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**CREATING A LIFESTYLE**

# AMERICAN HOME

AUGUST 1977 75¢

**THE MOST CREATIVE HOUSE IN AMERICA**

**INSPIRED SUMMER COOKERY**

**SEXUAL POLITICS ON THE TENNIS COURTS**

**REPORT ON DIETS THAT COULD PREVENT CANCER**

**EMERGING WOMAN: GAIL WYNTERS**

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## THE HOUSEWIFE IMAGE

What a lovely person Joan Bear is ("Professional Mom," by Ann Scharffenberger, May). She is proof that motherhood is an enriching, rewarding occupation. That she's managed to keep her great looks and figure is testimony that not all housewives wear shifts and sit before the TV, watching soaps.

The image of the housewife has taken a hell of a beating during the past couple of decades. Congratulations on spotlighting Joan Bear. There are plenty of ladies like her. Let's find more in the pages of magazines like yours.

Catherine Jones Snille  
Homestead, Fla.

There are more Joan Bears out here, even though the fashion-conscious media don't recognize it.

Mary P. O'Brien  
Evanston, Ill.

## CRAMPED QUARTERS

I was delighted to find features on concealed furniture ("Hidden Assets"), decorating with mirrors ("Blow Ups"), "Stolen Spaces," and "The Invisible Guest Room" all in the same issue (May). You have at last recognized the living problem of the Seventies: space. We're all in the same boat, so when I finished with the magazine, I deposited it in my apartment house laundry room.

George J. Martinsen  
Hackensack, N.J.

## FREEZE-AHEAD FAN

I was a proponent of "Stow-a-way Strategy" ("The Streamlined Homestyle," May) long before you coined that phrase. But my repertoire was getting a little boring. Thanks for updating it with so many new recipes, and good show on the multiple pie-crust hints.

Elisabeth Fisher  
Topeka, Kan.

## SHOPPING GUIDE SCANNER

As a new subscriber to American Home, I would like to compliment you on your Shopping Guide. It's a great feature. I have used it several times and just had to write and tell you how much I appreciate it. Keep up the good work. You have a great magazine!

Helen Walsh  
Butte, Mont.

## FEARLESS OENOPHILE

Armed with Creighton Churchill's guide to "Wining Out" (May), I'm no longer afraid to order wine in restaurants.

Lee F. Wolinski  
Hammond, Ind.

## THE MISPLACED THEATER

Thank you for Allan Albert's "Down Home Spectaculars" in the May Home Front News. I would, however, like to point out one correction.

"The Lost Colony," the re-creation of the founding of America's first English-speaking settlement, is performed outdoors at the Waterside Theatre on Roanoke Island, near Manteo, N.C., and not Roanoke, Va. With the exception of the War years (1941-43), "The Lost Colony" has been performed since 1937 and could reach 2 million in gross attendance this season.

G. Page Meekins  
General Manager  
Roanoke Island Historical Assn.  
Manteo, N.C.

Editor's Note: Our apologies to the people of North Carolina. Performances of "The Lost Colony" are scheduled at 8:30 PM, Monday through Saturday until August 27. For more information, contact the Roanoke Island Historical Assn., P.O. Drawer 40, Manteo, N.C. 27954. Or call 919-473-2127.

## THE MANNES CURE

This is my first fan letter and you will no doubt groan to learn that it isn't over some lovely piece of writing that I'm prompted to write. Rather it was that life-saving little piece about Marya Mannes' exercise program, "The Five-Minute Cure" (May). Lifesaving may be an exaggeration but it certainly is body saving. I've been looking like a pudding for far too long and her exercises are turning out to be just right for me. I do them all about three times a day; I started two weeks ago and already the real me is emerging. Being a lady of middle years, it has been difficult to rearrange this flab, so you can well understand my enthusiasm for your effective exercises.

Ann Weston  
Northridge, Calif.

## AMUSED SKEPTIC

I don't know how reliable yarrow, joba, yohimbi, motherwort, or black cohosh are, but I was amused by Lois Lee's "Herbs for Beauty, Health, and Sex" (May).

Mary Knight  
Ann Arbor, Mich.

## SPLIT-SECOND ROOM

I was astonished to see the furnishings in the "24-Hour Room" (May). Bold stripes with a dominating black background floral? Wicker sharing the stage with mahogany? Come on now!

Herb Gannett  
San Diego, Calif.

## NEW COLLECTOR

Thanks to Steve Ditlea and Home Front News' "Guide to Bargain Bins" (May), I overcame my haughtiness and flipped through the discount record pile. I easily found two mint-condition Leonard Bernstein recordings and three Peggy Lee cutouts. Incredibly, I got change from \$10.

Fred DeLuca  
Flushing, N.Y.

## MULE TREK REDUX

My appreciation to Margo Hamilton for "Canyon Fever" (April). It was a very real re-run of my own ride into Grand Canyon. It must be 30 years ago—almost to the day.

We took the one-day trip, down and up. It was one of those things I would not have missed—but could not do again. Could be the two-day trip is not only more sensible but also more enjoyable because of the overnight. I'll never know.

Thank you for that article.

Ruth Theuer  
San Diego, Calif.

## NOT JUST A HOUSEWIFE

I found Nancy Love's "Are You Trying to Be Superwoman?" (April) interesting and informative until I read the quote by Jean Curtis: "When things get rough I think of how easy it would be to give up work and go back to being just a mother and housewife." The word "just" rankles me, as I am "just" a mother and housewife and feel put down in that sentence.

I went to college and worked in New York for six years before marrying my husband. I had what were considered good jobs with much responsibility, and after we were married I continued working until our first daughter was expected. I gladly welcomed the end of that career and embarked on my new one, and I have not regretted it.

I have done some free-lance work since our second child, but I always have considered myself a wife and mother first and was never satisfied giving the responsibility of my children's care to someone else. I know what it is like to have a business career and I know what it is to be free—to be my own boss. If you look around, you'll find there are a lot like me.

Claire Adare  
Carlisle, Pa.

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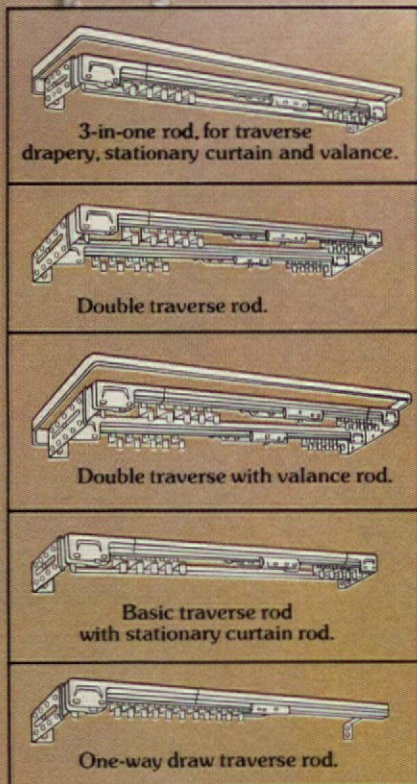
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Cover: It's the best for the least—ways to use your budget and space creatively to get two expensive looks. Instant chic decorating tactics start with the Cool Look on the cover, achieved with subtle mushroom walls (paint, Fuller O'Brien), pastel floral fabric on throw pillows and ottoman (Schumacher), creme-toned sofa fabric and sheer draperies (Waverly), see-through coffee-table cubes (Lucidity). For more information, see Shopping Guide, page 82. For more on the Cool Look and the Cozy Look versions of this apartment, turn to page 60.

Photography by Frank Kolleog.

August 1977 Volume 80, Number 8

# AMERICAN HOME

## EDITORIAL

6 **F.Y.I.** From the Desk of Leda Sanford, Publisher

## INSPIRED SUMMER COOKERY

- 56 **Can Do**—A no-nonsense guide to canning. *By Lynda S. Foster*
- 56 **Play It Cool**—Try rice for super summer salads. *By Gale Steves*
- 70 **Wine & Spirits**: Romantic Rum—What you need to know to enjoy rum right now. *By Creighton Churchill*
- 98 **Bravo Basil**—Discover the aromatic summer herb that enlivens everything from tomatoes to pasta. *By Doris Tobias*

## DECORATING

- 84 **Most Creative House in America**—How to transform a house with a free-wheeling use of paint, fabric, handcrafts, and plants. *By Pat Sadowsky*
- 4 **House for Tomorrow**—It's all-metal and brimming with inventive ideas for today. *By Bo Niles*
- 0 **Apartment Living**: Two Looks for the Price of One—Instant chic room makeovers on a shoestring budget. *By Virginia Perlo*

## CRAFTS & FASHION

- 9 **Get Inspired!**—Six innovative pacesetters in the current crafts explosion. *By Pat Sadowsky*
- 4 **Sew the Betsey Johnson Look**—A young designer's carefree mother-daughter dresses. *By Pat Sadowsky*

## HEALTH & BEAUTY

24 **Jump Your Way to Health**—Jump-rope tricks for busy grownups. *By Dale Burg*

## FEATURES

- 2 **Our Readers Write**
- 9 **More Than Money**: Who's Investing Your Money?—What you should expect from a stockbroker, Part II. *By Sylvia Auerbach*
- 10 **Antiques**: Questions from Readers. *By Marvin D. Schwartz*
- 13 **Home Front News**: People, places, and events you should know about.
- 20 **What's New: Mini Miracles**—New tiny appliances. *By Gale Steves*
- 27 **Men at Home**: Sex and Tennis: Mismatched Pair—Mixed doubles can bring out the worst in male-female relations. *By Denis Sheahan*
- 41 **The Link Between Cancer and Nutrition**—Evidence shows that the right diet may be one way to prevent cancer. *By Jane Brody*
- 42 **Four Women Who Can Improve Your Life**—A new federal team speaks out on federal programs in food, commerce, traffic safety, and consumer affairs. *By Jean Carper*
- 58 **Emerging Woman**: Maybe This Time—Vocalist Gail Wynters' rocky road to stardom. *By Melanie Pulik*
- 72 **Timesaving Cookbooks**—New cookbooks for microwave ovens and food processors. *By Moira Hodgson*
- 82 **Shopping Guide**

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641 Lexington Avenue  
New York, N.Y. 10022

WEST COAST MANAGER  
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13263 Ventura Blvd., Suite 10  
Studio City, Calif. 91604

MIDWEST MANAGER  
**Dwight Reynolds**  
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ADVERTISING PRODUCTION  
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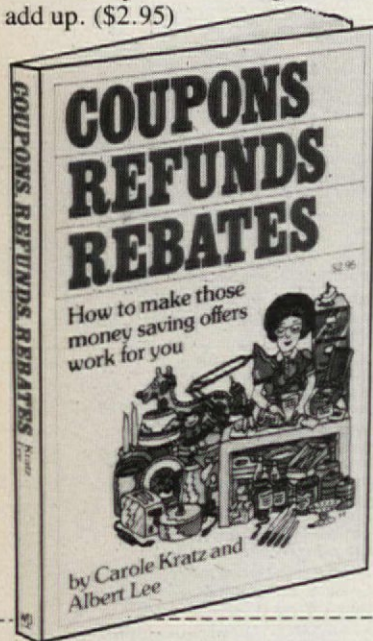
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F.Y.I. FROM  
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SANFORD  
PUBLISHER



**C**reative living is challenging. It requires a spirited, adventurous attitude balanced by a willingness to admit mistakes and an unwillingness to be defeated by life's never-ending setbacks and problems.

Today there are many indications that people are attempting to be more inventive in their approach to life. Consequently, one of the most overworked words today is "lifestyle." Overworked, yet singularly appropriate because it sums up the prevalent attitude of a society that is discovering the joy of options, the freedom of alternatives, and the essence of living rather than just existing—and the risks.

These are the best of times—or they are the worst of times depending on your personal attitude. How you feel is also related to whether you are more likely to take a creative approach to all things or a noncreative one. It has often been said that the difference between the optimist and the pessimist is in how they view a partially filled glass of water. To one the glass is half-full—to the other it is half-empty. For the creative person life is always only half-full. What is often "the end" for the average "blocked" mind is only a jumping-off point for the imaginative.

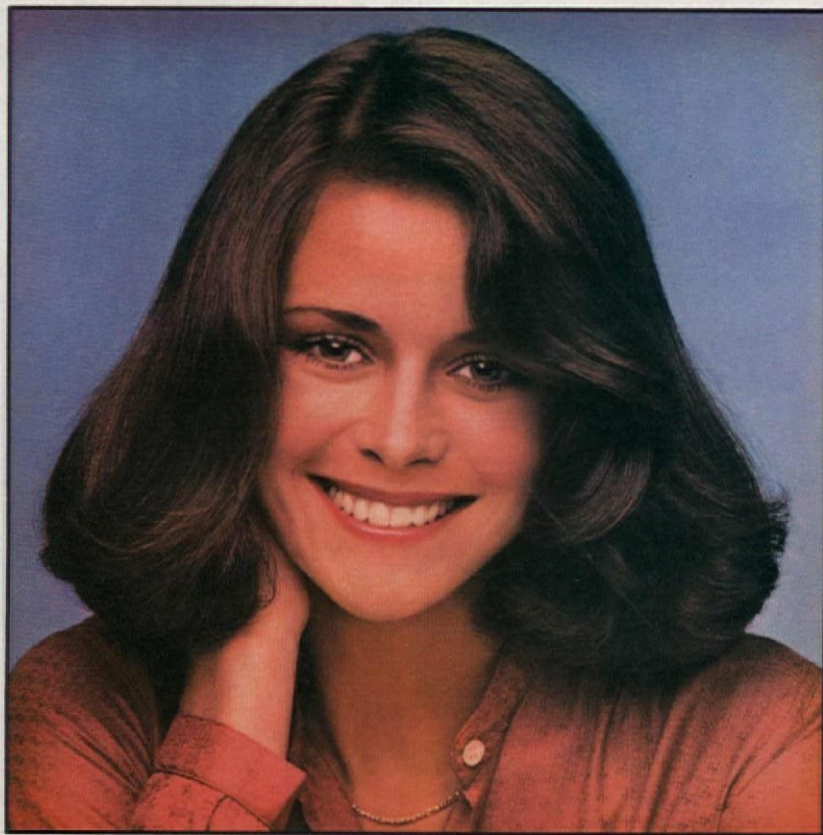
Specifically, the creative touch at home can mean the difference between a boring, depersonalized environment and one that reflects the person or people who inhabit it. A creatively expressive home is an extension of the people who live in it. It is invariably interesting.

Similarly, people who have creative lifestyles are invariably interesting. Why? Mainly because they are too occupied with discovery and growth to become either predictable or dull.

"Do good traditional values, morality, and responsibility fit into this picture of a brave new world?" I can hear some of our readers asking. I believe they do. Courage, self-affirmation, vitality, enthusiasm, and individualism are not inconsistent with ethical behavior. Willfulness and irrationality are. In his book, *The Courage To Be*, theologian Paul Tillich points out that "creative" was originally a religious word. Its use to describe man's productive activities, he says, "indicates that the creative process of history is felt as divine." Part of that creative process, he tells us, is "the courage to be." The courage to be what? To be inspired and inspiring; to be original, inventive, courageous; to be oneself. □



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# Who's Investing Your Money?

What to expect from a stockbroker, Part II.

by  
Sylvia  
Auerbach



Remember that the SIPC does not insure you against losses in the stock market if you've picked some duds. You're insured only against possible losses when a firm that goes out of business isn't able to return what is due you in securities and cash.

## EFFICIENCY CHECKS

In addition, you want the attributes that major investing institutions, such as large mutual funds, bank trust departments, and insurance companies look for when they choose brokerage firms: high quality research, prompt and accurate execution of orders, and good general service, such as rapid answers to questions, follow-up on requests for information, and so on.

Why are these things important? Good research counts because it's the basis for investment advice. Prompt execution of orders assures that you get not only the buy or sell price you want, but also correct statements and—if the broker is holding the stock for you—prompt payment of dividends. Good general services mean you get reliable follow-up, just as institutional customers do.

How do you go about getting the information? You ask the manager of any firm you are considering for answers;

you get a copy of the firm's annual report or financial statements; you ask brokers, accountants, bankers, colleagues, and friends whose judgment you respect. To get some idea about the quality of the firm's research, you ask to see some previous research reports and recommendations so that—with the benefit of hindsight—you can see how good the advice was.

## TRACKING SYSTEM FOR STOCKS

Having taken all these precautions, it would be nice if you could sit back and let the money roll in. But you have another necessary chore: to set up some kind of record-keeping system.

Why is this important? You invest because you want your money to make money for you—to yield a return, as they say in the trade. In order to evaluate this return you have to keep track of your investments—to judge when to buy, when to sell, and when to switch. You also have to know when dividends are due to be sure you're getting them, and to follow up quickly if you're not. You have to know your buying and selling dates and amounts to figure your tax return.

Your system may be minimal—a file of the confirmations you get from your broker for each transaction. Or you may want to start an investment record book that will include, for each transaction, the number of shares bought; the company's name; the broker; the commission; the date bought or sold and the price per share in either case; the gain or loss; the amount of the dividend, date payable and date received. It helps too if you mark the date dividends are due on your calendar, as a reminder.

## QUESTIONS INVESTORS ASK

- What if you run into a broker who doesn't want to handle an individual investor, particularly one with a small account (which some firms define as less than \$25,000)? Write to the New York Stock Exchange, Inc., Dept. XX22 Publication Section, 11 Wall Street, New York, N.Y. 10005 and ask for a copy of "Investors Service Bureau Directory." It has a nationwide list of NYSE members that serve the individual investor, and requirements for investors. It's free.

- What if you would like to have more information? The NYSE publishes a "mini-library" for investors. It includes five booklets: "Growth Leaders on the Big Board," statistical profiles on companies that have had compound growth rates in earnings per share of 7 percent or more; (continued on page 86)

You've gone over your finances and decided you're in a position to invest part of your income. With the help of the July column you've set realistic goals, decided on how you will deal with a broker, and learned some of the criteria that will help you pick a good one. But, since the broker's capability is either limited or enhanced by the brokerage firm that he (or she) works for, now you want to know how to evaluate brokerage firms.

## TESTING FOR RELIABILITY

You have two major concerns: How sound is the company and how efficient? Here are some guidelines:

1. *Is the company a member of the New York Stock Exchange?* There are nonmember firms that are good, of course, and all firms are supervised, but NYSE members have to live up to rigorous standards: adequate capital, careful policing of books and records, and thorough review of sales practices. You might as well accept the protection that these standards give you.

2. *How long has the firm been in business?* If it has managed to survive during recessions as well as good times, it is more likely to be well run and reliable.

3. *If it is a small firm, does it have a "correspondent" relationship with a larger firm that will handle the paperwork of your account, on which its ultimate accuracy and safety depends.*

4. *Does it offer a range of services?* Will you be able to trade not only in stocks, but also in bonds, mutual funds, municipal bonds, options, etc.?

5. *What kind of insurance protection, if any, does it offer?* Your account is protected against a loss, if a firm goes out of business, for up to \$50,000 in securities or \$20,000 in cash, by the 1970 Securities Investor Protection Act, which established the Securities Investor Protection Corporation. All broker-dealers registered with the Securities and Exchange Commission, which includes all members of national securities exchanges, are automatically SIPC members. In addition, NYSE members (and some members of other exchanges) have their own policies, insuring the firm and ultimately you against losses from fire, theft, or lost stock certificates.

Some firms also have private insurance covering clients' accounts that takes up where the SIPC leaves off. (Because this kind of insurance is very expensive, usually only the largest brokerage houses can offer it.)

Sylvia Auerbach is the American Home columnist on money management.

# Questions From Readers

by Marvin D. Schwartz



Do you know anything about the history of this old library chair that becomes a stepchair when unlatched? It's got the flip latch on the back that holds the back and arms together; the seat seems to be made of felt-type material. Can you give me any help on this?

—S.R., Rochester, N.Y.

This library chair, which unfolds into steps, is very much like those patented by Augustus Eliaers in 1853. Eliaers, a Boston, Mass., furniture manufacturer, patented his design because he claimed it was the first chair made with hinges attached so that the seat could be upholstered. Library stepchairs from earlier periods usually had caned seats. The style of the flat panels across the back is associated with the Renaissance Revival of the 1860s and 1870s. A more elaborately ornamented Eliaers chair can be found in the furniture collection on display at the Chicago Historical Society.



We own a millefiori paperweight that's over 80 years old. The most prominent colors are red and blue. Could you tell me its origin?

—W.E., Lockport, N.Y.

This is a good example of a 19th-century paperweight. The name, millefiori, which means a thousand flowers, is used to describe the pattern that's made with innumerable glass rods that terminate in petaled flower designs. Many millefiori designs have the rods in orderly rows; yours has them irregularly scattered in what's called a "scrambled" design. Similar weights were made in France, Bohemia, and the United States, so it would be difficult to place the weight unless it was compared to marked examples. Your community once boasted a thriving glass industry, and your paperweight could have been made by local craftsmen.



About 50 years ago, this whistle was found beneath the foundation of a 150-year-old house. I think that it may be porcelain. The top of the hat is a mouthpiece, and there's a small hole in the back of it. Do you know the age or origin of it?

—J.H., Clay, N.Y.

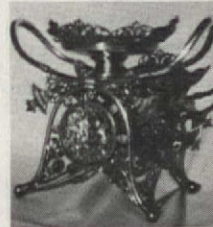
The figurine is not a whistle, but might be a Japanese *netsuke*—a carved toggle that was attached to the end of a kimono sash. The tiny hole in the back is for stringing a cord through. Netsuke were not used after 1867, but carvers continued to produce the figures for decoration. Netsuke were small, rarely exceeding an inch in length, and were carved from ivory and wood; some were lacquered. A few exceptions were made from metal or stone. It's a good possibility that your figurine dates from the 18th century.



This blue and white china mug has been in my husband's family for at least 75 years. The lid is rimmed with pewter, and the inside back of the lid has what seems to be a photograph under glass. "Faust's Own" is inscribed across the outside. When held up to light, a picture of a domestic scene appears on the bottom. Can you tell me anything about it?

—D.F., Brooklyn, N.Y.

Your porcelain tankard looks like a fine example from the late 19th or early 20th century. Although the design is based on a model from the 1750s, the delicacy of the details and quality of the porcelain would definitely place your tankard as one made at least 100 years later. The inscription, "Faust's Own," may be a beer popular at the turn of the century.



My great-grandmother purchased this "candy dish holder" in an antiques shop when she was a child. There are two cupids in the middle, front, and back. It doesn't tarnish much at all or swell like silver. At one time, the center was drilled to hold a lamp. What can you tell me about it?

—D.V., La Cañada, Calif.

The name, "candy dish holder" is apt, because the piece was originally crafted as a stand for a glass dish or bowl. The stand might be American- or European-made in a nickel alloy, such as German silver, or silver-plated white metal. In style, your candy dish holder resembles stands that were made by Connecticut silver-plate manufacturers.



We've been unable to get any information on this advertising poster for Old Mill Cigarettes. The illustration is of a Gibson Girl holding a cigarette with a mill wheel behind her. The cigarette uses Wheat Straw paper. Do you know who manufactured this cigarette, and the age of the poster?

—J.C.S., Laurel, Md.

Your poster is a typical one from the early 20th century, done by a conservative illustrator of the time. The more radical artists of that period were influenced by the flat-pattern painting made famous by Toulouse-Lautrec. The woman is most likely a farm girl, not a Gibson Girl. Old Mill Cigarettes were a Liggett & Myers product, introduced in 1909 and discontinued in the 1930s, according to the records of the Tobacco Merchants Assn.

*We can't appraise an object for you, but we can tell you about its style and origin. Send only clear black-and-white photos (no color) plus descriptions including details the pictures don't show to: Questions From Readers, American Home, 641 Lexington Ave., New York, NY 10022. Sorry, we cannot return photos or send personal replies. Questions of general interest will be published.*



**“Selling Avon has taught me something about myself. That I can succeed in the business world on my own. That’s a nice thing to know about yourself.”**

*Terry S. Mosny*

Mt. Prospect, Illinois

“My very first Avon sale was for \$7.00. But in just six months, I had saved enough money to help pay for a lot of nice extras—clothes, wallpaper, even a fishing trip to the wilds of northern Canada.

But money isn’t the only thing. As an Avon Representative, you don’t just have customers—you have friends you can share things with. I enjoy helping them choose the lipstick or make-up that’s right for them. I can give them something special; that personal attention you just don’t find in a store. And Avon makes good products. I couldn’t sell something I didn’t believe in.

Selling Avon has certainly helped, dollar-wise. But more important, accomplishing something on my own has made me feel really good about myself. My husband, Dennis, is also

in sales, so he understands that great feeling of accomplishment when you get an order, big or small. And he says I look just like I feel—terrific!”

If Terry Mosny’s story interested you, and you’re 18 or over, find out how you can become an Avon Representative. Simply call toll free 800-325-6400. (In Missouri, call 800-342-6600.) And someone from Avon will be in touch with you to answer all your questions. Of course, there is no obligation.

**AVON**

A Windex shine  
is a beautiful thing to see.

No matter  
what you see it on.



Windex—foam or liquid—makes chrome sparkle beautifully with not a streak in sight.



Windex gets rid of the dirt and haze that dull your bathroom tile.



Windex does a beautiful job on appliances, from toasters to refrigerators.

You know how beautifully Windex® shines windows. But why stop there? Its exclusive Ammonia-D® formula cuts grease and dissolves dirt on a lot of other surfaces.

Windex is now available in a 32-ounce refill

that saves you money and trips to the store.

Try it. Whatever you clean, you'll see no dirt, no film, no streaks—nothing but that beautiful Windex shine.

**Windex with Ammonia-D.**

© The Drackett Products Co., 1977

# HOME FRONT NEWS

## BURP-LESS CUCUMBERS

Have you noticed a tall, thin stranger in the produce section of your local super-market? If it's green, it may be a European cucumber. Grown chiefly in hothouses, the new cukes have tender skins and almost no seeds so they're easy to digest, and their slim lines (10-18 inches long, 2½ inches in diameter) mean they fit easily into the feeding tube of any food processor. Best news of all is that European cucumbers will be available almost year round.



## PROBLEM PARENTS

Today's parents feel a conflict between what they want for themselves and what they want for their children, according to a new study, "Raising Children in a Changing Society," sponsored by the General Mills Consumer Center. According to the study, which is based on interviews with a broad cross-section of American families,

although 88 percent of parents are optimistic about family life, their attitudes toward parenting are in a state of flux:

- 66 percent feel parents should have a life of their own even if it means spending less time with their children.
  - 63 percent do not believe in staying together just for the sake of their children.
  - 67 percent think children have no obligations to their parents and 53 percent say they don't count on their children for help later on.
- Despite the update of their self-image, the parents surveyed still insist on teaching their children the traditional values: Duty before pleasure, respect for authority, loyalty to country, the virtues of hard work, and the idea that sex without marriage is wrong.



## FURNITURE LOOKS TO THE ORIENT

A spectacular exhibition of Oriental-inspired furnishings from the Royal Pavilion at Brighton (see "Home Front News," May, page 14) is touring the country, creating a heightened interest in touches of the Orient appearing in new furniture for fall.

China was the inspiration for many of the great 18th-century furniture makers and some manufacturers are offering authentic reproductions of these pieces, such as a black lacquer spider-leg tea table with hand-painted chinoiserie decoration (below) from Baker's Charleston Collection, or a black lacquer chinoiserie cabinet from Hickory's American Masterpiece Collection.

Free adaptations of traditional Eastern motifs are surfacing in contemporary

*Baker's spider-leg tea table*



pieces, also. An octagonal glass-topped dining table on an Oriental fretwork base is part of a new addition to Thomasville's Carlton Hall collection. Even more contemporary in feeling is Nick Ungaro's translation of the traditional low Chinese Chow table into a curved, glass-topped coffee table for Peters-Revington's Sutton Place group.

One of the most popular adaptations from the Orient is campaign furniture with traditional brass hardware,



*Drexel's bunching campaign chests*

translated into modern modular pieces to be used alone or to be bunched. Many are available in both wood finishes and black lacquer. Collections include Hickory's Insignia, Baker's Contemporary, and pieces from Thomasville's San Sei and Drexel's Et Cetera (above).

## GRASS ROOTS REPORT

### From Dentist's Office to Dining Room

We found this old cabinet in a secondhand shop. It was covered with gray paint, but we saw that it had possibilities. Soon after, we discovered that we were the proud owners of a

dental cabinet made in 1918. The base is green marble, the knobs are crystal and brass, and the top is made from a sheet of opaque glass.

It distresses me to remember how many coats of paint we removed to get down to the mahogany. After it was stripped, we rubbed tung oil into the wood, and the beautiful red grain emerged without any need for staining.

Along with the cabinet, we inherited the tools of the trade. Every small drawer had something in it—frosted-glass filling mixer blocks, envelopes of silver fillings, steel probes, scrapers, and mouth mirrors—enough to give you shivers at the memory of your most recent dental appointment.

We now use the cabinet for our silverware and find its spare design a real space-saver in our dining room.

Dolores Petersen  
Millbrae, Calif.



SMATH

## SUMMER SKY SPECTACULARS

Searching for some free summer entertainment, right in your own backyard? Just look up. On an average summer night, besides the familiar constellations, you can catch four or five falling stars an hour. The biggest summer event is the yearly Perseid meteor shower in mid-August, which appears as a spray of light fanning out from a single point in the sky. Peak activity is

August 12, but the shower is visible for two days before and after. Earlier in the season, you wake before dawn, you witness the close approach of Venus and Jupiter (the conjunction of bright planets) on July 30; and the gathering of Venus, Mars, Jupiter, and the old moon on August 9 and 10. Check your local planetarium for charts of the summer sky and details on the nightly s

## BAKE-OFF BLAST-OFF

After 28 years, it's still going strong! Pillsbury's annual BAKE-OFF will be held in New Orleans next year, February 17 to 21, and cooks across the country are polishing up their new culinary creations for the occasion. One hundred finalists will receive expense-

paid trips to compete for \$79,000 in prize money. Think you've got a winning recipe? For information write: BAKE-OFF Contest Entry Blanks, 1177-AH, Pillsbury Bldg., Minneapolis, MN 55402. Contest closes October 15, 1977.

## GADGET-MANIA

Did you know that you can restore the fuzz on your tennis balls, turn butter and milk into fresh cream, and "shoot" quarters into highway toll collection baskets? You can if you have the right gadget, and **The Great Gadget Catalogue** (Grosset & Dunlap, \$6.95) will tell you where to find it. Author Tania Grossinger has compiled an illustrated listing of almost 1,000 devices and contraptions ranging from the highly practical to the

### THE GREAT GADGET CATALOGUE



thoroughly frivolous. We're willing to bet there's something here for the person who has everything; if not, you give him/her the book.

