hatfield, Mass.; carpet, "Camelet," Burlington House, Area Rugs, N.Y.C.

### FAMILY REMODELED KITCHEN . . .

**Pages 60-61:** Wall ovens, Caloric Corp.; Topton, Pa.; Counter That Cooks, Corning Glass Works, Corning, N.Y.; barbecue, Jenn-Air Products Co., Indianapolis, Ind.; dishwasher, KitchenAid Div., Hobart Mfg. Co., Troy, Ohio; refrigerator, washer, dryer, Sears, Roebuck & Co., Chicago, Ill.; lights, Lightolier, Inc., N.Y.C.; floor tiles, Country Floors, Inc., N.Y.C.; plants, dry flower arrangements, The Fillow Flower Co., Westport, Conn.

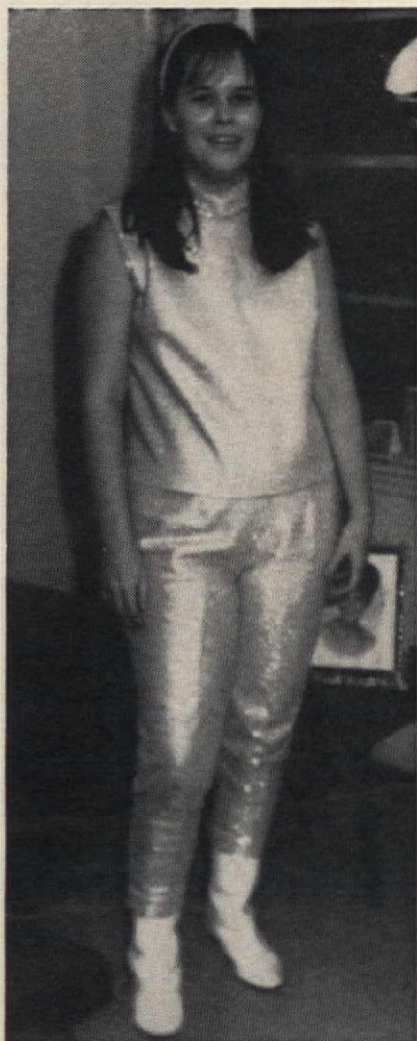
### CASSEROLE COOKERY

**Page 63:** Ham and fish casserole dishes, Denby, Ltd., N.Y.C. (from Bloomingdale's, N.Y.C.)



# When I lost 48 pounds, I started going places and doing things.

By Barbara Truitt—as told to Ruth L. McCarthy



At 160 pounds, I may have smiled about my new outfit, but not my way of life.

**H**ave you ever noticed how fat people seem to spend a lot of time watching television? In my case, it's where I did much of my eating and most of my gaining—going up to 160 pounds. Fact is, it saved me the worry of what I'd wear if I were going out. But it didn't save me the tears I shed when my husband, Bobby, made remarks about my weight. Like the time he and I and the children were watching a jungle show. "Hey, there's Mama," he said when a hippopotamus walked by. That hurt!

Other times Bobby would just nag at me to take off that "snacking" fat. He was plain sick of seeing me feeding on bags of potato chips, boxes of candies and pints of ice cream. Why, the arguments that scene caused would upset any family.

I was beginning to think nothing could make me control my weight, until the day I saw an Ayds ad in a magazine. It was the same day I'd been on a shopping trip and discovered that only size 18 slacks would fit. That's when I decided it was time to stop crying and start losing.

Fortunately, I learned from the ad that Ayds® Reducing Plan Candy contains vitamins and minerals, but no drugs. So I didn't hesitate to buy a box of the chocolate fudge kind at the drug store. Then I started on the Ayds plan the next day.

I took one or two Ayds with a hot drink before meals—and they really helped curb my appetite. For breakfast, I found I could pass up buttered biscuits and be happy with cereal and toast. For lunch, I was content with something like a hamburger. And at supper, I was satisfied with small portions of what the rest of the family ate, because I really wasn't hungry for more. Finally, for a late snack, I'd have a couple of Ayds to see me through the night.