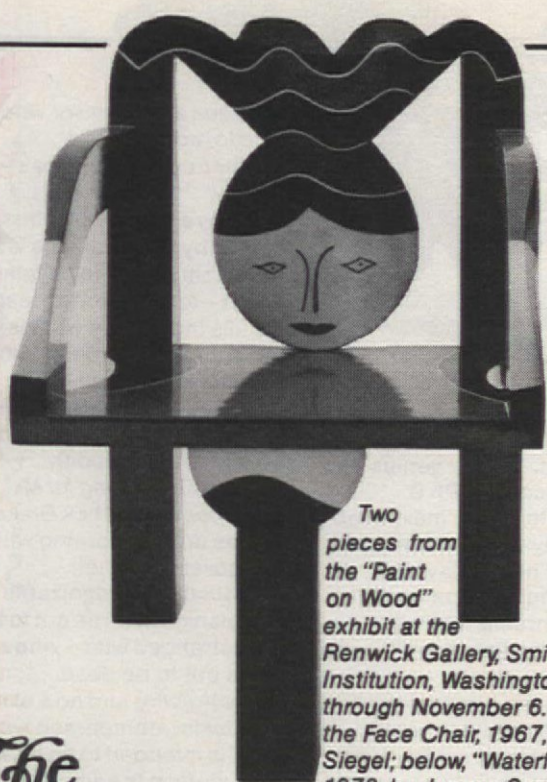
## THE GRASS IS GREENER

You don't need to mow it, or sod it, or seed it, or water it, and now you can even lay it out yourself. Armstrong has come up with two kinds of do-it-yourself artificial turf to use indoors or out. To install it, you simply roll out the substitute grass, cut it to fit, and glue it down with a special adhesive. One style, called Great Outdoors, comes in six-foot

and 12-foot widths in two shades of green. A more economical version is called Garden Spot. Information: Armstrong Cork Co., CD-1024, Lancaster, PA 1760







Two pieces from the "Paint on Wood" exhibit at the Renwick Gallery, Smithsonian Institution, Washington, D.C., through November 6. Above, the Face Chair, 1967, by Alan Siegel; below, "Waterfall Table," 1973, by Jeremy Samson.

# The Crafts Renaissance

The contemporary craftsman has moved from the artisan world into the realm of the artist. Many of today's craftspeople received their training in art school rather than through the traditional apprenticeship system. This generation has added a new dimension to the traditional crafts of pottery, fiber, and glass, and created some entirely new forms, like neon and soft sculpture (see pages 9-33). In the late 1920s and early 1930s, crafts became a part of the university system. But the crafts movement received its real impetus from the GI Bill after World War II. By the early 1950s, there was a large group of craftspeople working and exhibiting all over the country. Today the American Crafts Council reports that 1,500 schools offer craft courses through undergraduate and master's-degree programs, and over 1,800 shops and galleries offer contemporary American crafts. The annual Northeast Craft Fair in Pinebeck, N.Y., one of the most prestigious in the country, grossed over \$1,000,000 last year.

The crafts movement is many things to many people—a learning experience, a livelihood, art to collect, a reaction to the plastic world of mass production, or simply a way of creating a special atmosphere in the home.

## BOOKS

Want to delve a bit deeper? Here's a selection of books: **The Family Creative Workshop** is a 23-volume encyclopedia of crafts filled with photographs and illustrations. Each chapter revolves around an individual craftsman, with information on his/her craft and project instructions. Volume 17 has a 16-page chapter on soft sculpture featuring Michelle Gamm Clifton and Cecile Gamm Lindstedt, with instructions for a fat airplane and a gorilla. Available from: Plenary Publications International, Time-Life Books, Dept. AH-8, 541 North Fairbanks Court, Chicago, IL 60611, \$5.95 per volume, plus shipping and handling. Write for a complete list of volumes. **Techniques in American Folk Decoration** by Jean Lipman,

with practical instructions by Eve Meulendyke, is a tasteful book that covers many areas of folk decoration, with black-and-white photographs and illustrations. Chapters on decorative accessories, ornamental tinware, and stenciled and painted fabrics present both background information and contemporary uses. Available from Dover Publications, Dept. AH-8, 180 Varick St., New York, NY 10014; paperback, \$4.45 ppd. **Scrimshaw: A Traditional Folk Art, a Contemporary Craft** by Leslie Linsley, is an easy-to-read and delightful book on the work of the Nantucket Island scrimshanders, including a history of the craft as well as good basic how-tos. The book is illustrated with black-and-white photographs. Available from: Hawthorne Books, Inc., Dept. AH-8, 260 Madison Ave., New York, NY 10016; \$10.45 ppd.

**The Complete Book of Ceramic Art** by Polly Rothenberg, is a comprehensive and informative book on pottery, including both technical information on different potting methods, as well as decorative aspects of ceramic design. Detailed color and black-and-white photographs illustrate the many different techniques. Available from: Crown Publishers, Inc., Dept. AH-8, 419 Park Ave. South, New York, NY 10016; paperback, \$7.45 ppd.

**American Neon** compiled by Kathy Mack includes a brief but detailed history and introduction that turns you on to 72 pages of color photographs of this electric art form. The neon items selected are witty and unusual. Who can resist a neon cactus or Ms. Statue of Liberty holding an ice cream torch! The objects photographed come from all over the United States, and many reflect their region. Available from: Universe Books, Dept. AH-8, 381 Park Ave. South, New York, NY 10016; paperback, \$5.35 ppd.

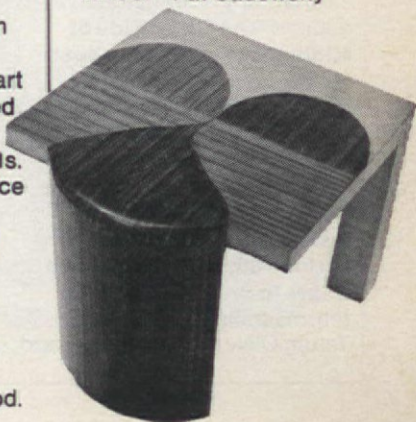
## JOIN THE MOVEMENT

The American Crafts Council was chartered in 1943 "to stimulate interest in the work of handcraftsmen." Originally created to market work of rural New York potters, the ACC has broadened its base over the years, and now is a national organization with 40,000 craftspeople. In 1956, the ACC established the Museum of Contemporary Crafts in New York, the only museum in the country exclusively devoted to crafts. The ACC helped form the World Crafts Council in 1964, which now includes 86 member nations.

Want to keep in touch with crafts galleries and shops, crafts-supply stores, and upcoming craft fairs? It's as easy as ABC—just join ACC.

The ACC publishes *Craft Horizons*, a beautiful bimonthly magazine that covers a wide range of crafts. A one-year subscription (\$18) includes membership in ACC and free admission to the Museum of Contemporary Crafts. For more information write to: American Crafts Council, 44 West 53 St., New York, NY 10019.

The ACC puts out an annual directory, "Contemporary Crafts Market Place," that includes information on crafts courses, shops/galleries, supplies, events, periodicals/newspapers, reference books, organizations, audiovisual materials, and crafts services. It's \$15.95 ppd., from R.R. Bowker Co., Order Dept. AH-8, Box 1807, Ann Arbor, MI 48106.—Pat Sadowsky



# BOOKS

## NOT FOR MEN ONLY

August, curiously, is a month filled with books by or about men who are consumed by such diverse pursuits as the media, madness, or murder. **The Camera Never Blinks** by Dan Rather (with Mickey Herskowitz, William Morrow, \$10) is the best and brightest of the lot. As a top CBS correspondent, Rather currently gets plenty of air time as a host of "60 Minutes" and "Who's Who," but his career has also included covering some of journalism's juiciest stories. He offers incisive on- and off-camera insights into past headline stories—Selma, Vietnam, Watergate—as well as into such celebrity colleagues as Walter Cronkite, Barbara Walters, and Harry Reasoner. He brings the same unflinching eye to rest upon himself—admitting that the kind of "detachment" that got him through the King and



Kennedy assassinations may be a valuable reportorial trait, but not an enviable human characteristic. Though Rather's reporting so antagonized Nixon that he wound up on the infamous enemies' list, readers will be won over by his honest, humorous writing. **Crazy Love** (William Morrow, \$7.95) is another candid book but one that is based on a much darker and sadder subject. Phyllis Naylor's autobiographical account of marriage and madness starts with the author happily playing "Eliza Doolittle" to her

husband, Ted—a genius and self-possessed Ph.D. candidate. Then, inexplicably, "on a day that is otherwise normal," he displays the beginnings of a paranoid schizophrenia that will eventually distort and destroy their life together. Naylor sees him through three years of therapy, shock treatment, and sanitariums, but neither her love, his intelligence, nor outside help is enough to keep her husband's mind or their marriage intact. Naylor deals with the most irrational, irreversible kind of emotional upheaval, but

emerges as a survivor who is able to recollect and reconstruct a painful past with dignity. **Goodbye** (Simon & Schuster, \$8.95) by W.H. Manville is a novel that is sure to be talked about—for the wrong reasons. He fills the gaps in what is essentially a murder mystery with the kind of self-destructive sexual risk-taking that is reminiscent of, but not as effective as, Judith Rossner's *Looking for Mr. Goodbar*. Writer Nick Blake wakes up one morning with hangover and a not immediately recognizable companion. It turns out to be his estranged wife—who also turns out to be dead. The who, why, and how of the murder is interspersed with what is intended to be heavy-duty stuff on the whole marriage, woman, sex-love situation. What it delivers is not enough to raise the book above the level of an unpleasant, unnecessary experience. —Catherine Bigwood

# MOVIES

## SUMMER OF '77

There's something to entertain everyone on in- and outdoor wide screens. Getting us ready for next year's *Jaws II* is **The Deep**, a breath-taking and exciting adventure of terror and romance on the ocean floor with astounding underwater camera work and great-looking Nick Nolte and Jacqueline Bisset. For super-saturated, air-conditioned escape, **The Other Side of Midnight** serves up the best-selling novel's lascivious intrigue over money and love. While Peanuts and company go to camp for fun and games in **Race for Your Life**, **Charlie Brown**, the best animated feature yet based on the cartoon strip, **The Bad News Bears in Breaking Training** return—minus star pitcher Tatum O'Neal. The sizzling and

hilarious sequel picks up the further miscalculations of a wise-cracking Little League team. Guaranteed to enthrall science-fiction fans, who like the latest in space technology and visual experiences, **Star Wars** spins a celestial fantasy of intergalactic civil war, packed with comic-book action and dialogue. Drive-ins are better than ever. In the mood for disaster? **Rollercoaster** in Sensurround offers a terrifying ride of thrills and blackmail. **Airport 77's** spectacular rescue of a 747 from the Bermuda Triangle has it all over **Black Sunday's** dumb blimp crash. A tongue-in-cheek double bill, **Citizens Band** and **Breaker! Breaker!** perfect the wit and wisdom of the public airwaves. Star and director Tom Laughlin carries his personal but always media-oriented battle for the rights of the individual to the

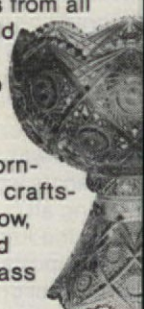
halls of government in **Billy Jack Goes To Washington** and Muhammad Ali plays the best and worst of himself in **The Greatest**, a never-a-dull-moment film biography.

## WHIRL OF SPORTS

**White Rock**, the official documentary of the XII Winter Olympic Games, presents a tumultuous, 3-D approach to the aggression, combat, and control of competition. Combining you-are-there photography with Rick Wakeman's exhilarating electronic sound score, the tensely edited coverage plunges viewers into the heat of events—a Russian hockey game, the dizzying twirl of a Dorothy Hamill ice ballet, and the front seat of a high-speed bobsled. —Daphne Davis

## A TOUCH OF GLASS

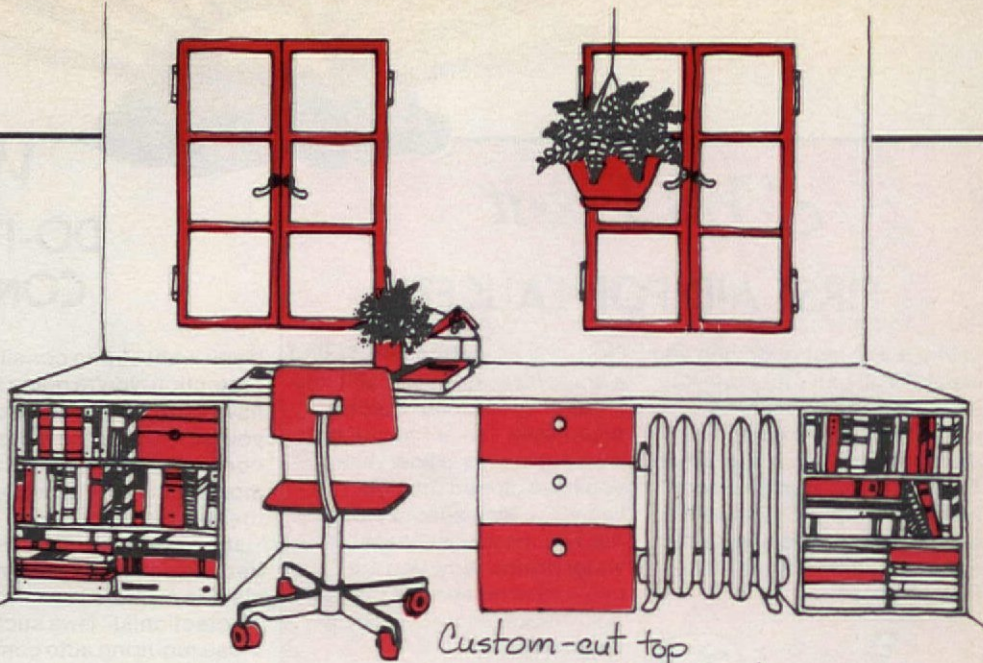
This curved cut-glass punch bowl made in Corning, N.Y. 1915 is part of a major exhibition at the Corning Museum of Glass until October 30. During the last part of the 19th century, Corning became the capital of a flourishing industry and glass from all over the world was sent to this city to be hand-cut and engraved by Corning's master craftsmen. The show, "The Cut and Engraved Glass of Corning 1868-1940," includes spectacular exposition pieces from several World's Fairs as well as parts of the White House services of President Lincoln, Harrison, McKinley and F. D. Roosevelt. After Corning, it will travel to the Toledo Museum in Ohio.



# Space SAVERS

## CREATING THE BUILT-IN LOOK

Built-in furniture can include bookshelves, closets, cabinets, and chests; seating, beds, banquettes, platform and bunk beds. Built-in furniture is popular, and for good reason: It looks trim, saves space, and if



Custom-cut top over assorted furniture



Furniture Arranged to Look Built-in

constructed with a new or remodeled home, saves the cost of furniture.

Built-in furniture should be designed to complement the area. For example, the style should be the same as the other furniture, and the finish the same as the wall. If the bottom of built-ins is recessed a few inches above the floor, it will seem to float and thus make the room appear to have more floor space. With built-in furniture every nook and cranny can be put to work. It is particularly suitable for such normally useless voids as alcoves where manufactured furniture cannot fill the space.

**Do-it-yourself:** The one drawback of built-ins is the expense. Carpenters are not cheap. There is an alternative, however. Ordinary furniture

can sometimes be converted into built-ins at a fraction of the cost and without losing the custom-made look. Here are some possibilities:

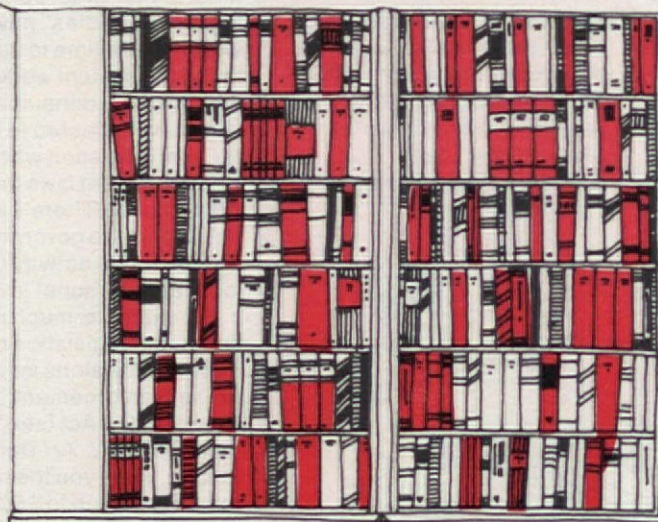
- Saw off parts of standing

pieces (such as legs), and protruding moldings from the walls and ceilings, so that there is a perfect fit.

- Add a false front, a batten, or molding to fill in a gap in

as the wall, or cover it with the same wall covering.

- Group furniture together. For example, place three Parsons tables side by side on a wall; put three picnic



to make store-bought bookcases look built-in

← batten (false piece)

Stacked chests-painted like wall

molding



space; for example, between the top of a bookcase and the ceiling, or between two pieces.

- Use a combination of ready-made and custom-cut parts. For example, to make a desk/shelf and bookcase unit that runs wall-to-wall under the windows, add a wooden top, custom cut at the lumberyard, to several assorted low bookcases and a file cabinet of the same height.
- Paint furniture the same color

benches in a windowed alcove (cut shorter, if necessary, to fit). — Ellen Liman

Excerpted from "The Spacemaker Book" by Ellen Liman. Copyright © Ellen Liman, 1977. All rights reserved. Reprinted by arrangement with The Viking Press.

Address letters to Ann Scharffenberger, Editor, Home Front News, American Home, 641 Lexington Ave., New York, NY 10022. \$25 for each idea published.

# Ms. Fix-it

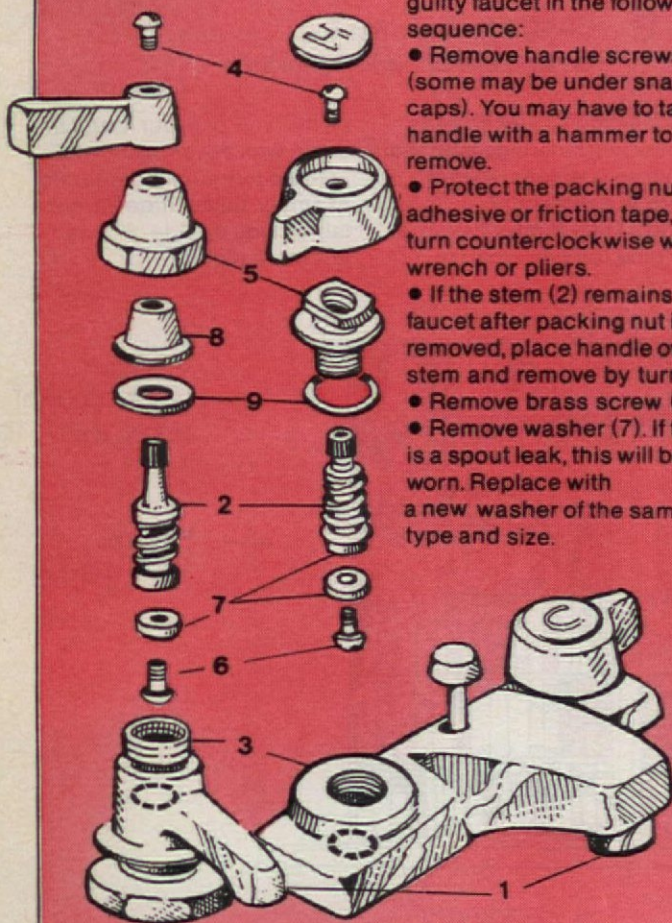
## FIRST AID FOR FAUCETS

Is that leaky faucet driving you crazy? You can preserve your sanity—and \$25 that you would have spent for a plumber—by fixing it yourself. The standard "compression" faucet is simply a valve with a washer that opens and closes against a seat to control the flow of water.

First look below the sink to find a shutoff valve. If you can't find it there, try to locate it along the branch line or shut off the water at the main line. When you have closed the right valve, the leak should stop. Turn on the faucet until all water drains. Now you are ready to disassemble the guilty faucet in the following sequence:

- Remove handle screws (4) (some may be under snap-on caps). You may have to tap the handle with a hammer to remove.
- Protect the packing nut with adhesive or friction tape, then turn counterclockwise with a wrench or pliers.
- If the stem (2) remains in faucet after packing nut is removed, place handle over stem and remove by turning.
- Remove brass screw (6).
- Remove washer (7). If there is a spout leak, this will be worn. Replace with a new washer of the same type and size.

- Check the packing (8) around stem or packing nut (5). If they are worn, this could indicate a stem leak. Replace with new packing of same size and type.
- Inspect washer (9) at base and if worn replace with the same type and size. This will cure base leaks.
- Now reassemble faucet in reverse order and enjoy a dripless life.—Joyce Roy



Cross section of a standard compression faucet

To stop a leak, you will need the following tools and supplies: an adjustable wrench or channel-lock plier, slotted and Phillips screwdrivers, adhesive or friction tape, assorted washers, packing material, and brass screws for faucets. There are three places from which a faucet can leak: the spout (1), the stem (2), or the base (3).

# consumer WATCH

## DO-IT-YOURSELF CONSUMERISM

If you want strong consumer protection, you're going to have to do more of the work yourself. That's the message coming out of the consumer movement in Washington, D.C., these days.

It's a changed mood from a decade ago when the emphasis was on more laws—mainly "protectionist" laws such as those requiring auto companies to make safer cars. Many consumer experts think that with the exception of the establishment of a federal consumer protection agency (expected during the Carter Administration (see "Four Women Who Can Improve Your Life," page 42) and a couple of other measures, most of the "great consumer legislative battles" have been won. It's now time to dig in and make the system work. That's why so many consumer activists have defected to the Carter Administration where they can implement laws they helped pass. There's a definite shift from "the government can do it for us" to activity on a local and personal level.

For example, much recent consumer legislation contains explicit provisions for consumer "self-enforcement." The Fair Credit Billing Act (see "Consumer Watch," AH Dec. '76), for one, gives you the right to refuse to pay up to \$50 of a disputed bill if the creditor violates the law and to sue him for up to \$1,000 plus attorney's fees and court costs.

A major piece of legislation now before Congress would greatly expand that right. Under the proposed law, citizens would be allowed to bring suit for damages and to obtain refunds from a company that violates a Federal Trade Commission order or trade regulation rule. This is an important tool for consumers to use in fighting their own battles. It means you would have at your disposal the most powerful deterrent and punishment—the

threat of getting your money back. For example, if several people were cheated by a vocational school, indulging in practices branded illegal by the FTC, they could band together and sue to get their tuition back. Presently, citizens are usually stuck with great losses, despite FTC action. Another proposed self-help bill would give federal aid to cooperatives so consumers can get together to buy goods without middleman costs.

Consumers will also be offered more opportunities for comparison shopping through careful perusal of advertisements. The FTC is starting a big push to open up price advertising for professions su



as optometrists, veterinarians, lawyers, real estate brokers, even physicians. The aim is to encourage lower prices through competition.

As self-help legislation increases, consumer groups concentrating their efforts on teaching consumers how to make the most of existing law. For example, the National Consumers League has a new project called "the assertive consumer." The object: To encourage consumers to take action such as facing down loan officers who ask discriminatory questions or unfairly refuse credit, and generally to make new legislative work by standing up for their rights.—Jean Carper

# Does an 18th century hearth have a place in a 20th century home?

You'll learn how it was to cook in early America, even how to have your own walk-in fireplace, in the pages of

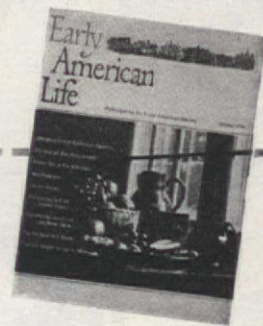
## Early American Life



Readers of *Early American Life*, our bi-monthly magazine, are concerned with bringing the warmth and beauty of the 18th century into their homes today. They find out about places to visit to see things done the old way, and learn new ways to build and restore the furnishings and houses of young America. If you yearn to stencil a wall, cane a chair, lay a wide board floor, or collect authentic recipes for fireplace cooking, *Early American Life* may become your favorite source. We'll tell you how it was to live then, and how to do a little of that kind of living now! Each subscriber becomes a member of the Early American Society with full privileges, including buying books at discount, and traveling at special rates with fellow members.

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# WHAT'S NEW: MINI MIRACLES

Singles, couples, or family members who eat on the run . . . unite! There is now a new generation of compact appliances designed with you in mind. They also appeal to people for whom small-space living is a way of life. The mini-electrics are versatile and can do the job of several appliances. They are economical, too, because they use less energy. Best of all the tiny machines cut down on counter-top clutter.—GALE STEVES

Presto's Wee Fry mini-electric skillet measures only 7 by 10 inches. Its no-stick surface makes cleaning easy after grilling, roasting, braising, or just plain frying. The glass cover converts to a microwave or oven baking dish; \$37.90.

Nordicware's Soup 'R Stew pot in heavy cast aluminum is perfect for range-top or oven meals for one or two. Available in 10-ounce-size pairs (\$12.95) or in 40-ounce size, \$14.95.

Regal's 1- to 4-cup Poly-Drip coffee maker solves the coffee-waste problem by brewing exactly the number of cups you want. Its triangular shape fits snugly in corners and out of the way. It also brews tea; \$19.95.

Hamilton Beach's Fry All fryer/cooker deep-fries most anything from chicken to tortillas, or even doughnuts, quickly in only two cups of oil, or add water instead of oil for boil-in-a-bag or spaghetti cooking. The bottom grills hot dogs; \$26.95.

Rival's one-quart Crock-Ette slow cooker is only 5 by 8 inches. It serves up appetizers, fondues, and casseroles. It's a bun warmer, too. For 3¢ worth of electricity, the energy-saving cooker simmers food unattended for 10 to 12 hours; \$16.95.

Mirro's 2½-quart Small Wonder pressure cooker is a mini-version of an old favorite. It saves energy and time by cooking in one third the time of conventional methods. It doubles as a small pressure canner; \$22.95.

JERRY SMATH

# Jan Salen. Wife, mother, and Interior Decorator.

Today, many women are breaking loose from their kitchens (at least part of their time) and earning money in new careers. Jan Salen is one of them.

She spends part of her day looking after her family—her husband and two children. And the rest of her day is spent in another world, enjoying the excitement and satisfactions of a career in Interior Decorating.

"It's a shame more women don't take it up as an enjoyable way to make money," Jan says.

Jan's boss at Trumbull Furniture Showrooms agrees.

"She's made Trumbull's a showplace. In fact, the salesmen that stop here say it's the handsomest furniture store in Ohio. Jan can take credit for that."

"For me, Interior Decorating was just what the doctor ordered," Jan says. "Staying home was beginning to bore me. Now every day is different. One day I decorate showrooms in the store, and the next I'm at a client's home helping her decide on a color scheme and furniture. I just love it."

"I owe a lot to the training I received from ICS. It gave me confidence in my decorating ability, and a working knowledge of all the basics—from how to coordinate colors to how to measure for draperies."

The showroom where Jan works is only minutes from where she lives. But many interior decorators work right out of their own home. They use it as both office and showroom. And furnish it at a special decorator discount. (If you do work at home, your accountant can show you how legitimately to deduct from your taxable income all expenses necessary to running a business, including your home office.)

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Your friends will probably notice the difference in your own home. You'll know it from their comments. They may even begin to ask you for advice.



Of course, no school can guarantee you'll make money. But ICS can give you first-rate training, not only in the principles of decorating, but in sound business practices as well. You'll even learn what to say to clients who want to bring friends on shopping trips (never)—or those who want to talk budgets with their husbands (always).

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PHOTOGRAPHED BY KATHIE MCGINITY

# JUMP YOUR WAY TO HEALTH

Hop, skip, and jump rope for 10 minutes a day, and feel the difference in just a few weeks.

by Dale Burg

Team sports are out of the question for those who, like me, were always the last chosen in grammar school; we didn't get better, just older. Even tennis, a so-called "individual" sport, obliges you to test the patience of a partner, provided you can find one. Often, sports and exercise facilities are inaccessible, expensive, and/or overcrowded. Which brings one to jogging. It doesn't bring *me* there. I simply can't face the dawn in a jogging suit.

Finally, I hit upon a solution: Something I can do in my own home, that requires minimal equipment, and brings astonishingly good results. What is it? It's jumping rope.

**Is jumping rope for me?** Probably not if you're over 60, or more than 30 pounds overweight; the strain would be too great. Not if you have counter-indications, for example: shakiness lasting more than 10 minutes or pounding of the heart for more than five minutes after exercising. And definitely not unless you have a go-ahead from your doctor.

**How does it compare to other exercises?** Here's the good news: Dr. Kenneth Cooper, author of *Aerobics*, and founder of the Institute for Aerobic Research in Dallas, Tex., developed a point system for measuring the effectiveness of various exercises. Rope jumping for only ten minutes a day comes out on top, matched only by one mile of jogging for the same amount of time. Here's how other sports compare to these two in terms of benefits achieved for time spent. You'd have to:

- bicycle for a distance of six miles within 24-30 minutes
- swim 900 yards in 30 minutes
- walk for two hours
- play 18 holes of golf, no cart, for four hours
- play 2 sets of tennis, singles, for 20 minutes
- ski, water or snow, for 30 minutes.

Jumping rope is an efficient activity in terms of calories burned, too. The average 150-pound person expends 720 calories per hour jumping rope (based on 120-140 turns per minute—admittedly a bit rapid for a beginner), but only 420 calories at tennis, and 210 bicycling at 5.5 mph. You probably won't jump for an hour, but those 10 minutes will burn up that doughnut you should not have had.

**Why is it good for me?** Jumping rope is a total strengthener for the legs, arms, shoulders, respiratory, and circulatory systems. Trained lungs can process twice the amount of air. And the body's response to exercise is to *increase* the number of blood vessels and make them larger, thus lessening the risk of



hardening of the arteries and heart attack. The development of the blood vessels reduces the strain on your heart, and since it can pump more blood with each stroke, it will beat slower.

Regular rope jumping also improves coordination (most athletes do it), lessens fatigue, reduces overweight, helps you sleep better, and will make you feel virtuous. Convinced?

**What kind of jump rope?** Most sporting-goods stores have a selection of ropes in cotton, nylon, or leather (in increasing order of durability) with plain, swivel, or ball-bearing-fitted handles (in increasing order of speed). Either of the latter will make turning easier. A deluxe executive model with a built-in counter, I imagine, might appeal to the sort of people who keep their income-tax records straight. The one-pound, steel-handled model might not be for you unless you're interested in developing your arms.

I'd chosen a modest 7½-foot-long jump rope, but the salesman pointed out I'd keep hitting myself in the head with it because it was too short for me. So,

#### Exerciser's Lament

(with apologies to Dorothy Parker)

*Golfing pains me.*

*Ballet causes cramp.*

*Climbing strains me.*

*And hiking's often damp.*

*My tennis is appalling.*

*My bowling shoes don't fit.*

*I can't ski (fear of falling).*

*I'd rather just sit.*

when buying a rope, test for proper length this way: Rope ends should reach under both armpits when you stand on the midway point.

If you want to make your own jump rope, get a 9- to 9½-foot length of No. 7-10 sash cord, measure for fit, then knot the ends or wrap them with tape.

You'll also need sneakers; the ones used for jogging are good. Wear anything you please, but a bra is recommended for women, and supporter for men.

**How do you start?** If your only recent exercise has been opening the refrigerator door, do some calisthenics for a couple of weeks before you start jumping rope. Include in your routine such things as arm swings, elbow bends, knee clasps (standing and lying down), leg lifts and rotations (lying down). Most exercise books offer a varied program

*Dale Burg has written for Viva, Cosmopolitan, The Village Voice, and coauthored The Great Carmen Miranda Look-Alike Contest (St. Martin's Press).*

that you can work at for 10 to 15 minutes, twice a day.

Practice turning the rope and jumping separately at first.

**To jump without the rope:** Keep your feet together, upper arms close to the body and hands about 12" from the hips. Take off with both feet together and bounce on the balls of the feet. Jump an inch off the floor at the rate of 70-80 bounces per minute. Use a metronome or a clock with a second hand to refer to. Keep knees slightly bent, eyes straight forward, relax your body, and try to land

in the same spot. Jump for 30 seconds, then rest.

**Turning the rope:** Practice turning the rope with both ends in one hand. Move the hand in a 12" circle; the rope should land about 18" in front of your feet.

**All together now:** Combine the movements. Still holding both ends of the rope in one hand, then the other, jump as the rope hits the floor to accustom yourself to the rhythm.

Finally, coordinate the movements and take your first real jump over the rope. Try not to (continued on page 78)

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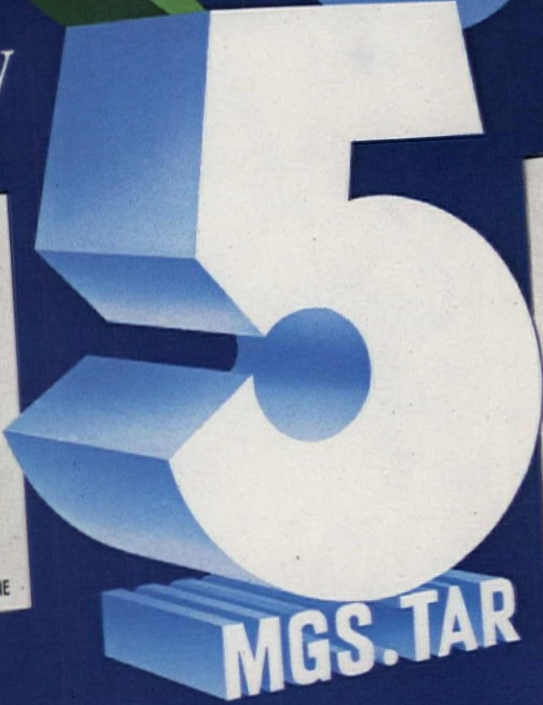


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## Sex and Tennis: Mismatched Pair

Why couples may not be on speaking terms by the time the final score is announced.

by Denis Sheahan

The tennis courts should be an ideal place to bring the sexes together. Right? Wrong. Mixed doubles particularly can bring out the worst in male-female relations. Although some players enjoy mixed doubles, there are a lot of men who'd rather not play this so-called "social" game on weekends, or at any other time for that matter. And I'm one of them. I fully understand why a man I know pitched his tennis racquet into a closet and returned to golf when his wife took up the game.

When mixed doubles team up single or married couples, the game becomes fraught with a highly unusual form of competition. My wife, for example, a very nice woman, plays dreadfully when we're teamed up together. Opposite me, she's a star. Therefore, we rarely play as partners and both of us benefit. I know many couples just like us.

Being uptight in tennis is not what the game is about. The tennis that most of us play is meant to be a sociable event with a certain degree of exercise thrown in. But my experience has proven otherwise. After running mixed doubles tournaments for the past several years, there is one absolute rule I observe: Never match up couples as a team.

Why is it that people who enjoy a reasonably happy life together cannot get along on the tennis court? Is it that a tennis game cannot function according to the usual agreed-upon accommodations between mates?

Married couples rushing off to the courts think they can play tennis together just as they do other things—easily. They discuss a house, a car, the children; somehow the discrepancies all work out. It's seldom that way with tennis.

This dark side of mixed doubles might be explained by the enormous male ego that stalks the court. In some situations it comes out as the "macho" husband (or lover) trying to show off for his wife (or companion) who plays fairly well. He wants to be genial and misses an overhead shot. He tries to concentrate and his serves hit the net. Then he eases up, misses another shot, and wonders why she won't take off her sunglasses. Result: He decides that fragile beauty has wrecked his game. What's in it for him? Anger. Frustration. Promises to himself that he'll never do this again. And her? She enjoyed the game.

Men's-and-women's doubles often leave one half of the team with letdowns like this. The worst part is that the bad feelings can persist after the game. It's true that there is a camaraderie of sorts between partners after a game, but a di-



ologue like the following is not untypical:

"You played well, darling," she says.

"Yeah, but my overhead wasn't working," he says, obviously nursing a mood.

"Let's try it again tomorrow," she says.

"No, let's not," he says, "I'm playing with the boys."

"But who will I play with?"

Suddenly both sexes are dissatisfied and there is a conflict. Even amateur psychologists can spot a person's weakness in a situation like this—bad sport, easily threatened, etc.

The truth is that many couples are simply not ready for the stress mixed doubles puts on their relationship. Once they occupied their time by going to the beach, or gardening, but now they're caught up in tennis craze. Estimates vary on the number of players, but it's safe to say that about 35 million Americans will be playing tennis this summer.

Beginners go through their own particular set of traumas when they're learning the game. They may be in perfect accord on how much money to spend on lessons and outfitting, but when they take to the courts, it all falls apart. One will accuse the other of making a bad shot, being out of position, talking too much, or just being a lousy player. I have seen couples go cold and rigid on a tennis court who only minutes before were

reasonable, charming, and happy. There's something about a tennis court that brings out a latent hostility toward each other.

Some women sense this and decide not to participate at all rather than risk entering into what they regard as male domain. One woman I know explained her attitude by saying tennis would interfere with her sex life.

"In fact," she said, "I don't even want to watch my lover play. If he tells me his game went badly that day, I console him. When he tells me he played well, I praise him. Either way, he comes to me, and I'm all ears. If I took up tennis and compared notes about my game, I'd be a bore. And this way, I'm never tired when he comes home."

Such women are in the minority, but they do reflect the opinion of those who believe it's better to be noncompetitive with men where sports are concerned.

It's worth noting, however, a court's considerably less tension on a team when man and mate are on opposite sides of the net. In fact, there is often a certain ecstasy involved when a winning point is scored against the other. There seems to be a greater understanding of each other's limitations, and even a certain amount of cordiality during the game. Afterwards, there's much discussion on how well the game went, and maybe a promise of a return match.

Couples who insist on playing as a team should heed this advice: Don't:

- Comment on the bad shots, unless you made them.
- Glare at each other.
- Offer advice.
- Hog the court.
- Insist on winning.
- Become argumentative.

Being negative on a tennis court can destroy the cocktail hour later on. Try to be positive. Do:

- Be complimentary. Say things like, "good try."
- Remark, if the shot was missed, that it was a tough one to get.
- Smile more.
- Talk less.

If all else fails, remember the situation is not hopeless. Try to arrange frequent visits to the neutral territory of the beach, lake, or pool where both partners can relax and forget the battles of mixed doubles long enough to repair the damage to their threatened relationship. □

*Denis Sheahan, newspaperman, writer and observer-on-the-scene, has written for Women's Wear Daily, House Beautiful, and other publications.*

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# GET INSPIRED!

Put a little sparkle and excitement into your life, home, career. Ideas abound in this issue to get you going. You'll find a West Coast home packed with creative inspiration, an apartment decorated with more ingenuity than money, an innovative house using energy- and labor-saving concepts of the future, a new salad idea to experiment with, a set of mother-daughter jumpers — by designer Betsey Johnson — to stitch up and trim with ribbon. Start your creative juices flowing with our roster of fascinating folk who are setting the pace for the current crafts explosion. Get ready to pencil in some suggestions that best fit *your* creative homestyle. Speaking of pencils — the soft sculpture pencils of designer Michelle Gamm Clifton (right) are among her latest designs that also include sneaker beds, swan pillows, and a palm-tree sofa. Turn to page 32 for more on the stuffed but not stuffy art of this inventive craftsper-son. For more one-of-a-kind originals, turn the page. ♦



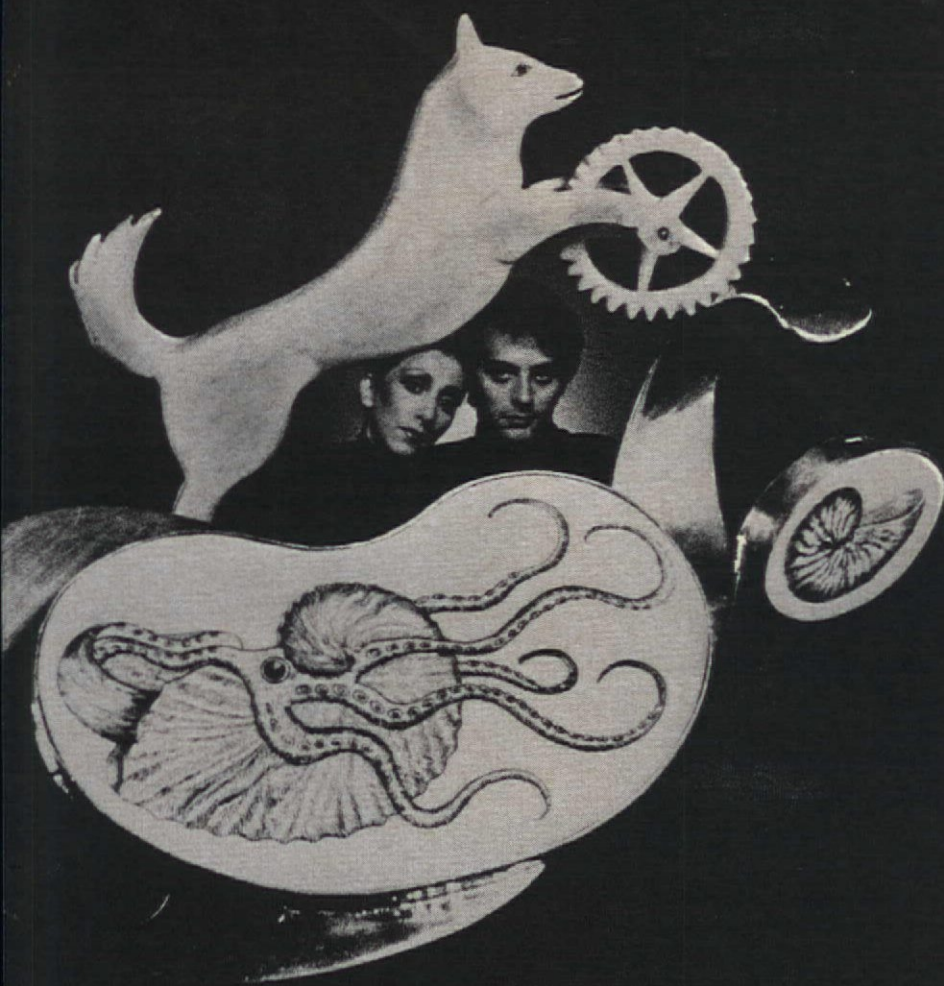


**F**riedrich Gross is a master artisan who has been painting magical images on antique and custom-built armoires for the past two years. Swiss-born, Gross spent three and a half years in technical school in Switzerland studying to be a house painter, which is a "very honorable trade" there. When he came to the United States, he got involved in restoration of homes and antique furniture. Gross paints on either a client's own armoire or an antique one he is commissioned to buy, or he has an armoire custom-built by his Swiss carpenter. Using acrylic and oil paints, he first works out a general design feeling on paper, balancing out shapes and colors. The three-dimensional background of an armoire is to him a "sculpture to paint on." The one shown is about six feet high and three feet wide. Each piece takes him an average of two to five weeks to complete, working 10 to 12 hours a day. To relax, he has his own personal sauna he built in his New York City work/living loft space.

**Habitat Hint:** Armoires were traditionally used in Europe for holding linens and clothes because closets were scarce. Today, with space at a premium, people are again finding armoires not only good closet substitutes, but also perfect for storing stereo equipment and records or a bar setup. And a folk-art painted armoire will add country charm to any room.



Armoire source, Lang/Robertson, Ltd.



**L**isa and Scott Krieger, both in their twenties, have brought one of the first American folk crafts, scrimshaw, into the 20th century. A sister-and-brother duo who live and work on Long Island, they have been producing and selling their scrimshaw jewelry and objects, through the Kruger Gallery in New York City. Using motifs such as shells (see cuff and buckle, left) and flowers on whalebone or elephant ivory combined with materials like silver, the Kriegers are making belt buckles, pendants, and bracelets that incorporate the old and new. The dog pie-crimper shown in whalebone is a traditional item. Scott got into scrimshaw about five years ago and now works with Lisa. Today whalebone importation is illegal and elephant ivory may be soon. With the supply dwindling the Kriegers feel they want to "concentrate on very unusual art objects that will communicate the romance and tradition of scrimshaw."



**A**dele Y. Schonbrun tells a highly imaginative bedtime tale in porcelain. She loves working in clay because she feels it has an "inner life," and that porcelain is the purest of all the clays. Why beds? She says, "I've been making beds so long, I decided to make porcelain beds." A graduate of the Rhode Island School of Design, Schonbrun started as a painting and graphics major. Her last year at school, she took one pottery course and was hooked. At first the fact that her sculptures weren't useful (as her pots were) really bothered her, "but I decided that these things are a statement of me as a woman." She has also made bras, sneakers, egg carton containers, and bathtubs. Schonbrun lives with her husband and two little girls in suburban New Jersey. She works every day in her home workshop producing her very personalized kind of artform out of not so common clay. ♦

**GET  
INSPIRED!**

# GET INSPIRED!



**Cecile Gamm Lindstedt**, soft-sculpture, pillow and toy designer, dreams up and produces wonderful, whimsical huggy things that are very affordable. For instance, the cuddly kitty beige muslin pillows above. To order your own kitty litter, Little Cat and Big Cat to sew, see coupon on page 96. Designs for her firm Skybaby include a satin man-in-the-moon (see page 64) and a silver lamé fairy wand complete with a small vial of silver glitter for extra magical help. She and her sister Michelle Gamm Clifton work closely together and are each other's inspiration. Both are used to people saying, "Nobody would buy that stuff." The Skybaby designs are sold through sales representative Marilyn Barnett to stores, galleries, and mail-order catalogs all over the country.

Lindstedt designs the prints, shops the fabric market, and has set up a small cottage industry to sew, stuff, and ship her designs. Cecile, her husband Steve (a painter), and their daughter (3-year-old Skye) live in the third-floor loft space at Softspoken, the studio-workshop-gallery she owns with her sister in Cold Spring, N.Y.

**Michelle Gamm Clifton** designs and makes fantasy furniture and sculpture from fabrics. In addition to the soft pencils, shown on page 29, her designs have included silver lamé garbage pails, life-size pewter lamé gas pumps, palm-tree sofas, and six-foot-tall sneaker beds. All the larger-than-life sculptures Clifton designs

are for those who have a sense of humor about their environment. It's a pairing of soft form and useful function that's just starting to catch on as serious art. Michelle produces limited editions of her work, "because what I do is so very time-consuming and personal."

Clifton studied painting and printmaking and has bachelor's and master's degrees in Fine Arts. Her work has been exhibited at many galleries and museums including the Smithsonian's Renwick Gallery. Clifton, her 6-year-old son Alexander, and cinematographer husband Chuck, live in Garrison, N.Y., just seconds away from her studio. Clifton says, "Don't be surprised if you start seeing the whole world soft and wrapped in fabric. It would be a much better world soft than the hard world it is now."



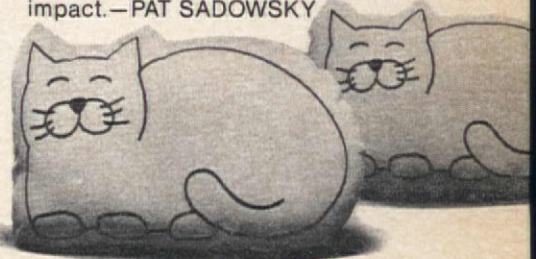


**J**ohn Tanaka has been tuned into the turned-on art of neon for about two years, since he first attended a neon workshop at the Soho gallery, Let There Be Neon. An art director for a major advertising agency, Tanaka's first design was a stork, and since then he has produced several dozen neon sculptures (including the cat shown above). Tanaka is fascinated by the three-dimensional possibilities of neon as a fine art form. He spends most evenings and weekends in his home neon workshop producing the sculptures, which he sells through Let There Be Neon. Tanaka, a graduate of the Art Center School in Los Angeles, first does an asbestos pattern to scale, then bends and splices the glass tubing. The "bombarding"

(pumping in the gas) is done at Let There Be Neon. The two gases used are neon (red) and argon (blue). To get green, argon (blue) would be used with yellow glass tubing.

**Habitat Hints:** Neon, first introduced by Frenchman Georges Claude in 1910 for commercial use, is now being used for home decorating. Collectors are scooping up old signs to hang or mount, or are buying contemporary neon art through stores and galleries. Once considered a vulgar medium, neon has certainly come a long way. Many of today's designs are whimsical and captivating. Some are also useful. Rudi Stern's Let There Be Neon gallery, for instance, which features contemporary multiples for the home, sells large neon circles (about \$250) in varying sizes and colors that can be substituted for chandeliers over dining tables. It also carries

sculptures in luminous outlines of a moon, coffee cup, apple, smoking pistol—all mounted on black plexiglass bases, each costing about \$125. Some architects and interior designers are using custom-designed neon to frame windows or outline staircases with dramatic impact.—PAT SADOWSKY



All make-up by Wendy Whitelaw, hair by Ann Sampogna, both of Cinandre for pages 29-33. Become involved in The Crafts Renaissance: see page 15. For more information see Shopping Guide, page 82

# MOST CREATIVE HOUSE IN AMERICA



PHOTOGRAPHED BY ELYSE LEWIN

Nestled in the hills of San Francisco is the home of the Wolfman family—a happy, warm house decorated with creative flair for entertaining, enjoying, and living at its inventive, easy-going best. The free-wheeling use of color, paint, fabrics, handcrafts, and plants follows no hard-and-fast, old-fashioned, decorating rules. Jack, merchandise manager for Levi Strauss, and Peri, now into her fourth career (she's been a children's clothing designer, owner and designer of a needlepoint business, and an interior decorator)—this time as co-owner of Terrific Company, a contemporary sportswear firm—and their children, Eric, 12, and Alexander, 7, are all busy with their separate and collective lives.

**Home focus:** Since graduating from design school, Peri has worked, but has always made her home and family the focal point of her life. In this home, the Wolfmans' second, her creative talents have really blossomed. Peri feels that "decorating is a living thing to be cultivated and encouraged to grow; not a static situation where once a room is 'done' that means forever." She loves change. Paint and fabric are her best friends, and she constantly repaints and re-slipcovers her favorite furniture.

**The Wolfman style** is full of verve, taste, and a sure hand and eye. The house cannot be pigeonholed in a particular period or look. It is a blending and mix of many elements. The moods change from room to room: A country casual, natural kitchen; a Victorian-flavored bedroom; a sophisticated flower-splashed living room; a cool, white dining room. Handcrafted touches are all over—from dozens of needlepointed pillows and pictures to a patchwork kitchen floor to a mural of life-size trees on a wall. Special loves are gingham—in all sizes and colors.

**Getting it all together** takes planning, and Peri is a super-organized list maker. The Wolfmans belong to a tennis and health club and jog every day. Tennis and ski weekends are family times. Peri is at her desk every day at 8:30, works late many nights, and travels regularly on business. To keep the house (and herself) looking great she allocates a good portion of the family budget to a part-time housekeeper and a cleaning man. Much marketing is done by phone and she buys in large quantities. Their painter is almost part of the family since he is constantly in and out repainting or touching up. For Peri, regular haircuts are a must so all she has to do is shake her hair into place after washing. For entertaining, the key at the Wolfmans' is an informal and spontaneous approach: soups, salads, fresh fruits, vegetables, cheeses, and California's abundant wines. Dessert is usually no more than super-size long-stemmed strawberries dipped into confectioners' sugar. The Wolfman lifestyle is the new homestyle: fresh, fun, and always open to new ideas. —PAT SADOWSKY

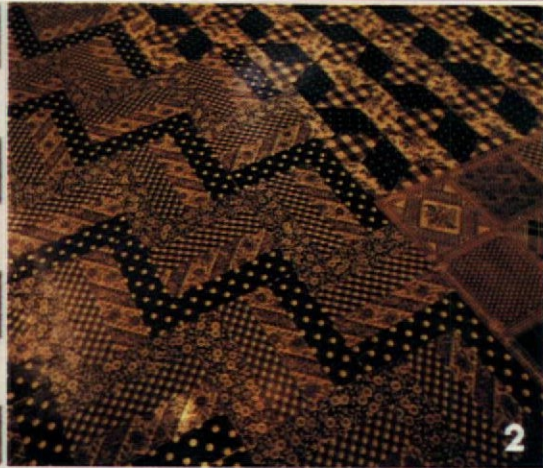
**1. Rustic fare:** A charming country eat-in kitchen in warm chocolates and white. Modern counters and equipment co-exist with rustic woods, antique wicker, gingham, and patchwork.

**2. Patchwork paves the way** for a floor that's an American classic. It's done with sheets worked in traditional quilting designs in a mix of prints and patterns and sealed with coats of clear Varathane.

**3. On the bias:** The strips of pine worked on a bias on the walls and sides of range and refrigerator add a contemporary feeling. An oversized country wood table (here casually set with gingham

napkins, mats, and candles) with director's chairs is the main relaxing, talking area of the house. The whole family plus guests can be in the kitchen while the cooking is going on without feeling cramped.

**4. Country cousins:** A handsome cabinet serves as storage for a collection of white pitchers, accessories, and onion-soup bowls. The Wolfmans' traditional Sunday brunch is a gutsy, crusty onion soup teamed with loaves of sourdough bread. ♦





# MOST CREATIVE HOUSE IN AMERICA

**A Sunny-side-up** family room in which to read and watch TV (wall facing banquette has bookcase holding books, games, and TV). Poses and a needlepoint sampler add a personal touch. The multi-mix of prints in different sizes in coordinating colors gives the room its decorating unity. Red adjustable hanging industrial lamps focus light where it's needed.

**Birdland:** On a landing, plants and lots of sun create an aviary for doves.

**An open-shut case:** Shutters that look good both ways. The use of pure white shutters throughout the whole house creates a feeling of design continuity, lets in lots of light, and also provides privacy when needed. The Wolfmans are at the window of the living room.

**A flower show** of hothouse blooms in a row of needlepoint bowls on a banquette.

**All in the family** in a free-form needlepoint stitchery portrait done several years ago by Peri. Something to treasure forever.

**On the sunny side** of this room is that all the family loves it. It's truly a drip-dry room. One wall has a sink in a checker-block counter. Instead of an enclosed shower, several showerheads are mounted on the opposite wall to spray the whole room; water is carried off by a floor drain.

**The great white way:** This spacious, airy dining room brings the outdoors in with a sky ceiling, spic 'n' span white shutters, and lush plants. Breezy wash 'n' wring fabrics make the living easy: A cotton-blend tablecloth and chair cushions have been quilted to look like mats; padding; crisp blue/white linen dishcloths are borrowed from the kitchen for napkins and place mats. ♦





# MOST CREATIVE HOUSE IN AMERICA

**1. A flower bower blooms in the master bedroom.** It's a pretty, romantic retreat with a Victorian air. An imaginative use of several sizes of gingham adds pattern zest. The headboard is quilted gingham stretched over fiberfill and stapled to wood base.

**2. Days of wine and roses:** Peri wears a favorite antique blouse, a change from her usual T-shirt and jeans.

**3. Cozy color:** Shiny bright red spices up the master bath.

**4. Warm as toast:** A delightful aspect of turn-of-the-century houses was the multiple fireplaces. The flower-splashed rug was in the bedroom of the Wolfmans' first home and didn't quite fit the new one. Solution: The rug was originally wall-to-wall and still is with the addition of a border.

**5. Child's play in good, clean design.** Eric whoops it up in a terrific Company KID T-shirt.

**6. Forecast: Cloudy—**Alexander brushes his teeth at sink in his bedroom.

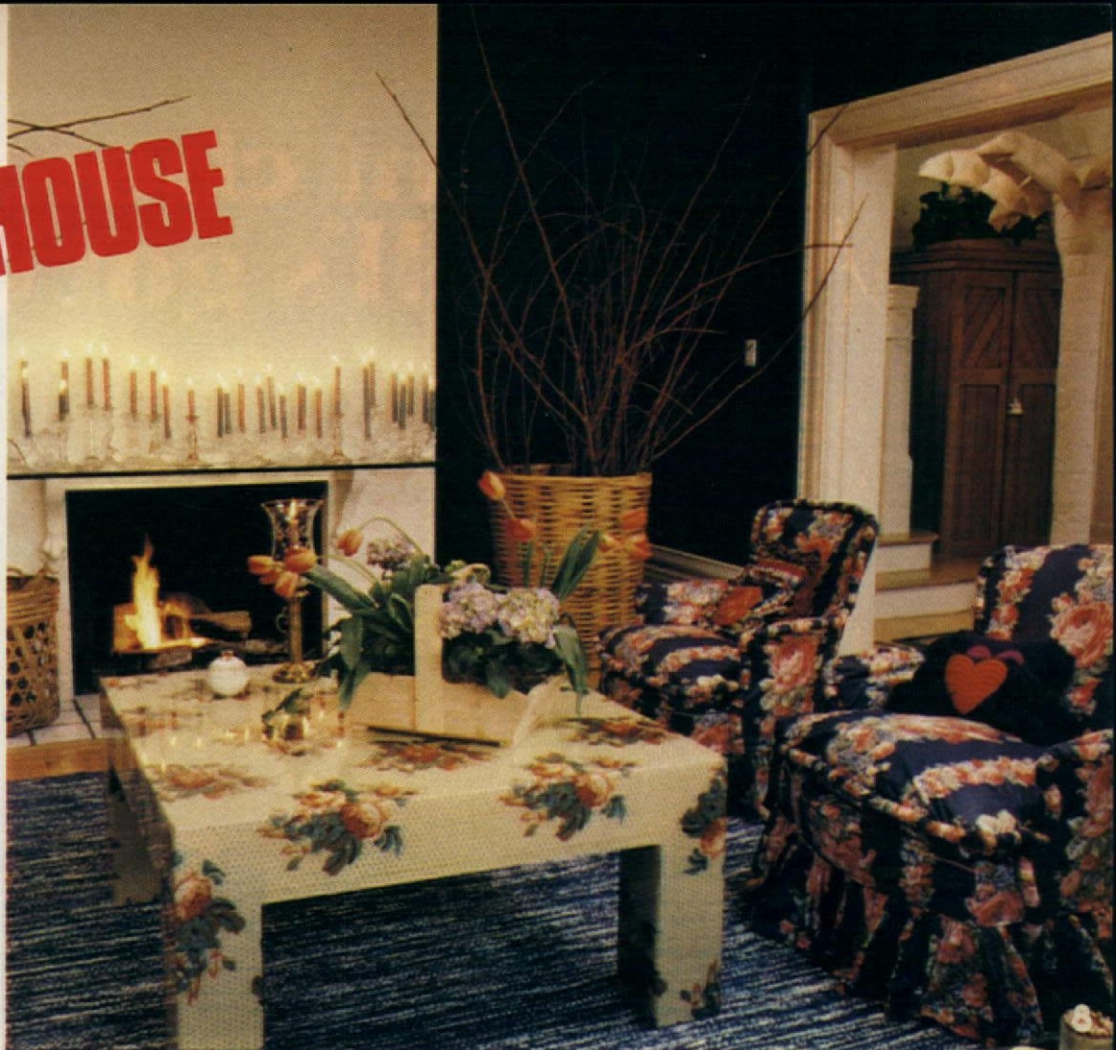
**7. Green forests grow in** life-size mural on Eric's bedroom wall.

**8. A glorious profusion of floral prints blossoms in the living room.** The matte navy walls provide a quiet background for the fabric flower show. A glass chandelier holds crystal candle-ticks. Super-sized hampers filled with branches flank the fireplace.

**9. Get the point** with needle-point pillows Peri made and trimmed with tartan ribbon.

**10. Blues project—**navy check tablecloth and painted antique wicker chair.

**11. Be seated** in an interesting mix of sofas and chairs. The Shirred piping gives sofa and chairs a custom look. Rag rug casually pulls together the whole room. For more information see Shopping Guide, page 82.



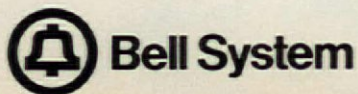
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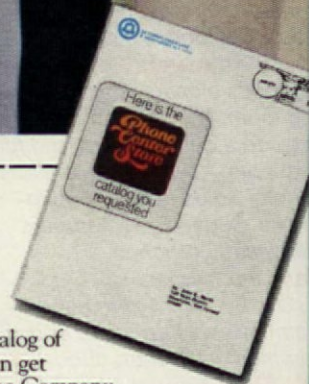
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# THE LINK BETWEEN CANCER AND NUTRITION

Mrs. M. refuses to give her family anything but "organically grown" and "natural" foods because she is convinced that preservatives and pesticides cause cancer. Mrs. Y., who is always on a diet, is very distressed over the recent finding that saccharin produced bladder cancers in laboratory animals. Mr. S. daily gulps down large doses of a variety of vitamins in the hope that they will keep him free from cancer, which seems to run in his family.

It is fashionable these days to look to diet as the cause or preventive of the major ills of modern man, including cancer. But in focusing on pesticides, food additives, vitamins, and other chemicals, many people may be missing the big money. A growing body of evidence suggests that there is a strong relationship between nutrition and cancer, but that the most important aspect of this relationship involves the major—not the minor—components of the diet.