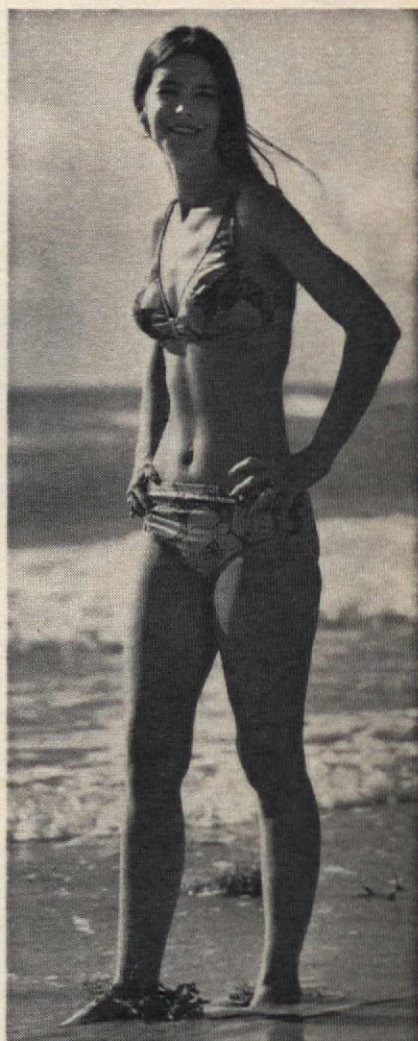
You see, I wanted that Ayds plan to work more than I ever wanted anything in my life. And it did! In two weeks, my slacks began to feel looser. Actually, it took me nearly eight months to lose 48 pounds. And now that I'm 112, I've never felt better. I have more energy, and I'm having a pile more fun—swimming, bicycling and doing things all the time.

I've never had more flattery, either, particularly from friends in my home town, Savannah, Georgia. Sometimes those who haven't seen me in a long while will spread their hands in the air and say: "Just think, you once measured this wide."

Why, thanks to the Ayds plan, Bobby is paying me so much attention, I feel like a bride again. And am I having fun buying a second trousseau—a whole new wardrobe of junior-size clothes—because we're going places and doing things now.

## BEFORE AND AFTER MEASUREMENTS

	Before	After
Height.....	5'6"	5'6"
Weight.....	160 lbs.	112 lbs.
Bust.....	38"	33"
Waist.....	31"	23"
Hips.....	40"	31½"
Dress.....	18	7



My husband says my figure is as good as a model's, now that I'm 112 pounds.



Since I lost 48 pounds, I have a closet full of exciting clothes for my new life.

SHIP MODELS: Both ready-to-build kits and finished models for home or office. From \$9.95



Send 25¢ for NEW

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CATALOG - 144 pages FULLY ILLUSTRATED

144 pages full of ship models, cannons, famous marine pictures and hundreds of decorative nautical items.

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144 pages of unusual nautical items for the home or office.

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#### BALL FRINGE ON UNBLEACHED OR WHITE MUSLIN



20", 25" 30", 36", 40" long . . . 6.50 pr.  
2 pairs to window as shown . . . 13.00  
45", 54", 63" long . . . 8.50 pr.  
72", 81", 90" long . . . 10.00 pr.  
Valance 9" x 80" . . . 2.75

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 C.O.D.'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.

### COUNTRY CURTAINS

Dept. 11, Stockbridge, Mass. 01262

# American Home Market Place

Lynn Headley - Editor

### Elegant eagle ashtray

This big beauty of delicate transparent amber color measures a whopping 9 1/4" in diameter. The American Eagle topped by colonial stars in center with a dignified leaf design on rim. \$5.50 each; \$10 a pair. Americana catalog sent free with order; otherwise, 50¢. Sturbridge Yankee Workshop, AH1, Brimfield Tpke., Sturbridge, MA 01566.



### Wooden you know it!

The Galloping Gourmet, Graham Kerr, designed this super Spurtle Set. All carved from finest solid wood and Teflon-safe. Tools for straight edge use, curved for bowls, etc. Set of 5 to blend, cream, whip, lift and turn. With 11x2" rack. A must for all cook-in' capers! \$5.98 plus 50¢ hdlg. Country Gourmet, A1, 512 S. Fulton, Mt. Vernon, NY 10550.