## THE FOOD CONNECTION

According to Dr. David P. Rose, cancer specialist at the University of Wisconsin, the "new concept is that foods themselves rather than preservatives or contaminants may be involved in the cause of some of the most common cancers in the United States. Consider these findings:

- An international diet survey showed that those who developed cancer of the colon and rectum (bowel) ate more meat than comparable persons free of bowel cancer.
- Mormons and Seventh-Day Adventists, who eat little or no meat, have much lower rates of cancers of the colon, rectum, breast, and uterus than comparable groups of Americans who eat meat. The Mormon and Adventist diets contain mostly vegetable, rather than animal, protein and thus are high in dietary fiber (roughage).
- In the world as a whole, most countries where deaths from heart disease are uncommon have diets low in animal and dairy fats. In these same countries,

*Jane Brody is a science writer for The New York Times and author of "You Can Fight Cancer and Win," recently published by Quadrangle/The New York Times Book Co.*

Evidence shows that the right diet may be just one way to prevent cancer.

by Jane E. Brody

deaths from cancer of the colon and breast are also uncommon.

● In Japan, where the diet contains little meat and no dairy products, cancers of the colon and breast are uncommon. In the United States, the reverse is true. However, when Japanese migrate to this country and gradually adopt a Western diet, their risk of developing cancer of the colon and breast increases dramatically, and in a few generations equals the American rate.

● Obese persons have a higher than normal risk of developing cancer, par-

## DIET FOR BETTER HEALTH

A prudent diet can protect your heart and may lower your cancer risk at the same time. Here's what the experts recommend:

- Eat less high-fat beef, lamb, and pork, and more fish and poultry.
- When you do eat meat, select lean cuts and trim off all visible fat before cooking. Drain off all fat that cooks out.
- Avoid deep-fat frying. Instead bake, boil, broil, roast, or stew. In making a stew or soup, cook it ahead and chill it, then discard the fat that congeals at the top before reheating.
- Substitute skimmed or low-fat milk and cheeses for whole milk and cheese. Substitute soft margarine for butter; use only liquid vegetable oils (preferably corn or soybean oil); keep egg consumption down to two or three eggs a week.
- Eat more fruits, vegetables, beans, and whole grains and less sugar-sweetened foods.—J.B.

ticularly cancers of the breast, uterus, pancreas, and gall bladder, compared to people of normal weight. Even in rats that are overweight the risk of cancer increases. But rats whose calorie and protein intake is restricted have a significantly reduced risk of developing cancer, even if they are genetically predisposed to the disease.

## THE LOW-RISK DIET

Based on this and related evidence, some leading cancer specialists are urging a significant change in the typical American diet—a change that is likely to reduce the chances of developing heart disease as well as cancer. They are recommending that Americans eat less meat, especially fatty meats, fewer dairy products, fewer eggs, and more fruits, vegetables, and grains. Switch to a more vegetarian diet, they say, and you are likely to have less artery-clogging cholesterol in your blood, less difficulty controlling your weight (which, in turn, helps to keep your blood pressure low), and possibly less risk of getting cancer.

In fact, earlier this year, the Senate Select Committee on Nutrition and Human Needs urged precisely such a change in the American diet. In recommending a 25 percent reduction in the consumption of fats and a 25 percent increase in carbohydrates (particularly in the form of whole grains, fruits, and vegetables), the committee cited the relationship between the current fat-rich, fiber-deficient American diet and a high risk of cancer as well as heart and other diseases.

Dr. Ernst Wynder, president of the American Health Foundation, which does extensive research on preventing illness, emphasizes that making such dietary changes "cannot hurt—it can only help." A recent dinner with Dr. Wynder consisted of carrot and celery sticks for an appetizer, about three ounces of veal sautéed in wine, green beans and scallions, half a cup of rice cooked in bouillon, a lettuce and tomato salad with an herb and oil dressing, a whole-wheat roll with margarine, a glass of wine, and fresh fruit salad for dessert. A gourmet delight, yet low in calories, saturated fat, and cholesterol.

Since cancer of the colon and rectum is the leading life-threatening cancer among Americans of both sexes, striking nearly 100,000 a year and claiming 40,000 lives, and breast cancer is the leading cancer killer of American women, widespread adoption of these dietary recommendations could in theory greatly reduce cancer deaths, as well as deaths resulting from heart disease. (continued on page 78)

# FOUR WOMEN WHO CAN IMPROVE YOUR LIFE



*"She wants all  
canned fruits and  
vegetables labeled by  
grade so consumers  
will know what  
they're buying."*

**CAROL T. FOREMAN**, *assistant secretary for consumer services, Dept. of Agriculture*

**Background:** A little over a year ago Carol Foreman, carrying a sign and wearing a symbolic gag in her mouth, barged into a meeting at the U.S. Department of Agriculture. She was head of a delegation of consumers who were irate because the USDA's new advisory panels lacked consumer members. When Foreman tried to speak, a USDA official told her to sit down and stop disrupting the meeting. Today Foreman is sitting down—behind the desk of that official. She has his job. And not surprisingly she is introducing a new consumer viewpoint into a department long given to anti-consumer policies.

Fiery-haired, outspoken, but cool and political (her brother is first-term Congressman Jim Guy Tucker of Arkansas), Foreman, age 38, established a formidable reputation as executive director of the Consumer Federation of America. In that position, she pushed the consumer point of view for programs she now administers. And she did it with a command of the facts and a tact that earned her the wide respect of congressmen who previously discounted consumer advocates and women lobbyists.

At Agriculture she is in charge of 15,000 employees and a budget of \$9 billion. Under her jurisdiction: The food-stamp program, school lunches and breakfasts, meat and poultry inspection, the grading and standardization of food—all things that touch consumers' stomachs and pocketbooks.

**What Consumers Can Expect:** Foreman is revamping the food-stamp program and trying to make school meals more nutritious. She has called in new experts to assess the cancer hazard of sodium nitrite in cured meats. Previously, the department consulted only meat industry spokesmen. She wants all canned fruits and vegetables clearly labeled by grade, so consumers will know what they're buying. She favors farmer and food-buying cooperatives that cut out the middleman and reduce prices.

But she doesn't see "cheap food" in the consumer's future. She thinks consumers must be realistic about giving farmers a fair return—more than the three to four percent they now get. Otherwise, she fears small farmers will be unable to survive, leaving food production to the big corporations. And in the long run, she says, that can mean not only higher prices but also more of those tasteless tomatoes. □

*In addition to "Consumer Watch" in American Home, Jean Carper reports daily for Westinghouse Group W Broadcasting.*



*"She would consider  
requiring companies  
to make all products  
meet certain energy  
and performance  
standards."*

**JUANITA KREPS**, *secretary of the U.S. Department of Commerce*

**Background:** Juanita Kreps, age 55, is an economist with impeccable academic business credentials—a former vice president of Duke University and the first woman director of the New York Stock Exchange. She is diminutive, soft-spoken, and what is called "ladylike," but she is not shy. She is the one who, when introduced by President Carter on nationwide television, disputed his claim that highly qualified women for administrative posts were hard to find. She also jokingly urged her staff to hire "token men" despite their lack of qualifications.

Kreps, who came from a coal-mining family in Harlan County, Kentucky, believes in working within the system that has worked well for her. Yet she is a strong advocate of women's rights and fairness in the marketplace. She's hardly an activist, but consumer advocates applauded her appointment as a refreshing change in a department long considered a mere "mouthpiece of business." They see her as a strong "moral force" on the consumer side.

**What Consumers Can Expect:** Like her intellect, Kreps' concerns are broad: More jobs, anti-inflation measures, more business competition, free flow of international trade—all of which she thinks benefit consumers.

She is in charge of 17 diverse bureaus, including the Census Bureau, the National Bureau of Standards, and the Weather Bureau. These bureaus formulate policies and put out scientific, technical, and economic information of enormous value to consumers. Kreps, for example, wants to give consumers more NBS test information on products, such as how much energy they use and their "performance life"—how long a toaster or washing machine is expected to last. In fact, if companies don't do it on their own, she would consider requiring them to make all of their products meet certain well-defined energy and performance standards.

Other top priorities: Release of masses of economic information collected by the Commerce Department; exploration of the oceans for food and energy; improved weather forecasting and possibly weather modification to insure better crops. She also wants "reasonable" regulations for businesses, not "excessive" ones that do consumers more harm than good. In the long run, she hopes to turn the Commerce Department into a place where consumers and business representatives can get together and talk to each other about their mutual concerns. □

Government's new consumer advocates speak out on the programs you can expect from Washington in the next four years. by Jean Carper



*"We will have a regular procedure for making the consumer viewpoint known to Congress."*

**ESTHER PETERSON**, special assistant to the President for consumer affairs

**Background:** Esther Peterson, at 70, is the consummate spirit of the consumer advocate, an old face returned to government, but with a brand-new voice. A long-time labor spokesperson, when she was appointed special assistant to Lyndon Johnson in 1964, she was the government's first consumer adviser. Now, reappointed to the same spot by President Jimmy Carter, she sees her new mission as the culmination of her lifetime concerns.

**What Consumers Can Expect:** Peterson's major thrust will be passage of the controversial bill to establish a federal consumer protection agency. She is convinced this agency can have an enormous, beneficial impact on consumers and businesses. It would give consumers for the first time a permanent, ongoing voice in government policy-making affecting their welfare. With a budget of \$15 million and a staff of about 300, the agency, she says, would lobby Congress and intervene with federal agencies on the consumer's behalf. "We won't always win," she says, "but we will have a regular procedure for making the consumer viewpoint known."

For one thing she hopes the new agency will reform some of the tangled bureaucratic regulations that now hurt both consumers and business. For example, she cites a regulation by the Interstate Commerce Commission that requires certain delivery trucks to return empty; it benefits truckers, she says, but forces higher prices on consumers.

If she has her way, consumers also will have an organized voice in the "big issues," such as setting utility rates, insurance rates, air safety policies, and energy policies. And she believes consumers will be able to be assured of adequate protection on such drastic new developments as electronic funds transfer that will eventually make bank checks a thing of the past.

Peterson also favors new regulations that will make it easier for consumers to protect themselves, such as a law to promote class-action (group) lawsuits against businesses suspected of unfair practices. She thinks the time is at hand, however, when it will no longer be necessary to run constantly to Congress for new laws to correct old abuses. She foresees a new era in which consumers will participate in the decision-making of corporations and government in the first place. To Esther Peterson, helping to accomplish that is the biggest, most exciting challenge she has faced in her long career in public service. □



*"Cars still need better door locks, nonlacerating windshields, crash-proof side structures."*

**JOAN CLAYBROOK**, administrator of the National Highway Traffic Safety Administration

**Background:** If President Jimmy Carter had put Ralph Nader in charge of federal standards for automobiles, the auto industry could hardly have been more discomfited than they were when he appointed Joan Claybrook, a 40-year-old lawyer and long-time Nader associate. As head of Nader's Congress Watch, a consumer lobbying group on Capitol Hill, Claybrook has been Nader's spokesperson as well as a strong force on her own. Detroit lobbyists, awed by her persuasive skills and intellectual abilities, refer to her as the "Dragon Lady." Those who know her well say she is a female Nader with the same drive, energy, long workdays, and commitment.

The agency Claybrook took over is one of the youngsters of the bureaucracy—less than 10 years old. Its mission: To make cars and highways safer. Consumer advocates, including Claybrook, have soundly criticized past National Highway Traffic Safety Administration heads for failure to enforce the law. Now the outsider is in.

**What Consumers Can Expect:** Air bags in cars—probably starting with the 1980 models. In Claybrook's view the lifesaving value of air bags is indisputable; she says they could save at least 10,000 lives yearly and prevent hundreds of thousands of injuries at a cost of only \$70 per car, the price of a vinyl roof or power windows.

She also wants to make seat belts and shoulder harnesses more comfortable and easy to use, though she is cool to mandatory seat-belt laws. She wishes car makers would voluntarily curb horsepower and produce cars that would run at maximums of 70 to 75 miles per hour. If they don't, she would consider federal laws to do it.

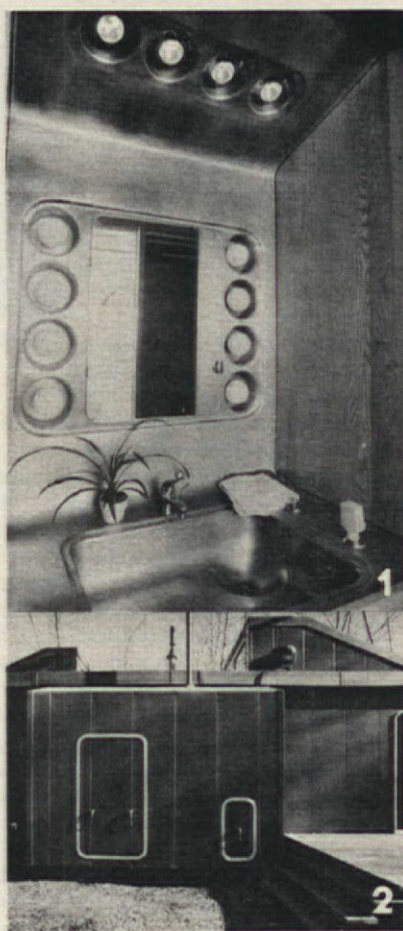
Are cars still "unsafe at any speed"? In her mind, they're not yet safe enough. Still needed: Better door locks, nonlacerating windshields, crash-proof side structures, and exteriors that are not so potentially lethal to pedestrians. Another high priority: Reduction or elimination of potential highway hazards, such as dangerous dividers.

To conserve energy and curtail pollution, Claybrook thinks the government should look into better fuel efficiency, new types of engines, and alternative sources of mass transportation to reduce dependency on cars. But her activism does not outrun her good sense. She thinks any drastic curtailment of car use can come only with the public's consent. □

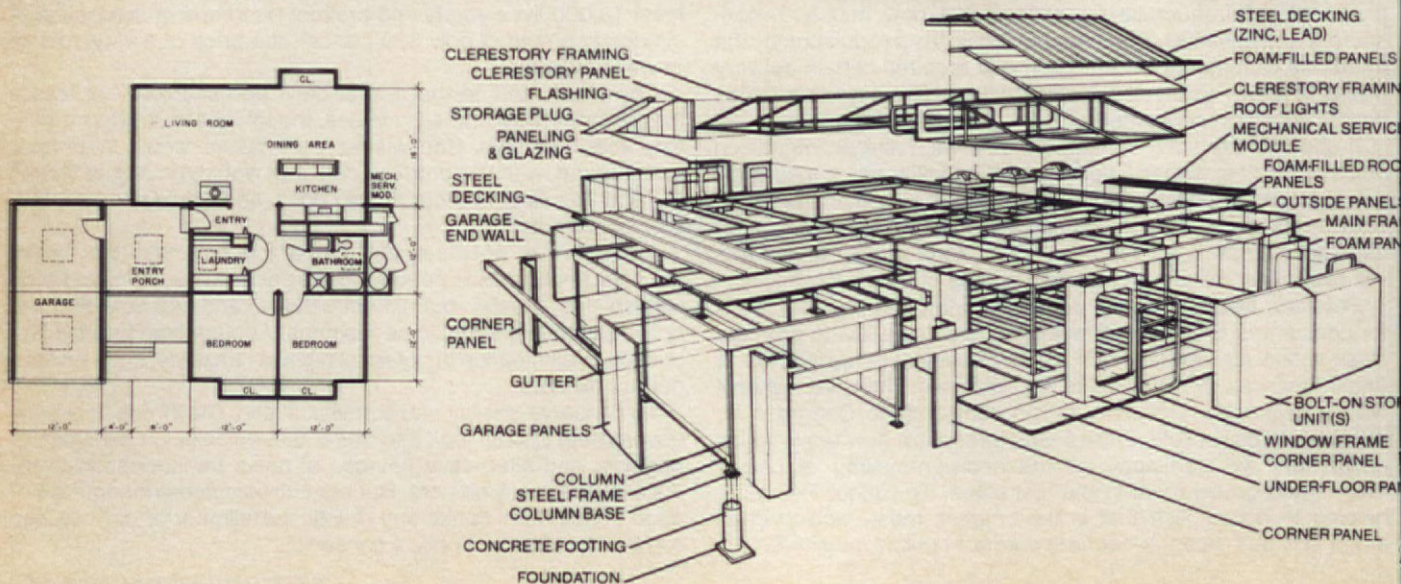
# HOUSE FOR TOMORROW

An industrial-look, super-efficient, all-metal house is full of inventive ideas for today.

Here is one answer to the problem of mass housing: A single-family dwelling that can be manufactured in volume and assembled anywhere, translated into multifamily units, and adapted to any climate or locale. Constructed of all-metal parts currently being used for industrial purposes, it is the home of professor Marc Harrison IDSA, chairman of the industrial design program at the Rhode Island School of Design (RISD). Harrison and three dozen students from his design classes worked on the project for the International Lead Zinc Research Organization (ILZRO) over a period of five years, and built the house themselves on a wooded site outside Providence, R.I. The basic components of the RISD house are galvanized-steel panels sandwiching two-inch-thick rigid insulation board. These fit together, tongue-in-groove, to form a totally sealed shell. The heat and humidity control is so nearly perfect, it enabled Harrison to set the house directly on a pole-supported deck with no need for a basement. A heat-pump system, plus a student-designed prefab fireplace, supplies heating (the zinc roof of the house is oriented so that it can be adapted later for solar collectors). All utilities are contained in a special module grafted to the exterior of the house for easy access. Other modules are used for closets and free up interior spaces to maximize living areas. Clerestories and skylights, plus a south-facing wall of glass, virtually eliminate the need for electric lighting during the day. The Harrisons have lived in the house for over a year and Deedee Harrison, used to living in a 1790 colonial, says the ILZRO design completely changed her house-keeping habits. "I have to *find* things to do. Care is minimal because the house seals out dust. I use the central vacuum only once every two weeks, and the electronic air-cleaner keeps the air fresh."—BO NILES



The ILZRO house is an experimental prototype, but derivative houses have been built in New Mexico, and other versions are being planned. "We wanted this house (3) to have a mechanized exterior for a pure industrialized look," says architect Marc Harrison. Custom window framing gives that look, and is repeated on service module doors (2). Exterior is coated with special plastic paint that never deteriorates. "You'd only change it out of boredom with the color," says Harrison. The interior of the house is a compact 1,500 square feet (plan below) with an open area for living, dining, and cooking (7). Student-designed fireplace (6) and furnishings are used throughout, even in daughter Natasha's room (4). The house is relaxing; Marc Harrison likes to practice his banjo (5) for the Old Fiddlers' Society. Exploded view (below) shows how house was put together. One special zinc application is the molded bathroom sink (1). Saucepans pressed into soft zinc formed lighting cavities.





PHOTOGRAPHS COURTESY OF ILZRO FAMILY PHOTOGRAPHED BY BILL ROTHSCHILD

# Romantic

Create a private world of day dreams and sweet dreams for your daughter with bedroom furniture styled in the charming country French tradition.

A delight to the eye. And the pocketbook. Now that many pieces in Sears exclusive Bonnet grouping are offered at this special low price.

Canopy frame, Bed and Rails.

Reg. \$119.90.

Three Drawer Dresser. Reg. \$99.95.

Dressing Table with Vanity Mirror.

Reg. \$99.95.

Four Drawer Desk. Reg. \$99.95.

Large Hutch. Reg. \$99.95.

NOW ON SALE

**\$7988**  
Each



The bedroom pictured above includes many other pieces which are available at their regular price. The Bonnet lamp, for example, at only \$14.99 is designed to let light shine out gracefully from a dresser top, night stand or desk.

The perfect match for a romantic mood?

Frosty pastel watercolors on the machine washable ruffle-edged canopy cover. Reg. \$23.99 (Twin Size). Sale \$19.99. Watercolors, too, on the top-quilted bouffant bedspread.

Machine washable. Reg. \$34.99 (Full Size). Sale \$24.99. Reg. \$29.99 (Twin Size).

NOW ON SALE

**\$1999**

# Practical



What better place to curl up and weave a dream or two than on this gracefully arched canopy bed. Canopy frame, bed and rails. Reg. \$119.90 (Twin Size). Sale \$79.88.



More often than not, any successful romance has a practical side. And this furniture is no exception.

The desk and all dresser and chest tops, for instance, are covered with a plastic overlay to help resist marring, scratches and stains. Joints

are securely glued then stapled or screwed into place. And the finish? Delicate. Antique white decorated with bands the color of old gold. And deceptive. All pieces are treated with a five-coat finish. For easy cleaning.

A place for everything. And everything in its place. A description to fit the multi-shelved hutch and sturdy desk. As well as the many dressers and chests in the romantic and practical Bonnet furniture grouping from Sears.



Solid pine. Hardwoods. Light-weight fiber-board drawer fronts. And heavy-duty hardboards are specially chosen and used where they are needed most for strength, durability and support. The desk chair is solid pine, for example, because it gets solid use day in, day out.

Favorite toys find ample room to hide out along with spare linens and clothing in the lovely storage chest.

Sale prices in effect from July 24 through August 20. Available at most Sears larger stores. All prices higher in Alaska and Hawaii.

The Normandy Village Collection. Only at **Sears**

# \$64900

Save over \$150 on a sleek three-piece sectional regularly priced at \$799.95.

Available in the creamy, beige-toned plaid upholstery shown below. Or in eighteen other popular fabrics.

# subtle

Underneath it all. Many other good things.

Kiln-dried, all-wood frame construction. Dowelled and double dowelled joints. Corner bracing. No sag base construction. And padded arms. The seat cushions? Five inch thick polyurethane foam. Loose pillow back cushions.

Also on sale. The three-piece sectional with convenient sleep sofa. Reg. \$919.95.

NOW ON SALE

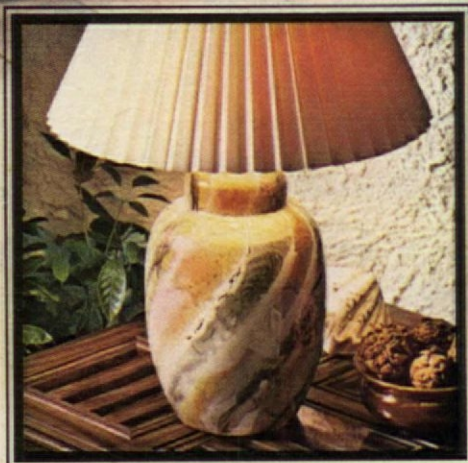
# \$74900



The classic lines of a Chinese ginger jar translated into a classic contemporary lamp with a subdued marbled or solid color ceramic base. Including crisp, pleated shade. Reg. \$29.99.

NOW ON SALE

# \$2499



Available at most Sears larger stores. All prices higher in Alaska and Hawaii.

Design tables with long, lean and crisp lines and you clearly see the beauty understatement brings to a living room. The three shown on this page were created exclusively for Sears, exclusively to achieve this special effect.

The simulated wood slats on top support glass inserts. All frames and legs are fiberboard, engraved to look like oak. This finish is one of the most popular. And it's lacquered to a mellow sheen.

End, lamp and cocktail tables reg. \$119.95 each.

NOW ON SALE

# \$9988



Spread rich, glowing color wall to wall with Sears glorious Enduring Beauty carpeting.

This lush, tone-on-tone, textured plush pile carpeting is 100% nylon. The most durable carpet fiber.

Just as important. The nylon pile is two-ply and heat-set to help retain resiliency under heavy traffic.

Moreover. Enduring Beauty is inspected 120 times during the manufacturing process to meet Sears strict quality control standards. It's treated with Scotchgard® Brand carpet protector. Then given a static control treatment.

Enduring Beauty. An enduring value in twenty colors. Reg. \$13.99 a square yard. **NOW ON SALE**

**\$11.99**

Color the wind bright and breezy with these fashionable textured open weave draperies. Now only \$9.99 a pair (48-in. x 84-in.). These machine washable pinch-pleated draperies bring style and grace to a living room. Dining room. Den. Most any room.

Available in eleven colors (all colors not available in all stores). At a regular price of \$12.99 a pair.

**NOW ON SALE**

**\$9.99**

Sale prices in effect from July 24 thru August 20.



**VIBRANT**

The Normandy Village Collection. Only at **Sears**

© Sears, Roebuck and Co. 1977

# Beautiful

The pure curves and simple lines of classic bentwood furniture inspire a dining table and chairs that blend gracefully into most any decorating scheme.

Sears version is up-dated to feature a matte finish with scratch and mar-resistant table top. And a practical bumper edge. Chairs come with washable vinyl seats padded with urethane foam. Both table and chair frames are constructed of white-painted tubular steel for strength and durability.

Table (with one leaf) and four chairs reg. \$229.95.

NOW ON SALE

**\$179<sup>00</sup>**



Strawberries border creamy cafe curtains of 50% polyester and 50% rayon. Ruffled valance and swag. Machine washable. Reg. \$4.99 per pair (24-in. x 72-in.). Sale \$3.99.

Sunny, country placemats. Luscious linen-look in 50% cotton and 50% polyester. A beautiful regular price of \$2.49 each.



Luscious strawberries and rich green leaves on a bed of creamy stoneware create dinnerware as lovely as a country summer. And Sears stoneware is durable. Chip resistant. Dishwasher safe. Beautiful.

Forty-five piece set reg. \$69.99.

**NOW ON SALE**

**\$49.99**

Strawberries bloom and grow on accessories that blend with Sears Berry Band pattern. The forty-five piece Berry Band set reg. \$49.99. Now \$39.99. Accessories at regular price.

Set of four mugs. \$11.99

Individual Casserole. \$5.99

Set of four Canisters. \$29.99

Casserole with Stand. \$19.99

Platter. \$14.99

Three-piece Ovenware set. \$19.99

# Useful



Strawberries at regular price:

Kitchen Towel. \$1.79

Dishcloth. \$1.19

Heat-resistant Pot Holder. \$1.19

Quilted Toaster Cover. \$3.49

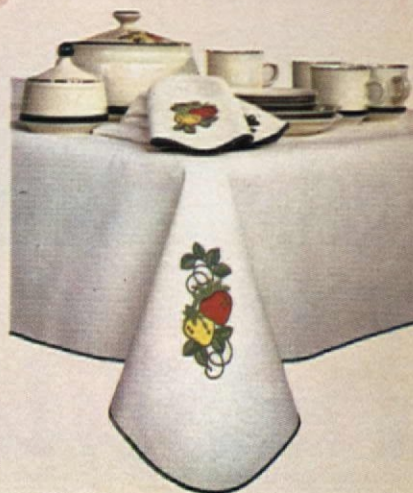
Quilted Mixer Cover. \$5.49

Apron. \$6.99

Quilted Hot Handler. \$3.49

Oven Mitt. \$1.99

Drape your table with strawberries on a creamy tablecloth. Perma-Prest® fabric. Machine washable. Reg. \$11.99 (52-in. x 70-in. rectangle or oval). Sale \$9.99. Set of 4 dinner napkins reg. \$5.99. Sale \$4.99.



Sale prices in effect from July 24 through August 20.

Available at most Sears larger stores.

All prices higher in Alaska and Hawaii.

The Normandy Village Collection. Only at **Sears**

© Sears, Roebuck and Co. 1977

Medley Garden Perma-Prest® percale sheets. A smooth blend of 50% cotton and 50% polyester. Four tranquil colors also available in coordinating Medley Solids, Plaids and Etchings. Reg. \$4.99 (Twin Size). Now only \$3.99. Reg. \$5.99 (Full Size). **NOW ON SALE**

**\$4.99** comparable values in king and queen sizes.

Medley Garden Perma-Prest pillow sham. A durable blend of 50% cotton and 50% polyester. Machine washable. Reg. \$7.49 (Standard Size). **NOW ON SALE**

**\$6.49**

Medley Garden Perma-Prest percale comforter. Cover woven of 50% cotton and 50% polyester. Dura-Puff® polyester fill won't lump or shift. Reversible to solid blue. Machine washable. Reg. \$29.99 (Twin Size). Now only \$25.99. Reg. \$32.99 (Full Size). **NOW ON SALE**

**\$28.99**



# Restful

Sears brings the colors of a drowsy summer sky down to earth and creates a tranquil medley of blues and whites for sheets, pillow shams, comforters and dust ruffles.

All in all, a fragrant garden of color for a peaceful earth-bound bedroom.

Medley Garden Perma-Prest dust ruffle. 14-inch flounce. Woven of 50% cotton and 50% polyester. Machine washable. And the perfect finishing touch for a restful summer sky bedroom.

Bright, beautiful 100% cotton Stained Glass towels. One side looped for absorbency. The other sheared velour for softness. Five color combinations. Reg. \$5.49 bath size. **NOW ON SALE**

**\$3.99**

Model shown in supersize towel.

All sizes on sale.

Bright and shiny. That's a 100% vinyl  
Stained Glass shower curtain. In  
five different color combinations.  
Reg. \$9.99.

← NOW ON SALE **\$799**

Stained Glass meets its match with  
colorful furry-soft Prr-e-Soft bath rugs  
and carpet. 100% Dacron® polyester  
pile. Backed with cushion-grip latex.  
Carpet reg. \$24.99 (5-ft. x 6-ft.). Now  
\$19.99. Rug reg. \$5.49 (24-in. x 36-in.).  
NOW ON SALE

**\$399**

# colorful

Take the bold approach and give your  
bathroom a brilliant new lease on life  
with Stained Glass from Sears.

The Normandy Village  
Collection. Only at **Sears**

© Sears, Roebuck and Co. 1977

Sale prices in effect from July 24 through August 20.

Available at most Sears larger stores.

All prices higher in Alaska and Hawaii.

# delightful

Wash your bathroom with the fresh and lovely Watercolor Floral pattern from Sears.

Double ruffle-edged shower draperies woven of semi-sheer 100% polyester batiste. With ruffle valance and tie-backs. All machine washable. Comes with white vinyl liner. Reg. \$19.99.

**NOW ON SALE**

**\$15.99**

Matching window curtain available.

Gentle watercolor patterned towels. Looped for absorbency on one side. Sheared for softness on the other. All sizes on sale.

Bath towel reg. \$3.99.

**NOW ON SALE**

**\$3.19**

Coordinate the cheerful watercolors with subtle multi-toned 100% polyester pile on a 2-piece tank cover, lid cover and bath rug (24-in. x 36-in.). Four-piece set at regular price of \$12.99.



# Inspiring



The Normandy Village  
Collection. Only at **Sears**

© Sears, Roebuck and Co. 1977

Pinch-pleated Perma-Prest® percale draperies. Woven of 50% cotton and 50% polyester. Foam backed for insulation. Machine washable. Reg. \$19.99 a pair (50-in. x 84-in.). **NOW ON SALE**

**\$15.99**

Breezy 100% polyester batiste semi-sheer panels. Perma-Prest fabric is machine washable. Reg. \$5.99 per panel (40-in. x 84-in.).

**\$4.99** NOW ON SALE

Watercolors swirl across a classic ginger jar lamp. The topping? A frosty white pleated shade. Reg. \$39.99.

**\$34.99** NOW ON SALE

Watercolor Floral Perma-Prest percale sheets. 50% combed cotton and 50% polyester. Reg. \$5.99 (Twin Size). Sale \$4.49. Reg. \$6.99 (Full Size).

**\$5.49** NOW ON SALE

Comparable values on queen and king sizes, too.

Ruffle-edged pillow sham. Perma-Prest cover of 50% cotton and 50% polyester. Machine washable. Reg. \$7.49 (Standard Size). **NOW ON SALE**

**\$6.49**

Fluffy reversible comforter. Perma-Prest percale cover of 50% cotton and 50% polyester. Dura-Puff® polyester fill won't lump or shift. Machine washable. Reg. \$29.99 (Twin Size). Sale \$25.99. Reg. \$32.99 (Full Size). **NOW ON SALE**

**\$28.99**

Quilted throw-style bedspread. Perma-Prest fabric of 50% cotton and 50% polyester. Puffy polyester fill. Machine washable. Reg. \$26.99 (Twin Size). Sale \$16.99. Reg. \$29.99 (Full Size). **NOW ON SALE**

**\$19.99**

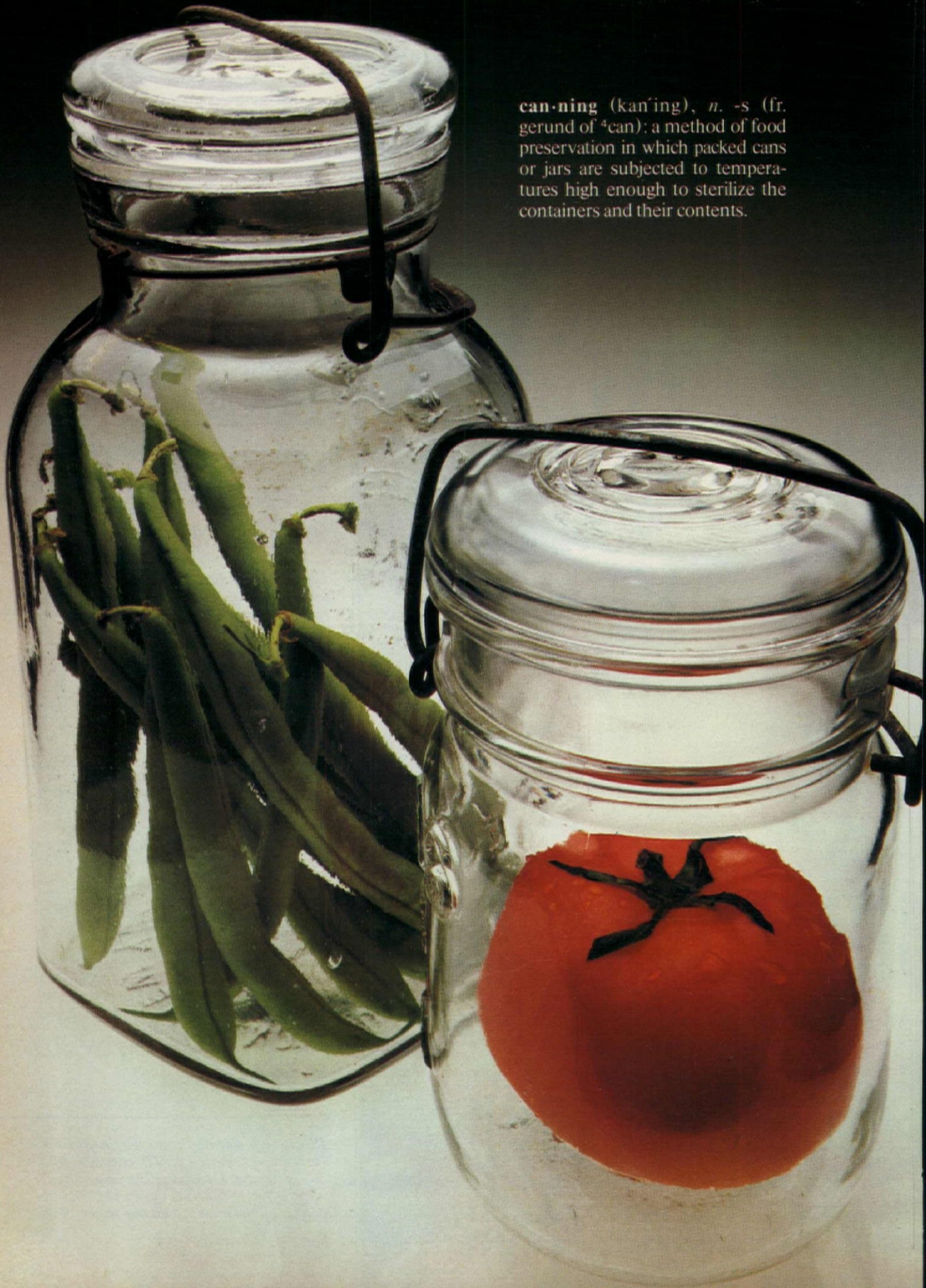
Ripple-style Perma-Prest eyelet ruffle. 14-inch flounce. Woven of 50% cotton and 50% polyester. Lace trim 35% cotton and 65% polyester. Machine washable. And the perfect complement to all our watercolors.

Sale prices in effect from  
July 24 through August 20.

Available at most Sears larger stores.

All prices in dollars in Alaska and Hawaii.

**can·ning** (kan'ing), *n.* -s (fr. gerund of <sup>4</sup>can): a method of food preservation in which packed cans or jars are subjected to temperatures high enough to sterilize the containers and their contents.





# CAN DO

A no-nonsense guide to canning

Yes, you can. . . . Canning doesn't have to be complicated and time-consuming. During a period when most of us are looking for ideas to cut costs without inconvenience or discomfort, canning offers a welcome way to preserve the bounty from your garden, or a harvest overload, or even supermarket food bargains. Not only does canning save money, but it also presents an opportunity for a rewarding creative endeavor: Label your own string beans or tomatoes for unique gifts or for your own larder. Follow our basic canning recipes and instructions (see page 74) carefully and you'll find that you can do it!

## FOR SAFE AND SANE CANNING

• Don't take shortcuts or experiment in home canning. Improper processing

can have serious, even fatal results.

• Use only jars, cans, and lids made for home canning.

• Do not reuse sealing lids unless instructions with lids recommend reuse. The rubber ring deteriorates easily and prevents a tight seal. Buy new rings for one-piece zinc lids and new metal with sealing compound for two-piece lids.

• Do not use overripe food. Make sure food to be canned is of good quality with no bruises or soft spots.

• To keep fruit from darkening, use powdered ascorbic and citric acid mixtures, e.g., Fruit-Fresh, according to manufacturer's directions. Drop apples, peaches, apricots, or pears in solution as they are cored, peeled, or pitted.

• Check jars for any cracks. Wash all jars and lids in hot soapy water and rinse

well. Keep jars hot until ready to fill.

• Do not overpack foods in jars. Putting too much food into one jar may cause under-processing and spoilage.

• Do wipe top and threads of each jar with clean cloth before putting on lid.

• Do not can in the oven. Steam canning (not to be confused with pressure canning) is also a "don't" method. Open-kettle canning (cooked foods are packed into hot jars without processing) is only recommended for cooking jellies.

• Label all jars with contents and date.

• To test for a perfect seal, the lid should curve down in the middle. After the jar is cooled, tap center of lid with spoon, it should make a clear ringing sound. Lids with "Magic Button" bubble in center pop up very clearly if seal is not perfect.—LYNDA S. FOSTER

## WHAT YOU NEED

• 6- to 8-quart enameled or stainless steel pot for precooking foods to be canned

• Wide-mouth funnel for filling jars

• Wire rack to rest jars on as they are filled and as they cool

• Jar lifter



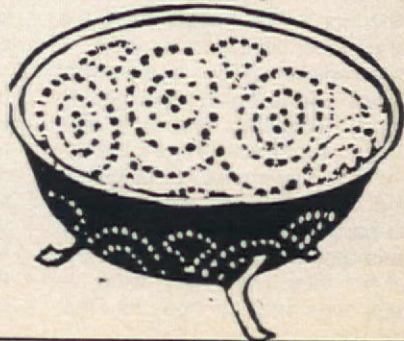
• Water bath canner ((for strong-acid foods, fruits, vinegared things, and tomatoes)

• Sieve or strainer for pureeing

• Timer to keep track of processing

• Vegetable brush for scrubbing

• Colander for draining



• Steam pressure canner (for low-acid foods, vegetables except tomatoes, meats, and seafoods)

• Cheesecloth for spice bags

• Large measuring cups and measuring spoons

• Ladle or dipper and slotted spoon

• Jars, lids, sealers, and gaskets in prime condition

• Plenty of clean dry potholders or mitts, dishcloths, and towels



## EMERGING WOMAN



PHOTOGRAPHED BY L. HAMMOND

# MAYB



**G**ail Wynters is once more on the verge of making it. Though her talent has been "discovered" a number of times, her fame has never traveled much farther than Cincinnati. Show-business professionals would say that Wynters has missed her chance, that it's too late for a woman in her mid-thirties to debut nationally as a pop singer. But here's Gail, who just cut her first major album, about to open at New York's posh Rainbow Grill, the nightclub 65 stories above Rockefeller Center. "I don't believe I'm too old," she declares. "What stops people is their mind, not their age."

Gail's valuable assets are a dynamic personality and a knock-'em-dead voice and song delivery, but so far they haven't been enough to provide entree to stardom. On the surface, "everything is wrong about her," notes veteran New York disc jockey and TV reporter "Cousin Brucie" Morrow. "But she's got something quite special. She is not a glamourpuss, not a young chanteuse. Right now she's like the gal down the block, and I hope that quality remains."

"It's incredible to be doing what you've always done, but this time getting recognition," Gail said last May at a Rainbow Grill rehearsal. "Here's the opportunity of a lifetime—a 14-piece orchestra doing just what I want!"

Gail's happiness is infectious. When she's animated her smile stretches the width of her face. Her lovely, wide, vibrant blue eyes and Dutchboy hair that

moves in one piece suggest an ingenue, but the angular hands she gestures with show signs of age—experience and too much living.

**F**or most of her life, Gail rarely considered leaving Kentucky. Everyday living took precedence. "I come from a small town where people grow up, go to school, marry, and raise children. I love and respect all that, and for a while I wanted it, too." She also wanted to sing.

The daughter of an Ashland, Kentucky, minister who says he was "born with a praying knee and a dancing foot," Gail sang out in church when she was 18 months old. Soon The Shivel Family—Gail, two sisters, and their parents—were traveling to town halls, schools, train depots, and state fairs in Ohio, West Virginia, and their home state, singing a free-form Southern gospel music. Gail was the soloist.

She turned down music scholarships to college. "I really do wish I had some formal training, but some theories I just *sense*. And if I don't, well, theories were decided yesterday; today's for creating."

Married after her freshman year at Eastern University in Richmond, Kentucky, Gail worked at the medical center to help her husband through school, and managed to take a few courses; at night she sang.

No matter where she's lived, Gail has found an outlet for singing. "When we lived in Ocean City, Maryland, the landlord had a little band. We rehearsed in

his appliance store." In Washington, D.C., Gail entered a talent night at Mama Moose's bar and was offered a job. But her son Tripp, now 14, was born, and Gail retired temporarily.

Closer to her roots, back in Lexington, Kentucky, a city she calls home, Gail was singing at the Campbell House, circa 1967-68, when some Tennessee fans took her to Nashville to make a demo tape. From that came offers from two national record companies. "The vibes were wrong," and Gail signed instead with Hickory Records, a country-and-western outfit. She cut the album "A Girl for All Seasons" while she was pregnant with her son Arthur, and once more interrupted her career.

**G**ail's marriage lasted 12 years. "I come from a warm family, so I know that there can be more than what I had. A woman needs to be nurtured, because then she blooms."

Would she marry again? "I don't think so," she answers impulsively. "Oh, I really can't say *that*," she recants, "that's today!" Gail acknowledges that for the time being "there's someone special in my life who makes it beautiful."

She tried hard not to be depressed when her marriage dissolved. "I sensed there could be something hopeful and exciting on the horizon. So I went with the hope, but man, the hopes take you through some trips.

"I was trying to do TV in Cincinnati, 80 miles away, and sing there at night. I'd

# THIS TIME

Indomitable vocalist Gail Wynters shoots for the big time, and maybe this time she'll win.

by *Melanie Pulik*



get three hours sleep before waking up to get my kids ready for school. It was hard on the kids, too," but Gail could not give up the opportunities. "How happy can children be when their mother is discontent? A woman shouldn't assume the martyr role. If she does what she wants, it gives her children confidence to do what they want."

Though it was painful for Gail, the boys went to live with their father. For a while she toured, singing in Ramada Inns in Iowa and Arkansas. Three years ago a backer discovered her in Dodgeville, Wisconsin, and brought her to New York. She was signed to a contract and recorded with a group of musicians. Nothing came of it.

The first years in New York were miserable. Gail Wynters had left Lexington and Cincinnati a success, but she was nobody in the Big Apple. "I was a hermit. My apartment was robbed and they took the one thing of any value—my stereo, my music. I had no TV, but I had a poster of Central Park. Children were playing and running with balloons. They were my company."

Friends who appreciated her talent encouraged Gail to persevere. A check arrived in the mail: "You can't go home; it takes time," said the sender. Broke and defeated, Gail once retreated to Lexington, but returned when she received a call from New York: "Get yourself up here," demanded a girlfriend. "You have a place to stay."

Last November a friend sent Gail to

songwriter/producer Paul Vance, hoping he'd give her work as a back-up singer. Vance listened to Gail's rehearsal tape, and as she was leaving he slipped her \$20, "for this thing that's coming up." But he really gave me money because I looked hungry," admits Gail, who was. She subsequently sang background on two hit singles: "They put me way back by the door—and I'm still the only one you can hear!"

Vance, who wrote most of Gail's new album, "Let the Lady Sing," featuring the single, "Gonna Love You Love You and Love You and Love You Some More," brought her to the attention of RCA Records. By the time she played the Rainbow Grill, Gail had an agent and a manager to line up the concert dates expected after her successful debut.

Most people would say Nancy Gail Shivel had come a long way from Ashland, Kentucky, but not the lady herself. She insists she's been a star for years. "My hometown has always believed in me. Ten years ago they gave me a day, a dozen roses, and a key to the city. Lexington gave me a day, too."

**O**nstage Gail appears thin and vulnerable; but when she opens her mouth, volume and bass suddenly explode and it's impossible to believe that such a lanky, sinuous body would emit such lusty, husky tones.

It's hard to categorize Gail, who sings contemporary and old-favorite popular songs, a little jazz, a little blues. She's

been told she looks like Carol Channing but sings like Stevie Wonder. Broadway and film star Vivian Blaine, an instant Wynters fan after seeing two shows at the Rainbow Grill, is reminded of Sophie Tucker and Judy Garland. In New York's *Daily News*, Don Nelsen called her "one of the few singers who can sustain interest through a wordless vocal," comparing her to Anita O'Day.

**W**ynters gets involved in her music and holds nothing back. "The sign doesn't have to say The Copa. I've always tried to give a good performance. It's a matter of being a singer, whether it's in a nightclub or at a train depot in Lossum Bottom, Tennessee. I'm trading a skirt and blouse for an evening gown, but I'm still giving, being warm, and making people feel good. I'm still there because people want to be entertained."

On the eve of what might be a turning point in her career, Gail becomes thoughtful: "I was always aware of the world," she says waving her arms, "only it was there and I was here. What bothered me was I could go just so far singing in out-of-the-mainstream clubs. I like to think about fame and like to feel it's possible. I'm joyful and I'm hopeful." But never expectant. The voice talking, the voice of experience, is serene. If not this time, another. □

*Melanie Pulik is managing editor of American Home.*

**A** perpetual problem: How to satisfy your taste for class and versatility when your space and finances are limited. Solution: Think more ingenuity than money.

The basics of the room shown on these and the following two pages remain constant, but inexpensive changes create two separate, moneyed looks: This one, cool, sophisticated, and feminine. On the overleaf, a cozy, equally romantic look is achieved with the same basics cloaked in warm shades of burgundy, rose, and rich blues.

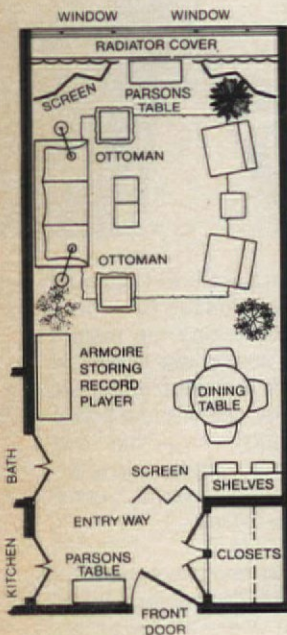
All was accomplished by accessorizing creatively with handmades and hand-me-downs, and expressively

splashing color and pattern. A neutral background makes it easy to change a room's look by mood or by season and gives the illusion of larger space.

For a 390-square-foot apartment living/dining room, the tenants chose off-white and mushroom shades for permanent elements: quality wall paint and floor stain, durable fabrics.

Another way to produce an expensive look: Invest in a few good things. They'll last for years and their richness will rub off on budget items. Here, mahogany Chippendale arm and side chairs, plexiglass shelves and coffee-table cubes are timeless pieces.—VIRGINIA PERLO

- Both looks** (pages 60-63)
- Second-hand sleep sofa and armless club chairs were rehabilitated with heavy, white slipcovers. On the couch, throw pillows were used as loose back cushions (6,7).
  - Wall-to-wall draperies enlarge window area (6,7).
  - Unpainted Parsons tables stenciled in sophisticated geometric pattern (2,6,7) display personal treasures.
  - Brass pharmacy lamps cost little but don't look it (6,7).
  - A fluorescent light tube hidden behind books on clear shelves imitates recessed lighting (3,8).
  - An old round dining table is covered with related fabric and topped with glass (3,8). ♦



PHOTOGRAPHED BY FRANK KOLLEGGY



## TWO LOOKS FOR THE PRICE OF ONE

### DECORATING HOW-TOS

**Ottoman cover:** Center fabric on ottoman and tie decorative rope around circumference. Cut fabric to 1/2" more than desired length. Turn under and hem.

**Pillow shams:** Stitch 1/4" hem at each end of rectangular piece of fabric. Fold fabric wrong side out so that ends overlap several inches at top center for eventual slit. Straight-stitch each open end perpendicular to slit. Gather corners and stitch for Turkish corner effect. Flip right side out and insert pillow.

**Mock painting:** Select 1"x3" pine slats cut to desired length. Miter corners and nail slats in a

frame. Stretch fabric over frame and staple to wood.

**Folding screen:** Follow instructions for "mock painting" (above) for as many panels as you want. Attach panels with brass-plated piano hinges.

**Stenciled table:** Unfinished pine Parsons tables can be decorated with Patchwork Stencil Kit by Stencil Magic, see page 96.

**Wall mirror:** Trace a mirror square, centered on strong cardboard. Stencil a chosen design on a frame border. When paint dries, glue mirror in position. Attach picture hooks and hang.

### The Cool Look

- Fabric on pillows and ottomans (1,6) sets color scheme.
- Inexpensive natural fiber rug, handmade screens, and a "mock painting" stretched on frame provide monochromatic backdrop for creative accessorizing (6).
- Stenciled mirror frames dress up foyer and dining area (2,3).
- Transparent accessories & plexiglass cubes contribute to minimal look (6).
- Bargain floral china follows through on delicate motif (3,5).

Shown on pages 60-63: Paint and floor stain Fuller O'Brien. Sofa and chair slipcover fabric draperies, Waverly Fabrics. Dining chairs, Hickory Furniture Co. Naugahyde on dining chairs and screens, Uniroyal. Flowers by Burton J. Bruff. This page only: Floral fabrics Schumacher. For complete Shopping Guide see page 82.



THE COOL LOOK





TWO  
LOOKS  
FOR  
THE PRICE  
OF  
**ONE**



THE COZY LOOK

7



8



9

**The Cozy Look**

- A wall hanging, throw pillows, and ottomans covered in a print of falling leaves on blue (7) introduce a strong, warm, hearty personality into the same room (see pages 60-61).
- Reinforcing the transition are a moderately priced Oriental-style rug and an antique trunk/table (7).
- On the dining table (8,9), a patchwork throw contrasting with a circle of the room's predominant fabric makes a unique tablecloth.
- Boldly patterned blue and white stoneware, pewter accessories, and a masculine wall mirror (8) further accentuate the look.

"Autumn" fabric, P. Kaufmann. For complete Shopping Guide, see page 82.

PHOTOGRAPHED BY BARBARA BORDNICK



RATES  
10¢ First / Mile  
10¢ Each / 5  
Additional





# SEW THE BETSEY JOHNSON LOOK

**"I love to make things that no manufacturer can mass-produce. They're very personal, creative things, made with care and pride."**

Betsey Johnson particularly enjoys designing for kids "growable, washable, and affordable stuff that's non-seasonal." Using Butterick Patterns the home sewer can make her simple shapes and give them a personalized touch with decorations and trims. Betsey also feels that one good pattern can be cut in many fabrics and each trimmed differently for an individual look. As Betsey Johnson puts it, "The decorations may require time, but the personal touch and joy of sewing simple shapes give you the chance to embellish."

Multi-talented, multifaceted... or just multi-everything is the best way to

describe Betsey. A superstar while still in her twenties she has reached millions of kids, teens, and women with her freewheeling and spirited approach to dressing in ready-to-wear and patterns to sew.

Her clothes bubble out onto her sketch pad in happy, bright combinations that make you want to get dressed. Although she is serious about designing wearable clothes, they have to be clothes that aren't boring, clothes that let the person wear them and not vice versa. She particularly loves serviceable fabrics like corduroy, denim, chintz, and cotton flannel. Betsey's clothes are individual, fun, whimsical, and reflect her own warm spirit. — PAT SADOWSKY

Betsey Johnson and her 2-year-old daughter Lulu are both wearing jumpers in Butterick Patterns that she designed. The jumpers can be worn over an easy cowl-neck pullover sweater or a snappy print blouse. On really warm days, the jumpers can be worn as sundresses with no top or just a T-shirt. The earthy colors of the print blouses they are wearing here are picked up in the rows of grosgrain ribbon trims stitched on the skirts. Lulu's jumper is Butterick # 5578; the blouse, # 5557. Betsey's jumper is Butterick # 4956; the blouse, # 5079. Betsey and Lulu get a jump on fall in jumpers of that classic of classic fabrics, versatile corduroy by Crompton; to mail-order from Fabrications. Blouses are in a Liberty of London wool print, mail-order fabric from Sawyer Brook Fabrics.

Ribbon trims, C.M. Olfray Buttons, JHB Imports. Linings, Stacy Jewelry, Cathy and Marsha, for Catherine Stein. Betsey's tights, Danskin. Lulu's tights, LeRoi. Tan leather western boots, Little Bits of the Sixties. Mr. Moon satin soft sculpture, Skybaby, and fabric duck decoy, Toy Works, both to mail-order from Fabrications. Hair by Gregory, make-up by Wendy Whitelaw, both of Cinandre. All make-up, Estée Lauder. For pattern backviews and more information see Shopping Guide, page B2.





# Play It Cool

Who needs the heat? Get out of the kitchen this summer with easy make-ahead rice salads—perfect for warm-weather lifestyles. Plan on cooking extra amounts at dinner one night, and turn the next day's meal into a salad bonanza. Rice combines beautifully with fruits, vegetables, meats, and seafoods—and makes them all go much further and with more pizzazz than you might have imagined. Try rice for a welcome change from potato or macaroni salads, and add a new dimension to your summertime salads.—GALE STEVES

## RICE SAVVY

● The secret of preparing cooked rice for a salad is to toss it, while still hot, with a little salad oil using 2 forks (not a spoon that bruises the grains). Oil coats the cooling rice. Do not add other ingredients until rice is thoroughly chilled.

● Cooked rice is one of the few foods that can be refrigerated for about a week. When reheated, the rice is as good as when it was first prepared. Be sure to cover well so the grains will not dry out or absorb the other flavors.

● Rice also freezes well—plain or with any combination of foods that can be safely frozen. To freeze rice, remove dividers from an ice-cube tray; place cooled rice in tray. When frozen, remove from tray and wrap in foil or freezer paper. Replace in freezer, where it may be kept for 6 months. To serve, thaw, and for each cup of cooked rice, add 2 tablespoons liquid in a covered saucepan. Simmer 4 to 5 minutes.

## SCANDINAVIAN RICE SALAD (pictured)

*Working time: 10 minutes*

*Cooking time: 20 minutes*

*Chilling time: 1½ hours*

- 2½ cups water
- 1 lemon, thinly sliced
- 1 stalk celery, cut into pieces
- 1 pound cod fillets or other white-fleshed fish fillets, fresh or frozen
- 1½ cups quick-cooking rice
- 1 package (10 ounces) frozen green peas
- ½ cup chopped celery
- ¼ cup chopped dill pickle
- ¼ cup chopped onion
- 1 cup Green Mayonnaise (see right)
- 1 hard-cooked egg, sliced

Place 1 cup water, lemon, and celery in large skillet; bring to boil. Carefully slip fish fillets into boiling water. Reduce heat. Simmer, covered, about 10 minutes or until fish flakes easily when tested with a fork. Remove with large slotted spatula or pancake turner to paper towels. Drain well, cover, and chill. Bring re-

maining 1½ cups water to boil in saucepan. Stir in rice. Cover, remove from heat; let stand 5 minutes. Cook peas according to package directions; drain. Mix with rice, celery, dill pickle, and onion in large bowl. Cover and chill well. At serving time, cut chilled fish into bite-size chunks; toss gently into rice mixture. Fold Green Mayonnaise into fish and rice. Garnish with egg slices. *Makes 4 servings (731 calories per serving).*

## GREEN MAYONNAISE

*Working time: 5 minutes*

*Cooking time: 4 minutes*

- 1 cup water
- 10 fresh spinach leaves, trimmed
- ¼ cup watercress leaves
- ¼ cup chopped parsley
- 1 tablespoon chopped chives
- 1 teaspoon dried leaf tarragon
- 1 egg
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon dry mustard

*(continued on page 68)*

## RICE SALADS

*continued from page 67*

**1/4 teaspoon liquid hot-pepper sauce**

**1 cup corn or other salad oil**

In medium saucepan, combine the first 6 ingredients. Place over medium heat and bring to boil. Reduce heat and simmer 3 minutes. Drain well and turn into container of blender or food processor. Add egg and remaining seasonings. Cover and whirl for few seconds until smooth. Remove cover and while blender is running, very gradually pour oil in a thin steady stream, or add about 1 tablespoon oil at a time to food processor, continuing to whirl until all oil is absorbed. Chill. Makes 1 1/4 cups (408 calories per 1/4 cup serving).

### MIDEASTERN RICE SALAD

*Working time: 10 minutes*

*Cooking time: 45 minutes*

*Chilling time: 2 hours*

- 1 package (12 ounces) or 2 cups brown rice**
- 1/4 cup olive oil**
- 3 tablespoons lemon juice**
- 1 teaspoon seasoned salt**
- 1/2 teaspoon freshly ground black pepper**
- 2 large tomatoes, seeded and diced**
- 1/2 cup snipped parsley**
- 1/2 cup finely sliced scallions (green onions)**
- 2 tablespoons chopped fresh mint**
- Romaine lettuce**
- Mint sprigs**

Cook brown rice according to package directions; transfer to large bowl. Combine oil, lemon juice, salt, and pepper. Toss rice gently with dressing. Cover and chill well. Add remaining ingredients except lettuce and mint sprigs, mixing gently. Re-cover and chill to let flavors blend. Serve on romaine leaves and garnish with mint sprigs. Makes 8 servings or 8 servings (224 calories per serving).

### CHINESE RICE SALAD

*Preparation time: 10 minutes*

*Total cooking time: 12 minutes*

*Chilling time: 2 to 3 hours*

- 2 pounds fresh broccoli**
- 1/2 to 3/4 cup peanut or vegetable oil**
- 1 package (10 ounces) snow peas**
- 2 sweet red peppers, cut into strips**
- 4 cups sliced fresh mushrooms**
- 1/2 cup white vinegar**
- 1/4 cup naturally brewed soy sauce**
- 2 cloves garlic, finely chopped**
- 1/2 teaspoon salt**
- 5 dried, hot red peppers, crushed**
- 2 pounds rare lean roast beef, julenned**
- 4 cups cooked long-grain converted rice**
- 1 can (8 ounces) water chestnuts, drained**
- 1 can (4 ounces) bamboo shoots, drained**

Wash broccoli. Cut broccoli flowerets from their stems in fairly large clusters; place them in a bowl. Discard coarse stem ends and leaves. If necessary, scrape the stems slightly with a potato peeler. Cut the stems diagonally into 3/8-inch slices. Place the pieces of stalk in a separate bowl. In a wok or large skillet, heat 1/2 cup oil and add the broccoli stalks. Stir-fry for about 1 minute to coat the broccoli with oil. Add broccoli flowerets and stir-fry for 1 minute. Then cover the pan and cook over moderate heat for 2 or 3 minutes; the broccoli should be tender but still crisp.

Transfer broccoli to a large bowl. Stir-fry snow peas and red pepper strips in the same pan for 1 to 2 minutes, add more oil if needed. Add pepper strips to broccoli. Stir-fry mushroom slices in the same pan for 3 to 4 minutes, adding more oil if needed. Add to the broccoli-pepper mixture. Combine vinegar, soy sauce, garlic, salt, and hot red pepper. Pour over broccoli and toss well. Add beef, rice, water chestnuts, and bamboo shoots. Toss, cover, and chill 2 to 3 hours. Makes 8 servings (549 calories per serving).

### CALIFORNIA FRUIT-RICE SALAD

*Working time: 10 minutes*

*Cooking time: 20 minutes*

*Chilling time: 2 hours*

- 1 cup converted or long-grain rice**
- 3/4 cup coleslaw dressing, bottled or recipe below**
- 1/2 cup sliced celery**
- 1/2 cup raisins**
- Choice of 3 or 4 seasonal fruits:**
  - 1 1/2 cups melon balls**
  - 2 oranges, peeled, sectioned, and diced**
  - 2 large bananas, peeled and sliced**
  - 1 cup strawberries, sliced**
  - 3 peaches or nectarines, peeled, sectioned, and sliced**
  - 2 apples, cored and diced**
  - 1 cup seedless green grapes, halved**
- Lettuce cups**
- 1/3 cup coarsely broken walnuts**

Cook rice according to package directions. Cover and chill well. Combine rice, dressing, celery, and raisins, tossing until rice is well coated. Chill until serving time. Fold in choice of fruit just before serving. Arrange salad on lettuce cups. Sprinkle with walnuts. Makes 6 servings (381 calories per serving).