### PUTS PAIN TO SLEEP

Now for the first time, overnight blessed temporary relief from the pain of arthritis, bursitis, rheumatism, soreness, stiffness. Just rub Icy Hot's creamy balm over the affected joints or muscles, and you can actually feel the pain start lessening. Begin to sleep peacefully again. If you don't have relief in 24 hours we'll refund your money. Not available in stores. Send \$3 for 3 1/2 oz. jar or \$5.00 for 7 oz. jar. J. W. Gibson Co., 2000 N. Illinois St., Indianapolis, Indiana 46202, Dept. 332

© J. W. GIBSON CO., 1973



### Woman's cavalier pant boot

"Glove" your feet in a beauty boot of genuine glove leather. Foot flattering and gorgeous-going with pantsuits! Smooth, no-seam vamp; strap adjusts. 1" heel. Ribbed sole. Brown, black, white, navy, red, or bone. 5-10 in full & 1/2 sizes; A, B widths. \$18 plus 90¢ hdlg. Order from Vicki Wayne, 610-A1C-So. Country Club Rd., Tucson, AZ 85716.



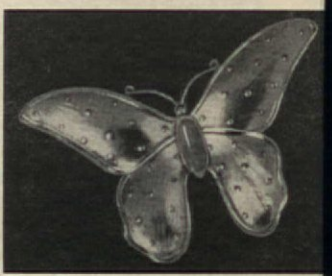
### Stitchery delight!

Grandmother's Sampler (shown), "if mother says no ask grandmother," or Grandfather's Sampler, "if all else fails, ask grandpa," are marvelous to colorfully cross-stitch on stamped oyster linen. Each kit has all you need plus 8 1/2"x15" wood frame. \$3.75 plus 45¢ hdlg. for each kit. Order from Victoria Gifts, 12 A Water St., Bryn Mawr, PA 19010.



### Beautiful!

Gold'n Jade Butterfly with a decorative "wingspread" of 2 3/4" adds a glowing, fashion flair to any outfit. Golden-finished, it's hand-set with a "body" of genuine Oriental jade. Lovely gifts, too. \$1.98 plus 35¢ hdlg. Two for \$3.75 plus 45¢ for hdlg. Send your order to the Hopkins House, Dept. 756, 6 Commercial St., Hicksville, NY 11801.



### Rattan, it's a natural!

Victorian wall shelf handwoven of natural rattan adds a flattering flare to bath, den, foyer or bedroom. Holds books, knickknacks, etc. Comes with wall hooks. 15x7x18" high. \$12.95 plus \$2 hdlg. Painted in white, black, pink, green, orange, yellow or blue, add \$3. Catalog, 25¢. Fran's Basket House, AH1, Rt. 10, Succasunna, NJ 07876.



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Made in U.S.A.

**\$13.95**

plus \$3 postage. We ship in 24 hrs. Extension for higher ceilings, add \$2.00

Write for FREE catalog

**Holiday Gifts**

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Wheat Ridge, Colo. 80033



### COLLECTOR'S THIMBLES



Lovely silver plated thimbles from Portugal are a collector's coup. Frisky Kitty thimble is deeply embossed and decorated with antiqued scrollwork. Bluebird Thimble is enameled in bright shades of blue touched with red. Bird stands upon a bas-relief design of boughs, leaves and berries. Cardinal Thimble (not shown) depicts a pretty red enameled Cardinal. Thimbles are \$3.50 each; all 3 for only \$9.98. Add 40¢ postage.

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Briarcliff Manor, N.Y. 10510

### BUILD THESE BEAUTIFUL CLOCKS




Now at big savings! Send just \$1 for plans & instructions to build choice of: (A) Grandfather (B) Steeple (C) Grandmother plus information-packed catalog of movements, dials, parts and kits to build these & 16 other fine clocks. All 3 plans \$2.50. Catalog alone - 25¢.

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Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, 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 1/2". 500 on white or 250 on gold, \$2.50 ppd. Or on Deluxe Size, 1 3/4" long, \$3.50 with design or \$2.50 without, ppd. Specify Initial or Design desired. Via Air Mail, add 39¢ per order. Bruce Bolind, 161 Bolind Bldg., Boulder, Colo. 80302. [Since 1956, thanks to you!]



### WIDE SHOES FOR MEN

EE to EEEEE • Sizes 5-13  
100 styles, top quality, popular prices, money-back guarantee. Send for FREE CATALOG.

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Dept. 25A Hingham, Mass. 02043



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Any first name (please print) is knitted into this great cap as part of its unique design. One size stretches to fit all. Of washable, non-allergic yarn! For men, women, boys and girls, cap makes a great gift. In navy, red, orange, brown, green, or white. \$14.95 plus 50¢ hdlg. Send order to Holiday Gifts, Dept. 601-B, Wheatridge, CO 80033.



### From the heart

Old fashioned Valentine postcards are delightful to send. Each has space for message and address. You receive 24 lovely postcards, authentic reproductions in full color. Great for collectors, too! Nice to frame to create a unique wall grouping! 2 different packages of 24 cards each. \$1.25 each. Both, \$2. Tower Press, Box 428-BBB, Seabrook, NH 03874.



### Welcome, big mouth

This frolicsome frog happily accommodates plenty of papers, memos, etc., in his generous mouth. A 3 1/2 x 4" wooden wonder, he's a paperweight, too! Frog memo holder paperweight serves his charming duties on a desk, kitchen counter, telephone stand, etc. \$2.50 plus 50¢ hdlg. Hedenkamp, Dept. AH-61, 361 Broadway, New York, NY 10013.



### Poster pals!

What a great idea—decorate your room with a giant 2x3' poster of yourself or your friend. Made from your favorite photo, posters are great, too, for party decorations or gifts. Send black and white or color print with \$3.50 plus 50¢ hdlg. Send your order to Keystone Photo Service, Dept. AH1, P.O. Box 1766, New York, NY 10001.



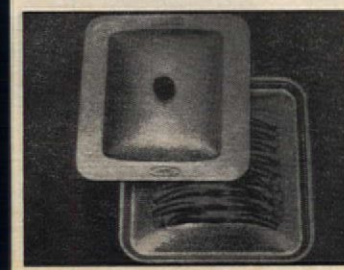
### Need glasses to make up?

Not with Magic Focus "compact!" One side is plain mirror, the other mirror is hand-ground prescription lens for magnified, distortion-free focusing. Created by a noted eye doctor, you really can see to makeup, tweeze brows, etc., without your glasses. 2 3/4". \$5. Two for \$9.50. Add 50¢ hdlg. Order from Ferry House, Dept. AH-1, Briarcliff Manor, NY 10510.



### Easy on the eye

And comfortable on the foot is the "Stroller" with soft leather-like uppers. Now, *this* is a shoe that promises easy walking! Note the sensible 3/4" heel, too. A beauty in black, tan, red, or navy. Comes in Narrow, 6 through 10; Medium in 5 through 10. \$12.95 plus 90¢ hdlg. Send order to Softwear Shoes, Dept. AH1, 1711 Main, Houston, TX 77002.



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Pop this pan into the oven for 15-20 minutes and bacon is cooked just right on both sides. No more curling or grease spatters! Center of pan and lid are dome-shaped for grease flow-off to lower edge of pan. Embossed heavy duty aluminum. 13x14x1 1/8". \$7.98 plus \$1.39 hdlg. Catalog, 50¢. House of Minnel, Dept. 115P, Deerpath Rd., Batavia, IL 60510.

# Here's How You Can Sponsor A Child



## Here's What You Do

- Fill out your name and address on the coupon.
- Indicate your preference of boy or girl, and country.
- Or . . .
- Check the box marked "Choose any child who needs my help," allowing us to assign you a child from our emergency list.
- Enclose your first monthly check. The cost is only \$15 each month to help a child who needs you.

## Here's What You Will Receive

- In about two weeks you'll receive a Personal Sponsor Folder with photograph and information on the child you sponsor and a description of the project where the child receives help.
- Later on . . . a "welcome letter" from the overseas field office.
- Progress reports on the child when you request them.
- A Christmas greeting from the child.
- The opportunity to write directly to the child. You will be given the mailing address and detailed instructions on mail to your child's country.
- Letters from the child answering your correspondence. You receive the child's original letter and an English translation from an overseas office. (Staff workers help children unable to write.)
- And the satisfaction that comes from helping a deserving child.

## Here's What Your Sponsored Child Receives

- In children's homes: supplementary food, clothing, medical care, and dedicated housemothers.
  - In Family Helper Projects: school supplies and clothing, medical assistance, emergency food and shelter, and family guidance from a trained child care worker.
  - Special aid depending on the country and the type of project.
  - Psychological support because the child knows *you* care.
- Sponsors are urgently needed for children in:** Brazil, India, Guatemala and Indonesia.