### HOMEMADE COLESLAW DRESSING

*Working time: 3 minutes*

- 3/4 cup mayonnaise or salad dressing**
- 4 teaspoons sugar**
- 4 teaspoons cider vinegar**
- 3/4 teaspoon salt**

In a small mixing bowl, combine all ingredients, stirring until sugar is dissolved. Makes 3/4 cup dressing (84 calories per tablespoon).

### TOSTADA RICE SALAD

*Working time: 10 minutes*

*Cooking time: 20 minutes*

*Chilling time: 1 1/2 hours*

- 1 package (6 ounces) Spanish-flavored rice mix for oven baking**
  - 1/2 cup dairy sour cream**
  - 1/2 cup mayonnaise**
  - 1/2 teaspoon garlic salt**
  - 1 can (4 ounces) chopped green chilies, drained**
  - 1 can (3 1/2 ounces) pitted ripe olives, drained and sliced**
  - 1 large Florida or 2 small California avocados, peeled, seeded, and sliced**
  - 2 tablespoons lemon juice**
  - 6 tostadas or 6 tortillas, crisp-fried flat**
  - 1 1/2 cups shredded iceberg lettuce**
- Cook rice according to package directions. Cover and chill well. Combine sour cream, mayonnaise, and garlic salt. Toss chilled rice, green chilies, and olives with sour-cream mixture. Chill until serving time. Coat avocado

with lemon juice to prevent darkening. Place 1 tostada on individual salad plates. Arrange about 1/4 cup lettuce on top of each tostada. Divide rice mixture in half. Spoon one half of rice equally over lettuce. Add avocado slices on top of rice. Top with remaining rice. Makes 6 servings (340 calories per serving).

### DILLY-STUFFED TOMATO SALAD

*Working time: 20 minutes*

*Cooking time: 25 minutes*

*Chilling time: 1 1/2 hours*

- 8 large tomatoes, peeled**
- 1/2 teaspoon salt**
- 1 package (7 1/4 ounces) chicken-flavored rice and vermicelli mix**
- 1 small yellow onion, thinly sliced and separated into rings**
- 1/3 cup Italian salad dressing, bottled or homemade**
- 2 tablespoons snipped fresh dill weed or 2 teaspoons dried dill weed (not dill seed)**
- 1/4 teaspoon lemon-pepper seasoning**
- 1/2 cup chopped celery**
- 1/3 cup chopped green pepper**
- Fresh dill weed or parsley**

Prepare tomatoes by slicing 1/4 inch from stem end. Scoop out centers with melon baller or measuring spoon, reserving pulp for other use. Sprinkle inside of tomatoes with salt. Turn tomatoes upside down to drain on paper towels. Chill. Cook rice-vermicelli mix according to package directions. Stir in onion, salad dressing, dill weed, and pepper; toss gently. Cover and chill well. Fold in celery and green pepper. Fill tomatoes. Garnish with sprigs of dill or parsley. Makes 8 servings (69 calories per serving).

### WILD RICE SALAD

*Preparation time: 5 minutes*

*Cooking time: 25 minutes*

*Cooling time: 30 minutes*

- 1 package (6 ounces) long-grain and wild rice mix**
  - 1 jar (6 ounces) marinated artichoke hearts, cut in half**
  - 1 red onion, finely chopped**
  - 1 jar (4 1/2 ounces) sliced mushrooms, drained or 1/4 pound fresh mushrooms, sliced**
  - 1 recipe Old Fashion French Dressing, made from 0.84-ounce package mix or recipe below**
  - 2 cups cooked, diced chicken or turkey**
  - 6 cherry tomatoes, halved**
- Prepare rice according to package directions; cool 1/2 hour. Combine with remaining ingredients except tomatoes and toss. Garnish with cherry tomatoes. Makes 8 servings (106 calories per serving).

### HOMEMADE FRENCH DRESSING

*Working time: 3 minutes*

- 1/2 cup corn or other salad oil**
  - 2 tablespoons wine vinegar**
  - 2 tablespoons lemon juice**
  - 2 teaspoons sugar**
  - 1/2 teaspoon salt**
  - 1/2 teaspoon dry mustard**
  - 1/2 teaspoon paprika**
  - Dash cayenne**
- Combine all ingredients in screw-top jar; cover, and shake. Chill. Shake again just before serving. Makes 3/4 cup (87 calories per tablespoon).

# Special Announcement

WE SEARCHED THE WORLD TO BRING YOU THIS  
STUNNINGLY BEAUTIFUL FREE-FORM PENDANT. ADD IT  
TO YOUR JEWELRY COLLECTION NOW—WHILE IT'S STILL AVAILABLE.

## GENUINE FULL CARAT RUBY PENDANT

### The Story of RUBIES

Here's a question that most people miss, even those who are fairly knowledgeable about fine gems. It's simply — "What is the world's most expensive, most highly prized precious gemstone?" Most people answer "A diamond." And they are wrong.

Rubies are actually the world's most precious stones — more valuable even than diamonds. And this is according to one of the world's most respected authorities on precious gems. Dr. Max Bauer, in his book "Precious Stones", which devotes a full 17 pages to rubies, says:

*"The value of the finest ruby, therefore, far exceeds that of a diamond of corresponding size and quality."*

Rubies of great value have graced such famous royal gem collections as those of King Bijapur of India, Kaiser Rudolph II of Germany, Gustavus III of Sweden, and Catherine II of Russia.

The rubies offered in this unique sale are known as Indian Star rubies. They were mined in India, and as the illustration on this page shows, each has been hand-cut in perfectly rounded form. As light passes to the inside of a star ruby, the qualities of the stone cause the light to break up into a clearly visible 6-pointed star known as the "Chatoyant Star."

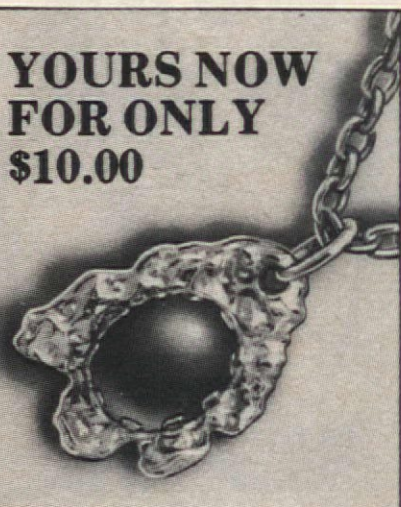
This rounded cut is known in the gem-cutting trade by its French term, "en cabochon". It is used for all star rubies because, to again quote from "Precious Stones":

*"... the rounded form of cut is obviously the most suitable for displaying the six-rayed chatoyant star for which the stone is known."*

Your genuine ruby is mounted on a gorgeous "free-form" Hamilton gold sculpture setting, with an 18" Hamilton gold chain. This stunning free-form sculptured look is being widely used for some of the world's most expensive high-fashion pieces of jewelry.

This genuine ruby is hand-cut and hand-polished, and comes to you mounted — a complete, exceptionally beautiful and distinctive piece of fine jewelry.

**YOURS NOW  
FOR ONLY  
\$10.00**



**EACH RUBY PENDANT IS  
BACKED BY THIS  
90-DAY GUARANTEE  
OF COMPLETE  
SATISFACTION**

The reaction we have gotten to these beautiful star rubies, mounted on their gorgeous free-form sculptured Hamilton gold pendants, is truly exciting. People just can't believe the low price — and they consistently guess the pendant's value at well over \$100!

We are so confident that these genuine rubies are the value of a lifetime, and that they will appreciate in value as time passes and inflation continues, that we are willing to make this unusual guarantee of complete satisfaction.

Since you're purchasing this genuine ruby pendant by mail (which is why you're getting such an extraordinarily low price), we want you to have adequate time to examine your pendant, to actually wear it, and to decide if you really want to keep it. So we're giving you a full 90 days after its arrival to make up your mind. If, for any reason whatsoever, you decide the ruby pendant is not for you, just return it within 90 days after you receive it. Your full purchase price will be refunded to you immediately — no questions asked.

### How Is It Possible?

We acquired this large quantity of genuine rubies from our main supplier of fine gems — and secured a more advantageous price by using our purchasing power to buy the entire quantity for cash.

The rubies were obtained from tribal chiefs in Pakistan—a country so poverty stricken that the U.S. dollar can work miracles. Thus, you are getting what amounts to a "direct cost".

This exceptional offer brings you a distinctive piece of fine jewelry, highlighted by a genuine one-carat ruby stone . . . **ALL FOR ONLY \$10!** If you wish, you may select the pendant with the genuine *three-carat ruby . . . FOR ONLY \$25!*

Each pendant comes in an attractive gift-presentation case, and each genuine ruby pendant is accompanied by its own Certificate of Authenticity.

The price could easily be well over one or two hundred dollars if you bought a genuine ruby pendant from a well-known jewelry store on Fifth Avenue or in Beverly Hills.

Mail to:

### SUNSET HOUSE

576 Sunset Building  
Beverly Hills, California 90215

Please send me the genuine ruby pendant per my instructions below. I understand that my pendant carries Sunset House's 90-day guarantee of satisfaction or my money back—and that each pendant comes with its own Certificate of Authenticity.

**Check Here**  to order one-carat pendants (#250837) for \$10\*, plus \$1.00 for postage and handling. Indicate quantity of one-carat pendants here: \_\_\_\_\_

**Check Here**  to order three-carat pendants (#250844) for \$25\*, plus \$1.00 for postage and handling. Indicate quantity of three-carat pendants here: \_\_\_\_\_

**NOTE: ORDERS LIMITED TO TWO PENDANTS PER CUSTOMER.** Include your check or money order for the exact amount of purchase.

\* (Calif. residents add 6% sales tax.)

Mr.  
 Mrs.  
 Miss

(Please print)

Address \_\_\_\_\_

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Please charge my:

BankAmericard

Master Charge

Acct. # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Interbank Number

Master Charge Only

# Rum: More Romantic Than Ever

"Fifteen men on a dead man's chest  
Yo-ho-ho and a bottle of rum!"

To anyone who was a student of pirate lore as a child it must seem curious indeed that the dark, evil liquor of that romanticized literature has changed its color, gone respectable, and is now running away with the public's fancy. Rum, along with vodka and light Scotch (and white wine), has joined the legion of "white explosives." Our preference for rum in the past decade—especially very light rum—has more than doubled, and it's still climbing.

## A GREAT MIXER

Rum is often called the most versatile of all liquors. Its uses in mixed drinks—both simple and exotic—are endless, and for cooking it's invaluable.

Light rum is delicious on the rocks, and it combines with colas, soda, ginger ale, tonic water, and any citrus fruit juice. It makes highly palatable martinis and gimlets. Dark (amber) rum suits Manhattans and old fashioned, daiquiris and Bacardis—and it is the *only* liquor for planter's punches and fruit-laden Polynesian drinks. Holiday and cold weather toddies and punches depend on rum, too, of course. The very dark rums—Demerara, Martinique, and some New England rums—enhance cakes, puddings, and pies. Even the lowly baked bean profits by a fillip of it. Or it can be used to flame babas and baked bananas and cherries jubilee.

## THE ABCs OF RUM

The three standard rum types are: light, dark (amber), and very dark. In addition, there are the liqueur rums, to be drunk neat, the most frequently seen brand being Bacardi's Añejo, made in Puerto Rico.

As a general rule, the lighter the color of rum, the more delicate the flavor. Most distillers make it in both dark and light. Its principal ingredient is molasses, the by-product of sugar, which is fermented to an alcoholic content of around 7 percent, and then "boiled off" or distilled to make a strong spirit. Some rums (Mt. Gay rum from Barbados is one) are made from pure virgin cane syrup, and considered the best by connoisseurs.

But what makes the real difference in the flavor of rum is the native yeasts that float freely in the air, attach themselves to the cane stalks, and eventually convert the sugar to alcohol through fermentation. The makers of Puerto Rican Ba-  
*Creighton Churchill's column on wine appears regularly in American Home.*



What you need to know  
to enjoy the rum  
explosion this summer.

by Creighton Churchill

cardi, for instance, insist that their private strain of cultured yeast, a closely guarded family treasure brought from Cuba at the time of Castro's revolution, is responsible for what they consider its unique flavor. Haitian rum, made on a neighboring island, is quite different, and most connoisseurs consider it the rum with the fullest flavor.

Though made from sugar, rum is not sweet (all the sugar has been converted to alcohol). But newly distilled rum is colorless and raw, and to gain color and smoothness needs to be treated, like brandy and whiskey, by aging in oak barrels. Light rum stays in plain oak casks about six months; the darker rums, according to the desired color and degree of "rumminess"—are left two or more years in charred oak, and sometimes further colored by the addition of caramel.

## HOW TO BUY IT

Most rum comes from the islands of the West Indies—Jamaica, Barbados, Trinidad, Martinique—and Guyana, Cuba, Haiti, Puerto Rico, and the Virgin Islands. Sugar cane from which rum is distilled is not, as many think, a plant in-

digenous to the West Indies. It was brought from China to Europe (probably by Marco Polo) and then many years later was introduced to the New World by the Spanish. Rum made in New England is usually called Boston rum.

Today rum's versatility is also matched by its attractive price: Most rums cost several dollars less than good whiskey. Puerto Rican rums (Bacardi, Don Q., Ron Rico), Virgin Island rums (Cruzan from St. Croix is probably the top), and New England rums are undoubtedly the best values and, should cost between \$5 and \$7 a fifth, depending on state taxes. Bottles from the British-connected islands run a bit more; Haiti's Barbancourt (its finest) is usually priced at \$7 or more; Martinique's much coveted, aromatic St. James brand, around \$8. Regrettably, most of Martinique's production goes to France; the island is an actual department of continental France and not a colony. Lemon Hart and Myers from Jamaica, also expensive, are superb for cooking; Demerara from Guyana—the darkest and strongest of all—is one to try with caution: For some palates, and heads, it could prove to be too much of a good thing.

## RUM DRINK RECIPES

In summer, many of us tend to think longingly of the frosty rum drinks of the West Indies—whether or not we've visited there: Icy cocktails, thirst-quenching tall coolers. Here are a few simple ideas to try at home yourself.

If you use fruit juice in these mixes, be certain it has been freshly squeezed; otherwise substitute two tablespoons of fruit concentrate for the juice of half a lime or lemon.

**Daiquiri or Bacardi** consists of the juice of half a lemon or lime, one-half teaspoon of sugar (or more, to taste), a 1½ ounce jigger of light rum, shaken or blended with cracked ice. A "frozen" daiquiri is simply left in the blender longer, until it reaches the consistency of slush. For a banana daiquiri blend in half a banana. For a Bacardi, add a teaspoon of grenadine to the same mixture before blending. A Bacardi, according to a decision of the U.S. Supreme Court, may not be called a Bacardi unless it is made with Bacardi rum.

**Barbados Punch:** As for rum punches, my own favorite is the one I dash for whenever I am lucky enough to land in Barbados—an uncomplicated masterpiece that is a specialty of the airport bar. To an ounce of freshly squeezed lime juice add an (*continued on page 86*)



**When we finally found our dog Skipper,  
we also found out something about Gaines-burgers.<sup>®</sup>**  
DOG FOOD  
**He loves it.**



Our dog Skipper had been missing for three days when the Harrisons found him. I hadn't slept at all. I'd been so worried that he hadn't eaten. He's so

fussy, he won't eat anything that doesn't come out of a can.

Well, there he was at the Harrisons'. The fussiest dog in the world, devouring a bowl of Gaines-burgers like he'd been eating it all his life.

Then Mrs. Harrison explained that not only is Gaines-burgers<sup>®</sup> dog food nutritionally balanced, but it's moist and meaty like canned dog food, too. And it was obvious from Skipper's clean bowl that it must taste terrific.

Anyway, Skipper doesn't stray too

far away from home anymore. He doesn't want to get that far away from his Gaines-burgers.



**The canned dog food without the can.<sup>®</sup>**

A nutritious combination of meat by-products, vegetables, vitamins and minerals.



17 mg. "tar," 1.2 mg. nicotine  
av. per cigarette, FTC  
Report Dec. 1976.

# The longer they are the fewer I smoke.



It's wacky,  
but it works.  
Max 120's take  
longer to smoke  
so you don't  
light up as often.

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

## Timesaving Cookbooks

by Moira Hodgson

It is ironic that nationwide interest in both gourmet foods and nutrition has grown at a time when people have less and less time to devote to the preparation of meals. The microwave oven and the food processor were created to help solve this dilemma. These labor-saving tools have given rise to a spate of new cookbooks custom-made for cooking with the new machines.

### MAKING IT WITH MICROWAVE

Though the microwave is still the subject of controversy, it has the dual advantage of cooking food in minutes and saving energy. Manufacturers of microwave ovens have obligingly served up an assortment of cookbooks to accompany their ovens. These books offer general microwave information, cooking methods, shortcuts, and in addition, each has its own special recipes and how-tos.

*Magic Chef's, The Magic of Microwave* by Joanne Crocker warns against the exposure to the ovens and gives step-by-step instructions for their operation. Special microwave "show-off" symbols designate reci-

pes you'll be proud to serve to your family as well as for special occasions. (Golden Press, \$4.95).

*Variable Power Microwave Cooking From Litton* contains a useful and comprehensive section on using the oven while recipes are speedy versions of French and American classics (Litton Systems, Inc., \$9.95).

Besides the books put out by the microwave companies, there is also a growing number of general books on microwave cooking. *Mastering Microwave Cooking* by Maria Luisa Scott and Jack Denton Scott includes "A Consumer's Guide to Selected Microwave Ovens," plus hearty soup recipes—some using canned soup as a quick-start base. There's also a savory "Pork Chops in Sour Cream" entree that cooks in minutes (Bantam Books, Inc., \$1.95).

*Home Style Microwave Cooking* by Myra Cameron makes much of whole grains and legumes that normally must simmer several hours and points to the dangers of additives in packaged food. Cameron uses very little fat or sugar in her generally interesting recipes (Ballantine Books, Inc., \$1.95).

### THE NEW CUISINE MACHINE

Several excellent books have appeared on cooking with the food processor. Here's a small sampling:

*James Beard's New Recipes for the Cuisinart Food Processor* coauthored with Carl Jerome is, not surprisingly, one of the best food processor cookbooks. The excellent recipes, many guest-contributed, are chosen because they are suitable to the Cuisinart—dishes that under normal circumstances might be shunned because of the work involved in their preparation. This book tells you how to make an international array of courses from hors d'oeuvres to soups, main dishes, vegetables, desserts, and spreads in minutes. Recipes are given both in the original form and adapted for the food processor (Cuisinart, Inc., \$4.95).

*The Great Food Processor Cookbook* by Yvonne Young Tarr is on the right track when it points out that the machine makes it possible to avoid expensive processed and packaged frozen foods, and allows for thrifty use of meat and vegetables. Ms. Tarr thoroughly examines three brands of food processors and gives sections on pastry making, health foods, and baby foods; the latter made without salt or sugar (Random House, \$6.95).

*Moira Hodgson is a New York-based, free-lance dance critic and food writer, who is the author of the soon-to-be-published The Hot and Spicy Cookbook from McGraw-Hill.*



# How to Wake Up the Financial Genius Inside You

"Millionaires Are Not 100 Times Smarter Than You, They Just Know The Wealth Formula"



33 Year Old Millionaire and his 30 Year Old Wife (Mother of Five)

Millionaires are not 100 or even 10 times smarter than you, but it is a fact that millionaires are making 10 to 50 and even 100 times more than you.

Are these wealthy people working that much harder than you? No way!

If you are working only 20 hours a week, it would be physically impossible. (There are only 168 hours in a week, no one gets more.)

These questions used to really stump us. That was just a few years ago.

Lois and I then lived in Denver, Colorado, at 2545 South High Street. We paid \$135 a month rent for a cramped, tumbledown house. We were expecting our second child and we were flat broke. We felt desperate and forced into a corner. We had to borrow \$150 from my father and another \$150 from my wife's father just to buy the groceries and pay the rent. If that wasn't enough, we were several thousand dollars in debt.

Things are much different now. Last year we could have retired and lived off the income of our one million dollars in real estate holdings. (Incidentally, almost all of the income from the real estate is tax free).

Since I had worked 20 to 40 hours a week and my wife stayed home with the family, I know that we didn't work even 10 times longer or harder than you. And with my C-average from Ames High School (located in Ames, Iowa) and my wife's B-average from Twin Falls High in Idaho. I'm sure that we are not any smarter than you.

If hours, efforts, or brains are not what separates the rich from the average guy who is swamped with debts and very little income, then what is?

We learned the answer to that question from an old fellow in Denver that we met at our church. This fellow worked in a drug store stocking the shelves. Very few people knew that he had \$200,000 in the bank, all of which he had earned starting from nothing.

Within a year after meeting him, we were told and shown the same thing by a

young man who had recently earned over a million dollars. By this time, we began to realize that what we were being shown was truly a remarkable and workable way to grow rich.

We began to apply the principles and methods we had been shown. My wife, acting as a counselor, did her part by encouraging me when I was discouraged and pointing out where we could take some short-cuts. The results were amazing. We couldn't believe how easy it was, in fact, it seemed too easy.

But then we met an elderly lady (83 years old), who, had made \$117,000 using the same formula.

We then figured our beginning wasn't luck. For three and one half years, we worked hard to refine and improve on the formula that we had been shown, so that it would be easy to get quicker results.

As we did this, our assets multiplied very rapidly (160% per year) to the point that neither of us had to work any longer.

I guess we're bragging now, but I did start spending alot of time in our backyard pool, traveling around the country, and doing a lot of loafing while my wife, with the aid of in-house help, was able to spend more time with our children besides being able to do all the things she had wanted to try for years.

Then one day a friend asked us how he could do what we had done.

So we began to outline the formula that we had improved to show him really how simple it was, and how he could do the same thing.

By the next time he approached us, we had written almost a complete volume on the easy way for him to copy our results.

We wrote this in simple, straight forward language so anyone could understand it.

This time our friend's questions were very specific. (He had already begun buying properties with the formulas we had been giving him). Now he had a property he wanted to buy, but was out of cash. How could he buy it?

We not only showed him how to buy without cash, but by the time the deal was complete, he had \$5,000 cash in his pocket to boot.

We also showed him how to buy a \$26,000 property for \$75 down.

You, or anyone, can do exactly what we did, or our close friends have done; in fact, you may well do it better. (We began doing this in our spare time only).

It doesn't matter where you live or the size of your town or city, our formula will show you exactly how to:

- Buy income properties for as little as \$100 down.
- Begin without any cash.
- Put \$10,000 cash in your pocket each time you buy (without selling property).
- Double your assets every year.
- Legally avoid paying federal or state income taxes.
- Buy bargains at 1/2 their market value.
- Allow you to travel one week out of every month.
- Borrow cash easily (my wife found out recently that with the new laws, borrowing can now be easily done by a woman alone).

When you send us a check or money order for \$10, we will send you all our formulas and methods, and you are free to use them anywhere and as often as you would like.

Now if you were a personal friend of ours, we know you would believe us and not need any kind of guarantee, but since you don't know us personally, we will guarantee that you will be completely satisfied and that our formula will work for you if you apply it. We will back up that guarantee by not cashing your check for 30 days, and if you for any reason change your mind, let us know and we will send you uncashed check back.

You may well ask, why are we willing to share our formula for wealth? Well, because many of you will probably seek further consultation and direction from us as your wealth rapidly grows and the consultation fee adds to our fortune.

But you shouldn't care if we profit as long as you profit. And we guarantee that you will.

There is one small catch; you will have to apply some effort in order to get results from our formulas. But of course, nothing worthwhile comes without some effort, but let us assure you your efforts will be rewarded beyond what you believed possible. Besides the great monetary benefits, we find that by working on our financial future together, it greatly strengthens and improves our marriage and family life.

## REFERENCES

Tracy Collins Bank & Trust, 107 South Main, Salt Lake City, Utah.  
Attn.: Beverly Smith, Manager.

Charles Huber, C.P.A., 1850 Beneficial Life Towers, Salt Lake City, Utah. 801-531-8286.

I HEREBY CERTIFY THAT ALL THE ABOVE STATEMENTS ARE TRUE AND FACTUAL TO THE BEST OF MY KNOWLEDGE AND THAT I HAVE KNOWN MARK O. HAROLDSEN FOR MORE THAN FOUR YEARS. DURING WHICH TIME HE HAS ACCOMPLISHED THE THINGS HE HAS INDICATED ABOVE.

BRUCE M. HALE - NOTARY PUBLIC

MARK O. HAROLDSEN, 4751 So. Holladay Blvd., Salt Lake City, Utah 84117.

(Upon request, a notarized signed statement will be sent to you, certifying all statements and the money back guarantee.)

(Mr. Haroldsen has lectured to many and varied groups on his methods and formulas, but never before now have all of these been available. They are now available through this ad, or at the place of his lectures.)

## 30 DAY FREE TRIAL

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Suite 101, Dept. E-779  
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Salt Lake City, Utah 84117

Mark and Lois, I am sending you the \$10.00 only on the condition that you guarantee the material you will be sending me, and that you will not cash or deposit my check for at least 30 days after the material is sent to me. And that you will send the material the same day you receive my order and check so I can expect to receive your Formulas within 10 to 17 days. If for any reason I change my mind and send the material back, you agree to send my uncashed check or money order back to me immediately. Upon these conditions, here is my \$10.00.  For deluxe gold embossed edition add \$2.

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

## CAN DO

continued from page 57

### PICKLED GREEN BEANS

Preparation time: 20 minutes

Cooking time: 10 minutes

Processing time: 5 minutes

**2 pounds fresh green beans**

**Boiling salted water**

**1 3/4 cups distilled white vinegar**

**1 1/2 cups water**

**3/4 cup granulated sugar**

**4 teaspoons coarse or uniodized salt**

**1 tablespoon mustard seed**

**1 tablespoon whole black peppercorns**

**1 cinnamon stick (3 inches long)**

**2 cloves garlic, split**

Wash, trim beans, and break off ends. Cook beans covered, in boiling salted water, 8 minutes. Drain and pack into 3 clean, hot pint

jars. Combine vinegar, water, sugar, and salt in large, deep saucepan. Add spices and garlic tied in cheesecloth bag. Bring to a full rolling boil. Fill jars, one at a time, with hot vinegar mixture to within 1/2 inch of top, making sure vinegar solution covers beans. Seal according to jar manufacturer's directions. Wipe top edge clean with damp towel. Process in boiling-water bath 15 minutes. Cool jars on wire rack or folded towel. *Makes 3 pints.*

### BREAD-AND-BUTTER PICKLES

Preparation time: 30 minutes

Standing time: 2 hours

Cooking time: 8 minutes

Processing time: 5 minutes

**2 pounds cucumbers (about 15 cucumbers, 4 to 5 inches each, without waxy surface)**

**5 cups thinly**

**sliced onions (5 to 6 medium size)**

**1/2 cup coarse or uniodized salt**

**3 cups water**

**1 1/2 cups granulated sugar**

**2 teaspoons mustard seed**

**1 1/2 teaspoons ground ginger**

**3/4 teaspoon ground turmeric**

**3 cups cider vinegar**

**2 cloves garlic**

Cut cucumbers into 1/8-inch slices, and combine with onions in large crock or nonmetallic container. Dissolve salt in water; pour over vegetables. Weight vegetables down by laying a large jar filled with water on plate to keep vegetables under brine. Let stand 2 hours. Combine sugar and remaining ingredients in a large enameled or stainless steel saucepan; stir over medium heat and bring to boiling. Remove garlic. Drain vegetables; add to hot syrup, cook gently about 5 minutes. Immediately pack pickles into 4 clean, hot pint jars. Fill to within 1/2 inch of top, making sure vinegar solution covers vegetables. Seal according to jar manufacturer's directions. Process in boiling-water bath 5 minutes. Cool jars on wire rack or folded towel. *Makes 4 pints.*

### CHILI SAUCE

Preparation time: 30 minutes

Cooking time: 2 hours

Processing time: 15 minutes

**24 large ripe tomatoes (about 8 pounds), peeled and chopped**

**2 large onions, peeled and chopped**

**1 sweet red pepper, seeded and chopped**

**3/4 cup granulated sugar**

**1 clove garlic, peeled and minced**

**1/2 teaspoon uniodized salt**

**1 teaspoon powdered mustard**

**1 teaspoon celery seed**

**2 teaspoons whole cloves, tied in cheesecloth**

**1 cup cider vinegar**

In a large enameled pan combine tomatoes, onions, pepper, and sugar. Bring to boil slowly over medium heat until vegetables are tender, about 30 minutes. Add remaining ingredients and boil again slowly, uncovered, 1 1/2 hours, or until sauce is of desired thickness, stirring frequently to prevent sticking. Discard spice bag and ladle into 4 clean, hot pint jars, leaving 1/2-inch head space. Seal according to jar manufacturer's directions. Wipe top edge with damp towel. Process in boiling-water bath 15 minutes. Cool jars on wire rack or folded towel. *Makes 4 pints.*

### CORN RELISH

Preparation time: 10 minutes

Cooking time: 16 minutes

Processing time: 15 minutes

**6 cups prepared fresh corn (about 12 to 14 ears) or 3 cans (17 ounces each) vacuum-packed corn**

**1 cup coarsely chopped white onion**

**1 cup chopped celery**

**1 large green pepper, chopped**

**1/4 cup chopped, seeded pimiento**

**1 cup light corn syrup**

**1 to 1 1/2 tablespoons uniodized salt**

**1 teaspoon crushed red pepper**

**1 clove garlic, minced**

**1 teaspoon celery seed**

**1/2 teaspoon ground ginger**

**3 cups distilled white vinegar**

**1 to 1 1/2 tablespoons dry mustard**

**1 teaspoon ground turmeric (optional)**

(continued on page 76)



## THE TWO SAFEST, EASIEST WAYS TO CAN



### BOILING-WATER BATH

1. Fill water-bath canner with 5 inches water; heat to boiling.

2. Prepare food as recipe directs. Fill only enough jars to fill canner.

3. Seal. Place each jar on rack in canner, leaving enough room for boiling water to circulate.

4. Pour boiling water down insides of kettle, not directly onto jars, to bring water level to 1 inch above jars.

5. Cover kettle and return to boiling as quickly as possible. Begin timing and keep water boiling.

6. When all jars are processed, turn heat off. Remove jars from canner to rack or folded cloth, away from drafts. Leave enough space between jars for air to circulate. Do not cover jars or put on cold or wet surface.