Write today: Verent J. Mills

**CHRISTIAN CHILDREN'S FUND, Inc.**

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I wish to sponsor a  boy  girl in

(Country) \_\_\_\_\_

Choose any child who needs my help. I will pay \$15 a month. I enclose first payment of \$\_\_\_\_. Send me child's name, story, address and picture.

I cannot sponsor a child but want to give \$\_\_\_\_.

Please send me more information.

Name \_\_\_\_\_

Address \_\_\_\_\_

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Gifts are tax deductible. Canadians: Write 1407 Yonge, Toronto 7. AH1910

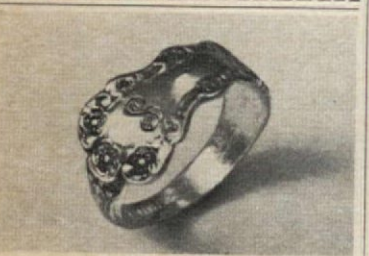
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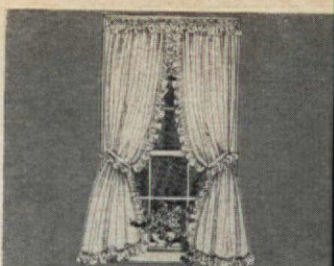
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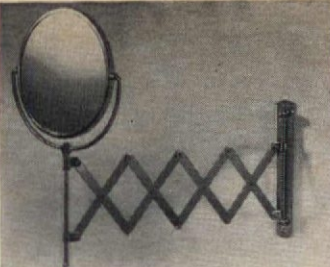


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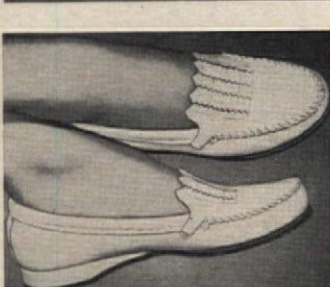
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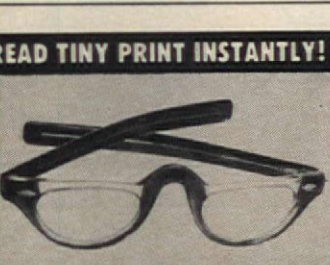
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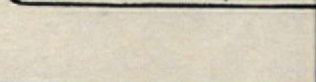
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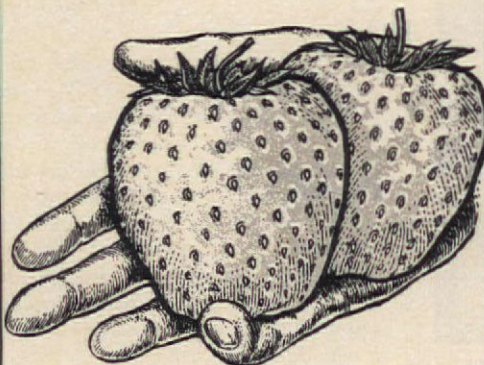
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Strong versatile Sedum (*Sedum Spurium Dragons Blood*) will bring gay color to rock gardens, borders, edgings, shady places, and steep banks. The neat 3/4" tall cover will spread quickly to form a dense perennial mat with red-star-like flowers all summer. Each plant will easily and quickly fill one square foot. Order now at this low price and receive hardy northern nursery grown plants.



**EXTRA HUGE  
 STRAWBERRIES**

25 for \$2.25 (100 for \$5.95)  
 (50 for \$3.75) (200 for \$10.95)

The last time you picked strawberries—or bought them—how many did it take to make a quart? Eighty? One hundred? More? Regular strawberries are so small—most people lose count. But with this hardy variety, you can expect quarts FROM JUST 30 STRAWBERRIES! And these extra-sweet, Giant Robinson, are highly disease resistant. They ripen fast, plus they produce lots of new runners to give you a bigger patch next year. Have wonderful big strawberries for jams, freezer, fresh desserts for months! Order today.

4 YEARS OLD...  
 10-18" SIZE..



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 BLUE SPRUCE**

3 for \$1.00  
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**SEND NO MONEY.** On delivery, pay postman for the items plus COD charges. On prepaid orders, please add 75¢ to help postage and handling. FREE planting instructions. All items clearly labeled.

**FULL Protection GUARANTEE**

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Please add 75¢ postage & handling.

Send items checked below:

Prepaid  COD

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	241	CREeping PHLOX	
	242	CR. RED SEDUM	
	717	RED MAPLE	
	751	STRAWBERRIES	

Total enclosed \$ \_\_\_\_\_ (NOTE: Orders for \$2.50 get 2 free Rose of Sharon Shrubs; \$5.00 or more, 3 Red Twig Dogwood; all orders get FREE Air Plant Leaf!)

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# Dear American Home

## THE HOUSE THAT FRANK BUILT

The letter on page 106 of your September '74 issue, written by Mrs. Janice Wooding about her kitchen remodeling, prompts me to tell you what my husband has accomplished over the past 30 years. When we bought our cabin in 1944, it consisted of a living room, kitchen, oversized bathroom, one small bedroom, crawl space for a cellar (no heating). In 1948 we added a bedroom, the bathroom became a hall connecting to the new bedroom, and a back entry was ideally situated for a new bathroom. We dug out the cellar to install a heating system. In 1949 we added a kitchen and porch; the original kitchen became a bedroom.



"This is how our cabin looked in 1944."



"Here it is today—a cabin no more."

In 1960 we built another addition consisting of two large bedrooms (the original bedroom became a foyer and lavatory), a pine-paneled breezeway and an oversized one-car garage with storage loft. In 1965 we removed the partition between kitchen and porch and enlarged our kitchen, creating a dining area and laundry.

Labor costs were kept to a minimum because we hired only one carpenter and my husband worked with him. Most of the papering and painting were done by him and his father.

Mrs. Frank Wahlen  
Carlisle, Mass.

## BY POPULAR DEMAND

Count me in on the side of those readers who would like to have the folk-art stencils revived from the '30s and '40s. I have sent for the patterns offered in your September issue and they're great.

(Mrs.) Alyn Fletcher  
Plymouth, Mich.

I have been doing folk-art painting on wood and trim since 1945 and was so happy to see the letter from Mrs. Tremlett in the September AH. I would like to second her motion for a return of the patterns, and know of a number of others who agree with me.

Marguerite J. Clay  
Grand Ledge, Mich.

Taking our cue from the avalanche of letters seconding Mrs. Tremlett's request, we present in this issue a feast of projects for folk-art fans and traditionalists. We hope they keep you happily and creatively occupied.

## ON OUR NEW LOOK

I have been very pleased with your recent magazines. I especially enjoy the pictures and articles on antiques, patterns for stenciling and other handicrafts.

M.E. Huseby  
Roseburg, Ore.

Congratulations! Your magazine has improved 100 percent. I particularly like the column about antiques, the decorating ideas and the quilts.

Mrs. Christopher Dorn  
Bellevue, Wash.

Having been a reader and fan of American Home since 1959, I must tell you that I love your magazine more than ever. Your articles are so down to earth, as are all your furniture ideas. I'm just crazy about the two new features, "Best Buys in . . ." and "Ask Us About Your Antiques." The craft features are truly inspirational. I so look forward to every issue because I know that there will be some idea that I will definitely use!

(Mrs.) Sally Jones  
Warren, Mich.

## DUTCH TREAT

In your August "Ask Us About Your Antiques" column, a reader asked about the copper pail she had recently purchased, which probably lacked its cover. The pail is called a doofpot.

It was used to put hot coals in, but it also has a legend connected with it.

In the old days in Holland, when houses were heated by fireplaces, a doofpot was given to a bride and groom not only as a necessity but also for burying their troubles. It was said that when a couple had finished discussing their problems one of them would lift the cover of the pot and say, "Well, have we talked about this enough now? If so, let's forget about it."

Jenny E. Bos  
Reston, Va.

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



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a solid-state control panel  
so you can set it with just the  
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If you can imagine what it would be like to use just one finger to tell your range how to cook, bake or broil, when to start, and when to turn itself off, you can imagine how different the Frigidaire Touch-N-Cook Range is from an ordinary range.

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And this helps make our Frigidaire Frigidaire. Home Environment Division of General Motors.

Touch-N-Cook Range easy to clean.

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Now that you know some of the things that make the Touch-N-Cook Range so dramatically different, we think you'll want to visit your Frigidaire dealer as soon as possible.

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