7. Let jars cool 12 to 24 hours. Test seal as manufacturer directs; remove screw bands. Inspect for leakage or bubbles; if present, contents of jar must be used at once or reprocessed.

8. Wipe jars clean and label. Store in cool, dark, dry place. Before using, check for signs of spoilage.

### PRESSURE

1. Fill pressure canner with 3 inches water; heat to boiling.

2. Prepare food as recipe directs. Fill only enough jars to fill canner.

3. Seal. Place each jar on rack in canner, leaving enough room for boiling water to circulate.

4. Follow manufacturer's directions. Adjust pressure canner cover and fasten securely.

5. Exhaust canner with dial gauge by leaving vent or petcock open; let steam escape 7 to 10 minutes. Process for time given in recipe. Adjust heat to maintain even pressure.

6. After processing, remove canner from heat. Let stand until gauge reads "zero." Open vent gradually. Remove cover, tilting it away from you as you lift it. Remove jars to rack.

7. Let jars cool 12 to 24 hours. Test seal and remove screw bands. Inspect for leakage or bubbles; use contents at once or reprocess if present.

8. Wipe jars clean and label. Store in cool, dark, dry place. Check for signs of spoilage before using.

# Pillow Talk



Join in the folk-art revival and stitch a pillow in one or all of these decorative patterns. The style is Pennsylvania Dutch, a unique art form that originated with the German settlers who colonized Pennsylvania in the early 1800s. Often, designs symbolized religion, hospitality, luck, love, and long life. Other motifs were taken from nature or were depictions of life's daily routines. It was fairly typical to find written explanations of the designs in local dialect. Four of the many patterns have been adapted for needlepointing a pillow or footstool. All measure 14 inches square. The complete kit contains 100 percent Persian polyester yarn, canvas, instructions, a needle threader, and a booklet with directions for blocking and caring for all needlepoint projects. The stool may be purchased separately. To order, see coupon at right.

Enclose check or money order. No C.O.D. or foreign orders. Allow 4 wks. for delivery.

**American Home General Store, Dept. HS**  
641 Lexington Ave., New York, NY 10022

\_\_\_ Wilkum pillow(s) @ \$14 plus \$1.25 post. & hdlg. ea. \$ \_\_\_  
 \_\_\_ Oak-Leaf pillow(s) @ \$14 plus \$1.25 post. & hdlg. ea. \_\_\_  
 \_\_\_ Cow pillow(s) @ \$14 plus \$1.25 post. & hdlg. ea. \_\_\_  
 \_\_\_ Schoolhouse pillow(s) @ \$14 plus \$1.25 post. & hdlg. ea. \_\_\_  
 \_\_\_ Stool(s) @ \$20 plus \$2 post. & hdlg. ea. \_\_\_  
 N.Y. State residents add sales tax \_\_\_\_\_  
 Total enclosed. \_\_\_\_\_ \$

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 address \_\_\_\_\_  
 city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

## CAN DO

continued from page 74

**¼ cup cornstarch**

**¼ cup water**

If using fresh corn on the cob, cook 5 minutes; plunge into cold water to cool thoroughly. Drain. Cut kernels from cobs (do not scrape cobs). If using canned corn, drain before measuring; set aside. Combine next 10 ingredients in a large kettle; add 2½ cups of the vinegar and blend well. Bring mixture to boiling; boil 5 minutes. Blend thoroughly dry mustard, turmeric, and cornstarch; stir in water until smooth, then remaining ½ cup vinegar. Add cornstarch mixture and corn to hot mixture. Bring to boil, stirring constantly. Boil 1 minute; remove from heat. Ladle hot relish into 4 clean, hot half-pint jars, leaving ½-inch head space. Wipe top edge with damp towel. Seal according to jar manufacturer's direc-

tions. Process in boiling-water bath 15 minutes. Cool jars on wire rack or folded towel. Makes 4 half-pints relish.

### BRANDIED MINCEMEAT

Preparation time: 20 minutes

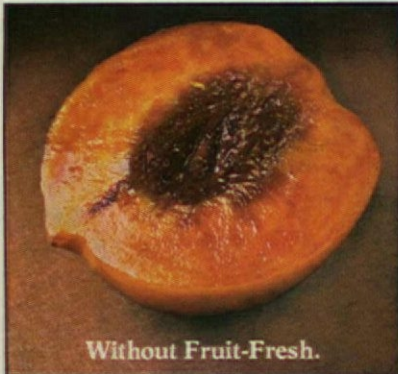
Cooking time: 1 hour 15 minutes

Processing time: 20 minutes

- 1 pound lean ground beef
- 5 pounds tart apples, cored, peeled, and chopped coarsely
- ½ pound suet, chopped
- ½ pound seedless raisins, chopped
- 1 pound carrots
- 2 tablespoons grated orange peel
- 1 tablespoon grated lemon peel
- ¼ cup orange juice
- 2 tablespoons lemon juice
- 2 cups granulated sugar
- 1 teaspoon salt

- ½ teaspoon pepper
  - 1 teaspoon ground cinnamon
  - ½ teaspoon ground cloves
  - ½ teaspoon ground cardamom
  - ½ teaspoon ground mace
  - ½ teaspoon ground nutmeg
  - 2 cups apple cider
  - 1 can (16 ounces) tart red cherries with juice
  - ½ pound walnuts, coarsely chopped
  - 1 cup brandy
- Cook beef in a large skillet till lightly browned. Add remaining ingredients except walnuts and brandy. Bring to boil, stirring constantly. Reduce heat and simmer uncovered, for 1 hour or until thickened, stirring frequently to prevent sticking. Stir in the walnuts and cook several minutes longer; stir in brandy. Remove from heat and quickly ladle into 7 clean, hot pint jars, leaving ½-inch head space. Wipe top edge clean with damp towel. Seal according to jar manufacturer's directions. Process in pressure canner for 20 minutes at 10 pounds pressure (240°F). Cool jars on wire rack or folded towel. Makes about 7 pints, enough for three 9-inch pies.

# Yukky. Yummy.



Without Fruit-Fresh.



With Fruit-Fresh.

Peaches preserved in ordinary canning syrup for 12 hours.

## Fruit-Fresh. You need it for canning, freezing, and fresh fruit.

If you want all the fruit you serve to look and taste its freshest, what you really need is Fruit-Fresh. Because Fruit-Fresh contains a special ingredient that locks in the natural, "just-picked" color and flavor. Which means no more brown, mushy-looking peaches.

Fruit-Fresh is economical, too. A 5-oz. can will preserve up to 75 lbs. of peaches. Here's how: For Canning: simply add Fruit-Fresh to the regular syrup. For Freezing: add Fruit-Fresh to the syrup or dry sugar. For Fresh Fruit: sprinkle Fruit-Fresh on your just-sliced fruit before refrigerating. Sound good? It tastes delicious.

**Keeps fruit looking and tasting fresher.**



Free Offer: For free Fruit-Fresh dessert recipe booklet, send self-addressed stamped envelope to: Fruit-Fresh Recipe Offer, Dept. FF475, Box 1467, Pittsburgh, Pa. 15230.

### SOUTHERN APPLE CHUTNEY

Preparation time: 20 minutes

Cooking time: 30 minutes

Processing time: 5 minutes

- 6 cups coarsely chopped, pared red cooking apples
  - 1 cup raisins
  - ¾ cup water
  - ¾ cup dark corn syrup
  - ½ cup firmly packed light brown sugar
  - ¼ cup cider vinegar
  - ¼ cup finely chopped onion
  - 1 teaspoon ground ginger
  - 1 teaspoon dry mustard
  - ½ teaspoon salt
  - ½ teaspoon cayenne pepper
- In a heavy kettle, combine all ingredients, tossing gently. Cook over medium heat, stirring occasionally until mixture comes to boil. Reduce heat; simmer, stirring occasionally, 25 minutes or until mixture turns brown and apples and raisins are tender and plump. Continue simmering while quickly packing into 4 clean, hot half-pint jars to within ½ inch of rim. Wipe top edge with damp towel. Seal according to jar manufacturer's directions. Process in boiling-water bath 5 minutes. Cool jars on wire rack or folded towel. Makes 4 half-pints.

### MORE CANNING INFORMATION

For additional recipes for pickling and preserving, as well as information about home canning, send for:

- Keeping the Harvest** by Nancy Thurber and Gretchen Mead, from Garden Way Publishing, Charlotte, VT 05445 (202 pages, softbound; \$5.95).
- The Canning and Freezing Book** from Culinary Arts Institute, 1727 South Indiana Ave., Chicago, IL 60616 (96 pages, softbound; \$1.95).
- The Home Pro Guide to Vegetable Gardening and Food Preserving** from 3M Company, Dept. N-AH, P.O. Box 33984, St. Paul, MN 55133 (166 pages, softbound; \$2.99).
- Putting Food By** by Ruth Hertzberg, Beatrice Vaughn, and Janet Greene, from The Stephen Greene Press, P.O. Box 1000-AH, Brattleboro, VT 05301 (500 pages, paperback; \$4.95).

NOW CARLSON WADE SAYS—

# ENZYMES MELT FAT RIGHT OUT OF YOUR BODY!

For quick, permanent weight loss while you continue eating most of your favorite foods!

Yes, we want to tell you about a thrilling quick weight-loss discovery that may solve every one of your weight problems—permanently—and let you shed pound after pound almost overnight, while still eating most of your favorite foods!

It's the amazing discovery of Enzyme Foods! According to noted health writer, Carlson Wade, enzymes—powerful elements present in certain foods—can melt fat right out of your body. Just one Enzyme Food may be all you need for fast, permanent weight loss. Just eating this food before you eat a fattening food, may be all you need to do to shed pound after pound of unwanted flab!

And there are scores of Enzyme Foods to choose from! The more of them you eat, naturally, the faster your weight loss—but you don't have to sacrifice anything! You can go ahead and eat the foods you love that have been piling on extra pounds—with one simple difference! Be sure to eat an Enzyme Food first, and you may be sure that excess weight will start slipping away, says Wade!

### How Do Enzyme Foods Accomplish This? Says Wade—

- First, Enzyme Foods form a barrier against invasion of pound-causing fats, carbohydrates and calories!
- Next, Enzyme Foods create a penetrating action to break up, dissolve, and melt away hard clumps of fat and accumulated masses already in your body, wash them right out, with lightning swift action!
- Enzyme Foods burn up extra calories, attack waste materials in the system, release excess fluids, stimulate the glands, dissolve cholesterol, triglycerides, and other fatty substances, draw out calories like a magnet, even while you sleep, speed up your metabolism (the rate at which calories are burned) to give you the physique of a naturally skinny person, the type who can eat all he wants, and never gain an ounce!

### SECRET REVEALED!

And what are Enzyme Foods? We can only reveal that they are ordinary foods all available at your corner grocery or health food store, at little or no cost! Be sure to eat one before you eat a luscious, fattening food—and you can still keep slim, says Wade. You'll find full details in his amazing book: **THE NEW ENZYME-CATALYST DIET: Amazing Way to Quick, Permanent Weight-Loss.** Here's a tempting preview of what you'll find:

You'll discover *Supercative Enzyme Foods* to eat before eating

any high fat food such as fried foods or gravies... *Active Enzyme Foods* to eat before eating any high carbohydrate foods like spaghetti, macaroni, puddings, beans, noodles or pancakes! *Gentle Enzyme Foods* to eat before any high calorie food such as desserts, breads, cereals or sugar!

High Enzyme Foods are particularly strong in penetrating thick fat cells, says Wade! When you eat one, the Enzymes it contains actually enter the fat cells and melt down the accumulated fats, carbohydrates and calories, and literally burn them right out of your body, says Wade!

### HIGH ENZYME DIET FOR FAST WEIGHT-LOSS OF AS MUCH AS 2 POUNDS PER DAY!

Moments after you eat an Enzyme Food, you send a shower of fat-melting Enzymes throughout your body. These Enzymes gather together to wait for food that is to be eaten. When you eat a delicious fattening food, the Enzymes instantly "seize" fats, carbohydrates and calories and "work them over" so they are catalyzed! Enzymes work speedily to burn calories rather than letting them become stored! And they break down accumulated fat all over the body! Release excess fluids, slimming down your waist, abdomen, thighs, legs, arms and neck to actually melt fat right out of your body, as much as 2 pounds per day!

All this can happen almost overnight, says Wade! You'll be proud when you see buds around your middle (and elsewhere) start to disappear as your weight melts down! But more important, you can lose 10-20-40 pounds while you continue to indulge in your favorite foods! You can enjoy stews, goulash dishes, casseroles, French toast, desserts, snacks, nibbles, delicious goodies, popsicles, peanuts! Every day your diet can include bread, rolls, cereals, and much more!

### WORKS SPEEDILY TO MELT AWAY POUNDS!

Go ahead and eat the foods you love, says Wade! But be sure to eat an Enzyme Food first! It actually melts the fat right out of your body, he says!

With Enzymes, this can be permanent! No more up-and-down gaining and losing! No longer need you suffer agonizing self-denial, fatigue or hunger pangs! No longer need you fight the urge to eat! You can forget about will power, says Wade! Go ahead and eat!

You will always feel delightfully satisfied, and still lose weight! Go ahead and eat the foods you love when dining out, at parties or on vacations—but eat an Enzyme Food first—and you can still keep your slender shape! Enzyme Foods are available on almost any menu or at any social gathering, and in effect, make it possible for you to eat your cake and have it, too!

### PRaised BY A MEDICAL DOCTOR!

The Foreword by a Doctor of Medicine states: "For the first time, an incredibly quick and foolproof way to take off all the overweight you want, permanently! Here is a major new discovery... actually melts the fat right out of your body almost overnight!"

"You go right on eating," says this doctor, "and enjoying most of your favorite foods and still lose overweight. Yes, even if other methods have failed... you no longer need to suffer hunger pains.



No complicated formulas to follow. No special foods to prepare. No counting calories or carbohydrates with every meal... no drugs... pills... exercises!"

"Even the most stubborn cases of overweight respond to this miracle diet plan... It has succeeded where nearly all other strenuous, torturous and unhealthy diets have failed... It is highly recommended!"

### ADDED BONUS FEATURE: Diet-O-Matic Index!

As a special feature, for the first time anywhere, you'll discover a Diet-O-Matic Index that tells you the specific Enzyme Foods for any special problem you may have in dieting, like flabby skin, wrinkles, stubborn flab around waist, hips, thighs, buttocks, arms, neck, "runaway glands", or constipation!

In case after case, you'll see how overweight folks with seemingly hopeless problems shed "mountainous" pounds of ugly fat quickly, easily, permanently, while dining regally on their favorite, delicious, lip-smacking good foods, using little-known, newly-discovered weight-melting enzyme!

### EAT YOUR CAKE AND HAVE IT!

Suppose you want to concentrate on High Enzyme Foods for fast weight loss, as Freda R. did when she decided to lose 60 pounds in 4 weeks (a little over 2 pounds per day)! You can stay on High Enzyme Foods exclusively without boredom! Freda R. went from 180 down to 120 in a month! Enzyme Foods require no fuss, no muss or bother—it's no-cook cooking all the way! You'll discover an endless variety of eat-all-you-want taste thrills galore! And you can stay on your Enzyme Diet as little as 1 or 2 days a week, and still lose weight, says Wade!

You owe it to yourself to try it! Read it from cover to cover... without risking a single penny. Why not send in the No-Risk Coupon—TODAY!

### MAIL NO RISK COUPON TODAY!

GLEN BOOKS CO., Dept. N.E.-41  
55A Saratoga Blvd., Island Park, N.Y. 11558

Gentlemen: Please rush me a copy of THE NEW ENZYME-CATALYST DIET: *Amazing Way to Quick, Permanent Weight Loss* by Carlson Wade! I understand the book is mine for only \$8.98. I may examine it a full 30 days at your risk or money back.

Check here if you wish your order sent C.O.D. Enclose only \$1 good-will deposit now. Pay postman balance, plus C.O.D. postage and handling charges. Same money-back guarantee of course.

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### ABOUT THE AUTHOR



CARLSON WADE is a medical writer/researcher with a world-wide reputation. He is the Editor of the *Parker Natural Health Bulletin*, Medical Editor of *Pageant Magazine*, and a member of the American Medical Writers Association. The author of 13 previous books for Parkers, he has written highly acclaimed articles for the leading publications in the field of health, medicine, nutrition and natural healing, and is listed in *Who's Who In The East*.

## YOU, TOO, CAN SHED THOSE "IMPOSSIBLE" POUNDS NOT ONLY FAST, BUT PERMANENTLY WITH POWERFUL WEIGHT-MELTING ENZYME FOODS, says Wade!

Available everywhere, they are your key to a forever-slim shape, he says, no matter how difficult your weight problem may appear to be!

- **HOW A FOOD LOVER COULD MELT UP... BUT NOT FATTEN UP... WITH ENZYMES!**—*Daniel R.* loved good food. He had tried other reducing methods, but he wanted to eat and lose. With Enzyme Foods, he was able to eat anything he wanted, fried foods, gravies, spaghetti, macaroni, puddings, beans, noodles, pancakes, bread, cereals, sugar, candy—simply by eating an Enzyme Food first! It was the natural way for him to enjoy good food and keep slim. He soon lost close to 47 pounds! Now his waist was lean, he looked good, and felt great!
- **ENZYMES ATTACK "SPARE TIRE!"**—*Jenny S.* said whatever she ate turned to fat. She had thick arms, a heavy, sagging chin, drooping breasts, a thick "spare tire" around her middle, and unsightly clumps of thighs. Even her calves were heavy. She'd lose and gain on other diets. With this amazing secret Enzymes attacked the fat in her body—squeezed it right out—in effect. She just ate delicious Enzyme Foods. Soon, she lost 58 pounds, permanently!
- **STUBBORN WEIGHT PROBLEM GONE!**—*Barbara U.* kept losing and gaining weight. She had to practically starve herself to lose weight. She wanted a method that would let her enjoy sweets but without calorie buildup. So she tried eating a simple Enzyme Food before eating any high-calorie food, and afterward, too! Enzymes burned up these calories! Result: 40 pounds lost for good!
- **TWO ENZYME FOODS GIVE A NATURAL FACE LIFT AND DRAIN AWAY POUNDS!**—*Harriet DeB.* had tried one diet after another. While many left her waist, she did lose weight... but her youthful skin was "lost," too. With deep wrinkles, a sagging throat, hollow cheeks, her skin was suffering from malnutrition. Harriet was faced with a choice of either looking old and slim, or having a youthful skin while being overweight. With this amazing secret, she added two foods to her breakfast. This combina-

tion acted as a "natural face lift". She soon shed some 58 unwanted pounds, looking youthful, with no sagging skin!

- **THE EVERYDAY ENZYME FOOD THAT MELTED AWAY 97 POUNDS!**—*Joan G.* loved to eat fatty foods. She always said she was "born fat". She tipped the scales at 244! How could she continue eating her favorite foods and slim down? She was told about the pound-melting power of an everyday Enzyme Food. It acted as a blotter, soaking up excess pounds for excretion! Before any meal, Joan ate this Enzyme Food. Result? In a short time, she had melted away 97 pounds. She continued eating her favorite foods. Soon she was down to a slim 138. Her waist was slim, her backside was slim. She moved like a youngster, with a lovely silhouette figure!

- **ENZYMES FOODS STIMULATE THYROID FOR FAST EASY LOSS OF 74 POUNDS!**—*Shirley Mck.* weighed 202 pounds! She felt cold, weak, pale. Her once lovely blond hair became dry and brittle. She had very low metabolism and a "sleepy" thyroid gland. Other methods had made her feel weak, and she kept putting on weight. With this simple method, she drank an Enzyme juice mix three times daily—and began to melt pound after pound. She felt warm, energetic, with a "peaches and cream" complexion, and her hair gleamed! When she slimmed to a neat 128, she felt alive with the joy of youth!

- **ENZYMES SOLVE "BIG BONE" PROBLEM!**—*Miriam O'.* came from a family with big bone structures. All were tall. Even if she went on a diet, she still had that "heavy, corpulent" look. Her thighs were plump, her arms were heavy, she was developing an unsightly double chin. With Enzyme Foods, the heavy fat was melted away. She had a wide frame, but it had curves and it was youthful. She shed some 49 pounds, fast and permanently!

GLEN BOOKS CO. • 55A Saratoga Blvd., Island Park, N.Y. 11558

## CANCER AND NUTRITION

continued from page 41

### HOW IT WORKS

How, you may wonder, could fats and cholesterol cause cancer and how could dietary fiber possibly protect against it? Studies in animals and people suggest that if you eat a diet high in animal fats and cholesterol, bacteria that live in the intestines break them down into substances that can cause cancer. Such diets tend to be low in fiber. But dietary fiber will increase the bulk of the stool and shorten the time it spends in the colon. With a high-fat, low-fiber diet, the gut is exposed to relatively high concentrations of the cancer-causing substances for a relatively long period of time. In addition, some of the breakdown products of cholesterol created by intestinal bacteria mimic the action of the female sex hormones, and, it is theorized, may promote cancers of the breast and uterus.

Furthermore, a diet containing lots of fruits, vegetables, and grains is bulky and tends to fill you up before you have consumed more calories than your body really needs. This helps to prevent obesity and may reduce the risk of cancer.

Alcohol is another dietary factor that has been shown to increase the chances of developing cancer, particularly cancers of the esophagus, the mouth and throat, the larynx (voice box), and the liver. The risk of developing esophageal cancer is about 25 times greater for heavy drinkers than for non-drinkers, and the greatest cancer risk is faced by persons who both smoke and drink heavily.

### ADDITIVES AND CONTAMINANTS

All this is not to say that food contaminants and additives are totally unimportant in the cause and prevention of cancer. The following substances have been shown to promote the development of cancer in animals, although their role in causing human cancers is still uncertain:

- Nitrosamines are formed in the digestive tract when a common food preservative, nitrite, combines with amines—the result of protein breakdown during digestion. Nitrates, also commonly used to preserve such foods as sausages, bacon, and cold cuts, can be changed to nitrites in the body and may have a similar effect.

- Aflatoxin is a poison produced by a mold that grows on foods stored in humid conditions. Aflatoxin has been found in Africa, where moisture-free food storage is a serious problem, on moldy corn, peanuts, wheat, rice, black pepper, cottonseed, and in wine. It is suspected of causing a high incidence of liver cancer. The toxin has reportedly been found on American produce.

- A variety of food additives—artificial colors called Butter Yellow, Violet No. 1,

and Red Dyes No. 2 and No. 4; flavorings for vermouth and root beer; and the sweeteners cyclamate and saccharin—have been banned because they were shown to cause cancer in laboratory animals (although not in humans).

- Several inadvertent food contaminants, including the cattle fattener DES and such pesticides as aldrin, dieldrin, arsenicals, DDT, carbamate, and Aramite—can also cause cancer in animals. Most have been banned because small quantities were found in foods sold for human consumption.

### THE BIG PICTURE

In the excitement generated by the discovery that an occasional food additive or contaminant can cause cancer in animals, however, it is important not to lose sight of the larger nutritional issue. If, as the evidence suggests, the basic diet of Americans is cancer-promoting, this is where concern should be focused.

In addition, while deficiencies in the diet of such substances as vitamin A, riboflavin, iodine, and the trace minerals molybdenum and selenium seem able to set the stage for the development of cancer (although not directly cause the disease), consuming excessive amounts of these "micronutrients" is not necessarily protective and may actually be harmful.

Large doses of vitamin A, for example, are harmful. Certain chemical "cousins" of vitamin A, however, do not have its poisonous qualities and seem able to protect animals against cancers that arise in skin and lining cells. These experimental compounds (they cannot be purchased by the general public) will soon be tested as a means of preventing bladder cancer in people who face a high risk of developing this disease.

Nutrition is also important in the treatment of cancer. Proper nourishment helps to maintain the body's resistance to disease and sustain it in its fight against a debilitating disease such as cancer. Unfortunately, many of the most effective treatments for cancer—such as radiation therapy and chemotherapy—may cause a temporary loss of appetite, nausea, vomiting, or diarrhea, making it difficult for the patient to remain well nourished. Cancer therapists are paying attention to ways of countering these effects and supplementing the diets of cancer patients, even by supplying nutrients intravenously when necessary.

Good nutrition by itself is not adequate therapy against cancer, and current research does not support the theory that cancer can be cured by eating this or that food item, food supplement, vitamin, or mineral—including laetrile. The evidence gathered so far on the effects of diet on cancer prevention, though, is encouraging. It's worth the effort to pay attention to it now. □

## JUMP ROPE

continued from page 25

worry about the downstairs neighbor. **What kind of program should I follow?** Peter L. Skolnik, author of *Jump Rope* (Workman Publishing Co., \$2.95), suggests that women under 30 start with a daily program of two minutes, and men, three minutes, working up to 15 and 17 minutes respectively, per day, by the tenth week. (The 15 and 17 minutes can be split up into a morning and evening session.) For over-thirties, and over-forties, start with same amount of jumping but take 12 and 14 weeks respectively to reach your goal. Persons over fifty should start at 1 minute (women), and 2 minutes (men), and work up to 15 and 17 minutes over the course of 16 weeks.

*The Perfect Exercise* by Curtis Mitchell (Simon & Schuster, \$6.95) includes a number of self-tests and guidelines to help you determine the appropriate amount of jumping for you to become and stay fit. Mitchell tends to believe in intensive jumping broken up by rest intervals, but both authors suggest jumping five times a week. **Is there a basic routine?** There are three standard jumping techniques: 1) with both feet together, jump over the rope as it hits the ground; 2) combine that jump with a second, smaller jump as the rope passes overhead; and 3) run in place.

The experienced jumper can develop more elaborate techniques. There are leg crosses, foot flings, even rope tricks. For example:

*The right and left heel bounce:* Hop. Then swing the right leg forward and touch the floor with the right heel as you bounce on the left foot. Hop again. Then touch the floor with the left heel in front as you bounce on the right foot.

*The straddle:* Jump with the feet together, alternating with jumps with the feet apart.

**Any other ways to make it fun?** Try reciting rhymes. Recall, for example, the childhood chant, "A my name is A(lice), and husband's name is A(ndrew), we come from A(labama), and we sell A(pples)." Jump from "A" right on through the alphabet. If you'd like to learn some others, *Jump Rope* offers a wealth of familiar rhymes, and a few arcane ones as well, to keep you going.

And, of course, you can jump to music. Muhammad Ali reportedly practices "floating like a butterfly" to the strains of "Soul Train." My favorite, because it's not too fast, is "Love Train" by the O'Jays. **Final Pointers:** Breathe with your mouth closed. Remember to jump on the balls of the feet, and land loosely. Precede all jumping with some limbering up, and follow with a cool-down—either walking or shaking out all your limbs. And don't worry if you and your rope get entangled. Get unraveled and keep jumping!

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# Shopping Guide

Merchandise listed is available nationally at leading department, specialty and furniture stores. No listing may indicate custom-made, antique, privately owned, or one-of-a-kind items.

All prices quoted are approximate at time of publication and are slightly higher west of the Rockies and in Canada. To obtain purchasing information on merchandise listed, write to manufacturer or store (complete address is provided in Shopping Guide Address Directory below). When writing, include issue date, page number, and description of item to insure prompt reply. Items followed by † are available through architects, decorators, or department-store decorating service only. Items available by mail are preceded by \*; additional postage, if any, is indicated within ( ). Add city and state sales tax where applicable. Check or money order and zip code must be included. All manufacturers or shops listed will refund the cost of an item (unless monogrammed) only if it is returned within two weeks of receipt, in good condition.

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## COVER

See information for pages 60-63.

## GET INSPIRED!

**Page 29:** 6' long soft sculpture pencils are available by custom order, about \$100, from Michelle Gamm Clifton.

**Page 30:** Amoires are available by custom order through Friedrich Gross.

**Page 31:** Top: The three scrimshaw items shown are available by custom order from Lisa and Scott Krieger. Whalebone dog pie-crimper is a one-of-a-kind item and is about \$450. The sterling-silver cuff is whalebone with a chambered nautilus design, the sterling-silver and whalebone belt buckle with paper nautilus design; about \$300 each, by custom order by the Kriegers through the Kruger Gallery.

**Page 31:** Porcelain bed with drawers shown is about 4" wide x 7" long x 7" high and is about \$90. Write Ms. Schonbrun for free, illustrated brochure.

**Page 32:** To order the Little Cat and Big Cat to stitch and stuff, see coupon on page 96. For stores where Skybaby merchandise is sold write Marilyn Barnett.

**Page 33:** John Tanaka's neon cat, about 10 1/2" tall x 19 1/2" wide x 12" deep (\$275) at Let There Be Neon.

## MOST CREATIVE HOUSE IN AMERICA

**PAGE 34:** (5) "Long-sleeved blue stripe KID applique T-shirt in 100% cotton, girl's and boy's sizes: 1-7, 9, 12, 14 (\$15 ppd.), Terrific Company.

**Page 35:** (1) "Dan River gingham fabric in 1/4"-size check, #74352 for curtains and 1"-size #74353 for pillows and sofa cover. All are 45" wide, 65% Fortrel polyester/35% cotton, machine washable, color: brown/white (\$3.50/yard ppd.), Fabrications. (3) French white ovenproof porcelain ware soup bowls, Bridge Co. (4) "Natural hardwood director's chairs, canvas seat and back (\$29.95 plus express charges collect), Jensen-Lewis. Write for 8-page illustrated catalog of casual furniture, 50c ppd.

**Page 36:** (1) † Print fabric on banquette and chairs: "Fancy Delancey," 100% cotton, Zepel finish, #A215-3F, 47" wide, 23 3/4" repeat, color: blue/green/black/red on yellow ground (\$25.50/yard), & Vice Versa. (1) † "Dana" 9' x 12' custom-order rug, overall geometric pattern with coordinating border, 100% wool face, 27" wide, color: yellow/green (\$980), Stark Carpet Co. (3) "On Peri: long-sleeved Rugby stripe T-shirt, #926, 100% cotton, sizes: P,S,M,L, color: light blue/royal (\$26 ppd.), Terrific Company. (6) "Lemon Twist" ceramic tile, #D224, each tile is 3" x 6", washable, non-scorchable (less than \$4 per sq. ft.), Franciscan.

**Page 37:** (7) Place mats and napkins on dining room table: blue/white linen dish towels, #GL, 20" wide x 30" long (\$2.25 ppd.), The Ulster Weaving Co. Similar fabric available from Fabrications, 16" wide (\$2.75 ppd.). For information on soup bowls, see listing for page 35, picture 3. Ceiling paint: Wall-hide Latex interior flat wall paint, #M3068, washable, stain-resistant, color: Blue Balloon (\$13.85/gal.), Pittsburgh Paints (PPG Industries).

**Page 38:** (1) "Dan River gingham fabric in 1/4"-size check #74352 for bed ruffle and wall; quilted gingham on headboard is 1"-size check #74353, all are 45" wide, 65% Fortrel polyester/35% cotton, machine washable, color: red/white (\$3.50/yard ppd.), Fabrications. (5) "Gladys Goose" 26"-high lamp, lightweight blow-molded plastic, metal green base with socket, bulb not included (\$35 ppd.), kaplanheller, inc.

**Page 39:** (8 & 11) † 9' x 12' "Cologne Tweed" cus-

(continued on page 84)



# RESURRECTION PLANT

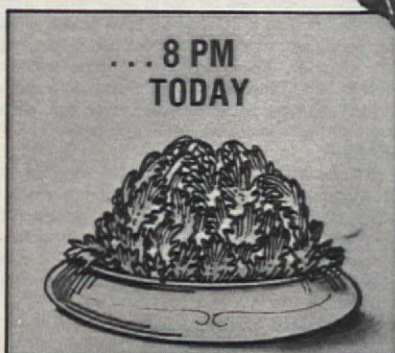
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## SHOPPING GUIDE

### continued from page 82

tom-order rag rug, #117/111, 100% cotton pile, color: blue/white, Rosecore Carpet Co. (8) (in foyer) "Palm Tree" floor lamp, 7'-high, beige canvas, filled with excelsior, comes with spotlight in tree, movable leaves (\$400), Tigercade Studios. (11) Fabric used for coffee table is "Old Rose," #31745, 100% glazed cotton, 50" wide, 17 1/2" repeat (\$27/yd.), Clarence House Imports Ltd. (8 & 11) Fabric used for sofa and chairs "Hibiscus," #5840-2F, 100% cotton, permanent glaze chintz, Zepel finish, 54" wide, 25 1/4" repeat (\$22.50/yd.), & Vice Versa. (8) Navy walls: Wallhide Latex interior flat wall paint #N7060, washable, stain-resistant, color: Deep Space (\$13.85/gal.), Pittsburgh Paints (PPG Industries). (10) "Dan River gingham fabric in 1/2"-size check #74352 on table, 45" wide, 65% Fortrel polyester/35% cotton, machine washable, color: navy/white (\$3.50/yd. p.p.d.), Fabrications.

### HOUSE FOR TOMORROW

**Pages 44-45:** Rhode Island School of Design staff who participated in the ILZRO Project: Marc Harrison, I.D.S.A., Professor/Chairman, Industrial Design Program. Kent Keegan, Associate Professor, Architecture. Byron Fitzpatrick, Associate Professor, Industrial Design. Arthur Zweck-Bronner, Associate Professor, Interior Architecture. Robert O'Neal, Associate Professor, Industrial Design.

Students who participated in the ILZRO Project: Ron Swenson, Greg Snider, Richard Caplan, Charles Radville, Helen Chafkin, Dave McMahon, Per Hoel, Carla Hansel, Donald DeLuca, Alan Pelz, Sandy Fishbein, Doug Cromack, Charles Schreiner, Dave Chaney, Earl Stubbs, Bill Michlein, Neal Rantoul, Corrine Forsner, Tom Pratt, Nat Salfas, Dan Kane, Ralph Litwin, Bob Vennerbeck, Tom Vennerbeck, Mark Paulson, Steve Bellofatto, John Dugger, John Burroughs, Steve Spurrier, Geoffrey Simpson, Harry DiZoglio, Bill Thoman, Dean Ingalls.

Contributing Companies: Exterior steel/foam panels, H.H. Robertson Co. Wall ovens, cook-top, refrigerator, undercounter washer/dryer, White/Westinghouse. Built-in food center, central vacuum system, Nutone Div., Scovill Mfg. Zinc extrusions, superplastic zinc parts, Cominco Ltd. Cabinetry in kitchen, laundry, bedroom, St. Charles Mfg. Co. Carpeting, "Executive Berber," Milliken Carpet Co. Demountable interior partitions, E.F. Hauserman Wall Systems. Superplastic zinc, rolled zinc, New Jersey Zinc Co. Prewheathered rolled zinc, Ball Metal & Chemical Co. and Matthiessen & Hegeler Zinc Co. Gravity-cast zinc, "ILZRO 12," Asarco Inc., Federated Metals Div. Calcium lead sheet, St. Joe Minerals Corp. Coffee makers, glassware, Chemex Corp. Hot-water tap, waste disposal, ISE In-Sink-Erator, Div. Emerson Electric. Switches, "Decor," outlets, Leviton Mfg. Co. Bifold closet doors, telescoping shelves, humidifiers, Leigh Products. Carpet underlayment, "Omilon Acoustic," Omilon Div., Olin Corp. Faucets in sink, shower, bath, Delta Faucet Co. Food processor, cookware, Cuisinart Inc. Self-venting plumbing devices, Lyons Industries Inc. Zinc die-cast hardware, National Hardware Specialties Ltd. Kitchen planning, products, Ingalls' Kitchens Inc. Bath fixtures, American Standard Inc. Dinnerware, Arabia, Inc. Fabric in bathroom, Marimekko. Flatware, "Bistro II," Design Research. Towels, Fieldcrest Mills Inc. Living room furniture, bedroom furniture, dining table, all laminated red oak, designed by students participating in the ILZRO Project. Plastic laminate on tabletops, "Westinghouse Micarta," #91M18, in oxford gray, Westinghouse Electric Corp., Decorative Micarta Div. Furniture upholstery, Knoll International Inc. Lighting on magnets, #2424, in white, George Kovacs Lighting Inc. Track lighting, Lightolier Inc. Clear plastic spice/flour rack, Norsk Inc. Special magnetic tape to hang pictures, 3M Co. Dining chairs, V.S.O.P. Marketing and Sales.

### TWO LOOKS FOR THE PRICE OF ONE

**Pages 60-63:** Coated fabric on dining chairs, "Brushed Cloud Naugahyde" in vanilla, vinyl fabric covering wooden-stretcher frame and folding screens, "Ranchero Naugahyde" in alabaster, Uniroyal, Inc. Sofa and upholstered chairs slipcovered in "Kastellet," #643120, in Porcelain, sheer curtains, "Nyborg," #317500, 61% linen/21% cotton,

Waverly Fabrics, available through interior designers and fine stores. Parsons tables in living room and foyer, mirror frame stenciled with "Stencil Magic Kit" (\$5.95 p.p.d.), see coupon on page 96, from Stencil Magic. Wall paint, "Gisselle" Latex flat, #H61H, trim paint, "Sandstone" latex semigloss, #H12H, floor stain, "Pen-Chrome Interior Wood Finish" in Silverstone, and "Pen-Chrome Interior Semi-Gloss Clear Finish," all Fuller O'Brien. For a free brochure on wood staining, write to The O'Brien Corp. Mahogany Chippendale arm and side chairs from the "Masterpiece" collection, Hickory Furniture Co. Round glass table top, 42" x 1/4", PPG Industries, available at local glass fabricating shops and distributors. Natural wood curtain poles, connector attachment, Kirsch Co. Lacquered wine-colored basket next to upholstered chairs and under Parsons table in living room, #16-75, Azuma. Sterling-silver flatware, "1810," International Silver Co. Silverplate tray with Formica center, Paul Revere sugar bowl and creamer, Gorham Silver Co. Brass floor "Pharmacy" lamps, Laurel Lamps. Lighting behind shelves, "GE Bright Stik," General Electric. Plexiglass coffee tables, 16" cubes, Lucidity. Flowers by Burton J. Bragg.

**The Cool Look. Pages 60-61:** Ottoman fabric covers, throw-pillow slipcovers, fabric-covered wall in foyer in floral striped "Sand Java," #68805, cotton, 54" wide; tablecloth, throw pillows in all-over floral print "Sand Celebes," #68795, cotton, 54" wide, Schumacher, available through interior designers and fine stores. Natural fiber area rug, #N430, 6' x 9', Import Specialists. Vases on living room Parsons table, hand-blown Vandemark glass, Soovia Janis Branch, available at Gump's San Francisco and Bloomingdale's. Accessories in living room: clear glass plates, 7", on plexiglass coffee tables, Philippine basket under Parsons table, #3417; open-work magazine basket, #2-54, round bamboo fruit tray; accessories on dining table: white porcelain shell plates, #3-05, white lotus bowls, #369; pink floral pattern dinner and salad plates, pink napkins, matches, "Blue Floral," #410; accessories on shelves: Blue floral tin box, #455 pink floral, paper cocktail napkins; accessories in foyer: hat, #414, lacquered wine-color basket, under table, #16-75, all Azuma.

**The Cozy Look. Pages 62-63:** Ottoman covers, throw-pillow slipcovers, fabric on wooden stretcher frame, table cloth, "Autumn" in blue, designed by Jay Yang for P. Kaufmann. Rug, Concepts International. Dinnerware, "Valencia," Arabia, Inc. Pewter soup tureen, Oneida Silversmiths. Red napkins, Azuma.

### SEW THE BETSEY JOHNSON LOOK

Butterick Patterns are sold in most department stores or fabric shops. To order by mail, send check or money order, pattern number(s), and size to: Butterick Fashion Marketing Co., P.O. Box 549, Allentown, PA 16603. In Canada: Butterick Fashion Mkt., P.O. Box 4001, Terminal A, Toronto 1, Ont., Canada, M5W-1H9. Please add 15c postage for each pattern ordered. Pennsylvania residents, please add sales tax. Approximate fabric yardages are given in widths of actual fabrics featured and for fabrics without nap, except where otherwise noted.

**Pages 64-65:** Lulu Johnson is wearing children's jumper with shaped, lined bodice, back zipper, attached self-buttoned straps, topstitch trim with or without bias-tape trim (we used grosgrain ribbon). Jumper is Butterick Pattern #5576, View A, sizes 2-6 (\$1.75). "Shown in Winmate corduroy, Crompton Co. #5580. 50% Trevira polyester/50% cotton, 44/45" wide, color: Pumpkin (\$5/yd. p.p.d.). Mail-order Crompton corduroy from Fabrications. When ordering fabrics, please specify fabric names and style number. One yd. minimum order per fabric. Grosgrain ribbon trim in 100% polyester, Pattern #542, machine washable and dry cleanable, 3/8" wide (#1 1/2), color: #560-Reseda; #780-Rust; #575-Loden (25c/yd.), C.M. Offray & Son, Inc. Plastic buttons, "Seattle," #40236, machine washable and dry cleanable, 1/2" wide (size: line 20), color: Chutney, card of 4/60c, JHB Imports. Button and buttonhole twist thread for top-stitching in 100% silk, color: #4470-Rust, size D (35c per spool of 10 yds.), Belding-Corticelli. 100% polyester lining, machine washable, antistatic, crease-resistant, #Butterfly, 45" wide, color: Paprika (under \$2/yd.), Stacy Fabrics Corp. Girl's long-sleeved semifitted blouse,

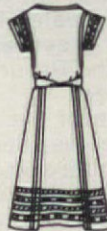
gathered cap sleeves, pointed collar, front-buttoned closing, shaped hemline, button cuffs, topstitch trim. Blouse is Butterick Pattern #5556, sizes 2-6X (\$1.75). "Shown in "Varuna" challis-weight fabric by Liberty of London, #6433, 100% wool, 54" wide, color: A-rust/navy/seagreen/cream (\$22/yd. p.p.d.). Mail-order Liberty of London fabric from Sawyer Brook Fabrics. "Kid's leather western boots, #2506, sizes: 8 1/2-5, D width, stitched eagle motif, tan only (\$21.50 p.p.d.), Little Bits of the Sixties. Tights in 100% nylon, handwashable, sizes 2-4, color: Hunter (\$3), LeRoI. Gold tone link necklace with small leaf pendant, #8470 (\$5), Cathy & Marsha, for Catherine Stein. "Fabric duck decoy, 100% cotton, available flat to stitch and stuff (\$9.50 p.p.d.) or stuffed (\$18.50 p.p.d.), Toy Works at Fabrications.

**Page 64:** Betsey Johnson is wearing sandwich-board jumper in below mid-knee length, U-neckline, fitted bodice, cutaway armholes, slightly flared skirt, shaped waistline, attached self-ties, and topstitch trim. Ribbon trim on armhole bands and skirt. Jumper is Butterick Pattern #4956, View B, sizes 6-16 (\$1.75). "Shown in "Winmate" corduroy, Crompton Company, #5720, 50% Trevira polyester/50% cotton, 44/45" wide, color: Countryside Green (\$5/yd. p.p.d.). Mail-order from Fabrications. Grosgrain ribbon trim in 100% polyester, Pattern #542, 15/16" wide (#5), colors: #560-Reseda; #780-Rust; #575-Loden (45c/yd.), C.M. Offray & Son, Inc. Buttons, "Seattle," #40249, 1/2" wide (size: line 20), color: Willow Green, card of 4/60c by JHB Imports. Button and buttonhole twist, size D, color: #9550-Seaweed Green (35c per spool of 10 yds), Belding-Corticelli. 100% polyester lining, #Butterfly, 45" wide, color: Beige (under \$2/yd.), Stacy Fabrics Corp. Long-sleeved, semifitted blouse, pointed collar, front and back tucks, one-piece yoke, front-button closing, buttoned cuffs. Blouse is Butterick Pattern #5079, View D, sizes 8-18 (\$1.50). "Shown in "Varuna" challis-weight fabric from Liberty of London. To mail-order from Sawyer Brook Fabrics, see information for Butterick #5556. 100% nylon seamless tights, hand washable, sizes A-D, color: Beetroot (\$4.50), Danskin. Wooden striped saucer bracelet, #5365 (\$15), Cathy & Marsha, for Catherine Stein. "Crescent blue satin man-in-moon pillow (\$42.50 p.p.d.), Skybaby at Fabrications. Estée Lauder make-up is: New Beige Tender Matte Makeup, Honey Coral Soft Film Compact Rouge, Automatic Creme Eyeshadow in Sun-Glazed Brown, Sunset Poppy Re-Nutriv Rich Rich lipstick.

### PATTERN BACKVIEWS AND YARDAGES

#### BUTTERICK PATTERN #4956

**VIEW B:** Jumper  
Yds: 3 1/4 (with nap)  
Fabric: 44/45" wide (yardage needed for misses' size 8)  
Trim: 15/16" wide ribbon, (#5), 3 1/2 yds. each of two contrasting colors for rows 1 and 2, 4 1/4 yds. each of two contrasting colors for rows 3 and 4 and armhole bands  
Bodice Lining: 3/4 yd.  
Fabric: 44/45" wide



VIEW B-BACK  
Shown With

#### BUTTERICK PATTERN #5079

**VIEW D:** Blouse  
Yds: 1 1/2  
Fabric: 54" wide (yardage needed for misses' size 10)  
Notions: Ten 1/2" (line 20) buttons



VIEW D-BACK

(continued on page 86)

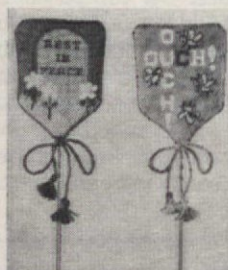
## THE AMERICAN HOME MAILER

Enjoy a shopping spree right from the cozy convenience of your home! Buying by mail is fun and easy. You'll find all kinds of things from plain and simple to fussy and sophisticated. Unless items are personalized, the companies from which you order will gladly refund your money if you're not pleased. Happy shopping!



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Peace kit, Ouch! kit, or Frog and Fly (not shown) kit. \$3.95 each. Any 3 kits, \$10.95. Add 75¢ p&h. Classic Corner, 12 A Water St., Bryn Mawr, PA 19010.

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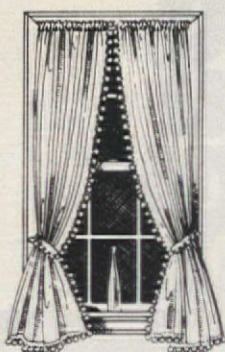


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Ball Fringe on Permanent Press—Natural or White



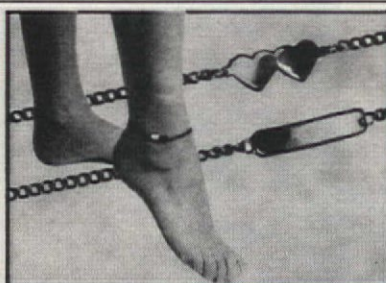
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COUNTRY CURTAINS  
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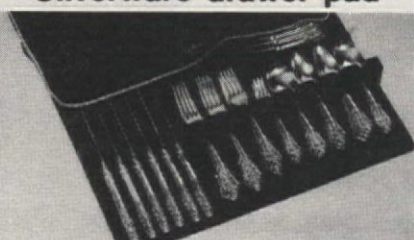


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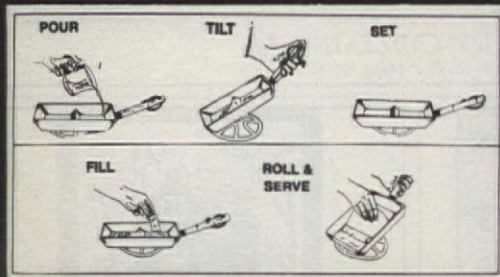


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## MORE THAN MONEY

*continued from page 9*

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## WINE AND SPIRITS

*continued from page 70*

ounce of sugar syrup (boil four parts of sugar with one part water for five minutes), a dash of bitters, a healthy jigger of amber rum, shake with cracked ice, and sprinkle lightly with nutmeg. For a planter's punch embellish with a cherry and a bit of fresh pineapple, and maybe an orange slice and a sprig of mint.

**Piña Colada:** One especially exotic combination, often served to thirsty tourists at the Bacardi distillery "hospitality bar" in San Juan is the well known Piña Colada. To an ounce of cream of coconut add two ounces of unsweetened pineapple juice (or substitute three ounces of Colada mix for both), a generous jigger of either light or dark rum, blend with crushed ice, and serve in tall glasses. After two or three, most tourists are ready to head back to the ship. □

## SHOPPING GUIDE

*continued from page 84*

All yardages given are for Children's size 4.

### BUTTERICK PATTERN #5578

VIEW A: Children's jumper

Yds: 1  
Fabric: 44/45" wide  
Trim: 3/8" wide (#1 1/2). 8 1/2 yds.  
of grosgrain ribbon  
for 6 rows of trim on  
skirt and on straps



VIEW A-BACK

Shown With

### BUTTERICK PATTERN #5556 BLOUSE

Yds: 7/8  
Fabric: 54" wide  
Notions: Eight 1/2"  
(line 20) buttons



BACK

### PLAY IT COOL

**Page 66:** Low glass bowl in "Troll" pattern, #57625, 10" diameter (\$39.50), Kosta Boda USA Ltd. 7-piece party wine set of six 8-oz. wineglasses plus 4 1/2-oz. wine decanter with cork, #80723 (\$11), Libbey Glass. 7-piece "In-Keepers" set of cork-stoppered glass canisters, No. 80764 (\$14), Libbey Glass. 8-piece spice-jar set of 3-oz. cork-stoppered glass jars, No. 71091 (\$6.25), Libbey Glass.

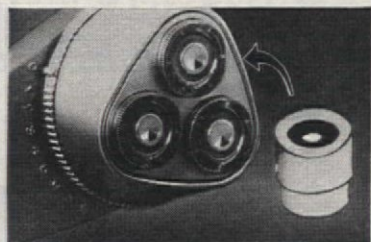
## THE AMERICAN HOME MAILER



### Be-ruffled!

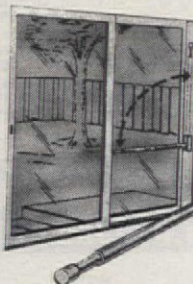
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### Sharp-sightedness!

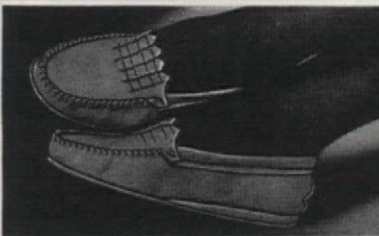
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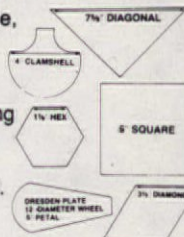
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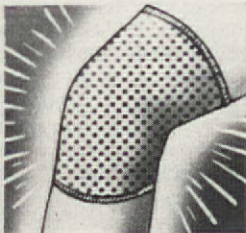
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Take a coffee break right in your own car on time consuming, stop-'n-go trips when minutes are precious. Outer cup adheres to dashboard and houses a plastic mug with a spill-proof cover and sip-opening. 3 3/4". \$3.50 plus 40¢ p&h. 2 for \$6.50. Bruce Bolind, Dept. AHB, Boulder, CO 80302.



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# My Feet Were Killing Me...Until I Discovered the Miracle of Hamburg!

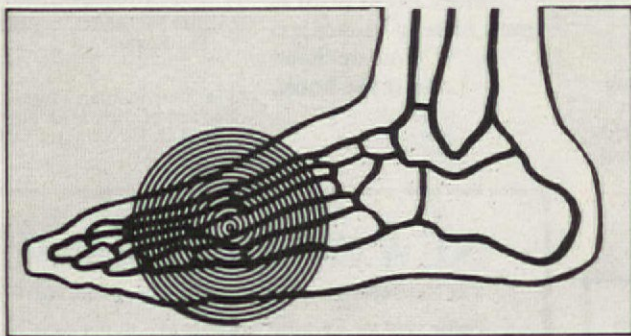
It was the European trip I had always dreamed about. I had the time and money to go where I wanted—see what I wanted. But I soon learned that money and time don't mean much when your feet hurt too much to walk. After a few days of sight-seeing my feet were killing me.

Oh, I tried to keep going. In Paris I limped through Notre Dame and along the Champs-Elysées. And I went up in the Eiffel Tower although I can't honestly say I remember the view. My feet were so tired and sore my whole body ached. While everybody else was having a great time, I was in my hotel room. I didn't even feel like sitting in a sidewalk cafe.

The whole trip was like that until I got to Hamburg, Germany. There, by accident, I happened to hear about an exciting breakthrough for anyone who suffers from sore, aching feet and legs.

This wonderful invention was a custom-made foot support called Flexible Feather-spring. When I got a pair and slipped them into my shoes my pain disappeared almost instantly. The flexible shock absorbing support they gave my feet was like cradling them on a cushion of air. I could walk, stand, even run. The relief was truly like a miracle.

And just one pair was all I needed. I



learned that women also can wear them—even with sandals and open backed shoes. They're completely invisible.

Imagine how dumbfounded I was to discover that these miraculous devices were sold only in Europe. Right then I determined that I would share the miracle I discovered in Hamburg with my own countrymen.

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Authorized by the U.S. Historical Society

### The Most Important Plate of Our Generation

It is with great pleasure and excitement that we announce to our readers the issuance of the first annual United States Historical Plate. This is an edition limited to only 5,000 worldwide, available exclusively through *American Home* and the U. S. Historical Society.

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4. You and your family will enjoy having this plate for many, many years, and it can become a *valuable keepsake* for future generations.

### The Great Events

Six great events of the year are featured in full color fine art vignettes. The paintings were especially created by the noted artist, John Woodson, on commission by the Society.

In the areas between the paintings is an intricate and ornate laurel wreath of 18 karat gold. A band of gold is hand painted around the edge of the plate.

### The Great Seal of the United States

In the center is the Great Seal of the United States, surrounded by an authentic early American compass rose in 18 karat gold. Artist Woodson selected the embellished compass to suggest that the plate symbolizes all sections of America.

### 18 Karat Gold Legend

On the back of the plate there is a legend describing the six great events, the plate number and the official symbol of the U. S. Historical Society, the Double Eagle—all in 18 karat gold.

Anyone interested in American history, as well as collectors of plates and other fine art objects should certainly own the First Annual United States Historical Plate. Obviously, there will not be enough plates for everyone. We therefore urge you to send in your reservation today. Orders will be accepted in order of receipt until the issue is subscribed.

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FALL/WINTER 1977 Issue  
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### Cat Pillow Order Form

To order the cat pillows shown on page 32, fill out the coupon and enclose check or money order. Sorry, no C.O.D. or foreign orders. Allow 4 weeks for delivery. You will receive cotton muslin fabric stamped with black cat design for front piece and matching plain muslin for back. Little cat is approximately 6 by 9 inches, big cat measures 10½ by 17½ inches. Save picture on page 32 for reference when making cats. No stuffing is included. To make: Place right sides together. Pin; stitch at least ½" from black outline, leaving a 5-inch opening at bottom for stuffing. Trim. Clip ears. Turn. Stuff with polyester fiber-fill. Hand-stitch bottom opening closed.



American Home General Store, Dept. CAT  
641 Lexington Ave., New York, NY 10022

\_\_\_\_\_ Little Cat (s) @ \$2.50 plus 35¢ post. & hdg. ea. ....\$ \_\_\_\_\_  
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### Patchwork Stencil Kit

To order the patchwork stencil kit used to decorate mirror and tables shown on pages 60-63, complete coupon and mail check or money order. Sorry, no C.O.D. or foreign orders. Allow 4 weeks for delivery. Kit contains 24 precut plastic stencils, 3 color markers, design chart, complete instructions, and many other project ideas.

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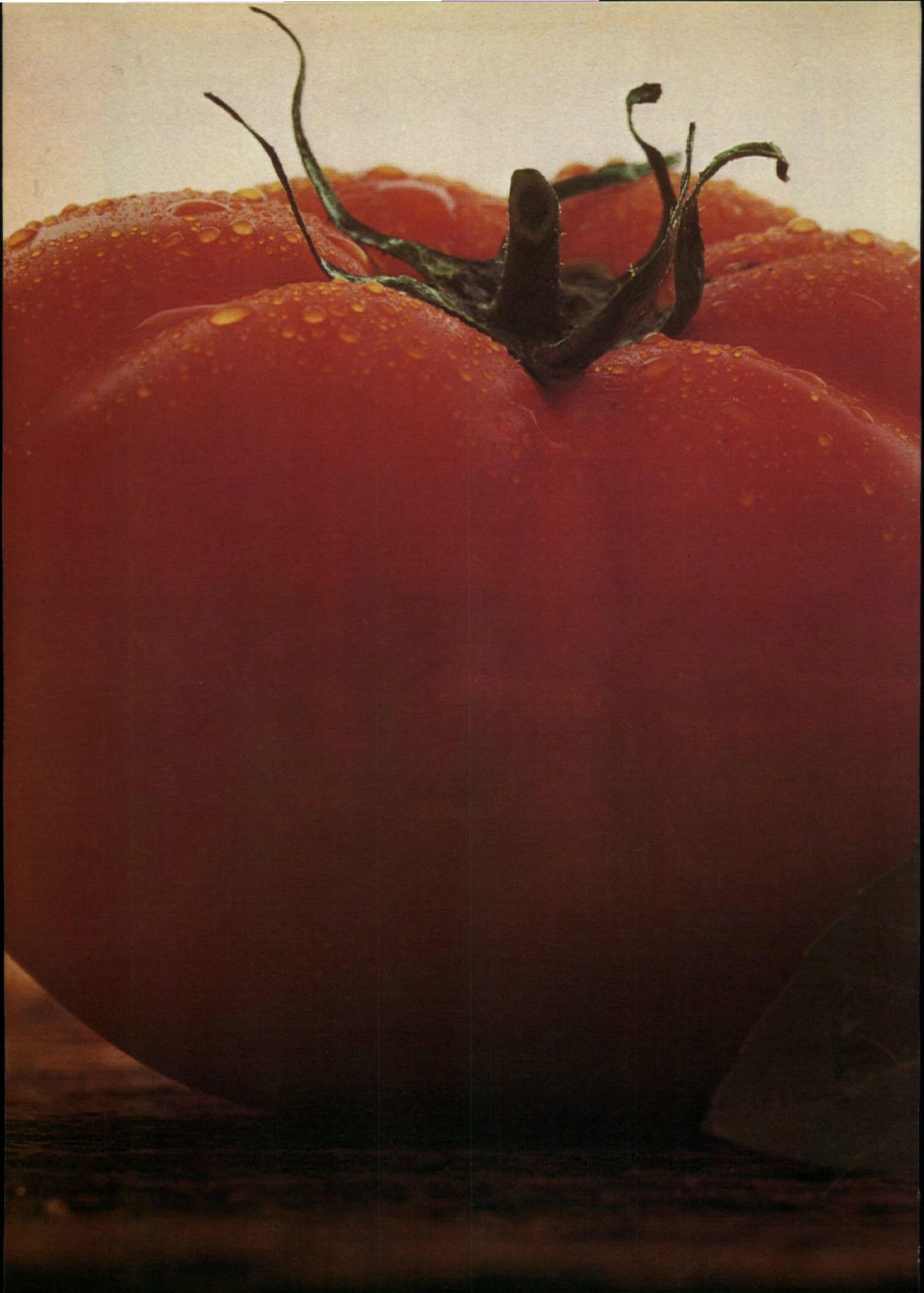
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# BRAVO BASIL

Discover the aromatic summer herb that adds excitement to everything from tomatoes to pasta. *by Doris Tobias*

**S**weet basil is a delight to see and sniff, whether you grow it in your garden or on a sunny windowsill, or buy fragrant, leafy bunches from a produce store. And it's one of the versatile herbs you can use with both hot and cold dishes. Be sure to keep an ample supply of this seasoning for all seasons on hand, not only in summer, but the rest of the year, too.

Although there are many varieties, the sweet basil, *Ocimum basilicum*, is the most widely used. The plant has small, bright green leaves and a zesty, mintlike bouquet. Basil and fresh ripe tomatoes are classic lovers, but its flavor also adds romance to sauces, meats, fish, and pasta.

Fresh basil will keep in the refrigerator for several days. Rinse under cold water, shake thoroughly, and wrap loosely in paper toweling; then place the basil, toweling and all, in a plastic storage bag and keep in the vegetable crisper. To store longer, freeze or dry. For recipes with basil, please turn the page. ♦

## BRAVO BASIL

continued from page 99

### PESTO ALLA GENOVESE WITH PASTA

The penetrating aroma of this celebrated Italian sauce is evocative of the colorful waterfront of Genoa, where the natives pound fresh green basil leaves in a mortar and pestle, together with garlic, olive oil, grated cheese, and pignoli (pine nuts) until a smooth, pungent paste forms. The thick dark green sauce is then spooned over freshly made *al dente* pasta. Pesto alla Genovese may be served as a first course, luncheon entrée, or as a dinner course.

With today's accelerated lifestyle, the painstakingly slow mortar and pestle method may be replaced with blender or food processor—and the sauce made within minutes. There are many versions of the pesto sauce, all claiming to be authentic. Actually, there is no one authentic pesto sauce. Ingredients vary from Genovese household to household, some adding Parmesan cheese, others, Pecorino Romano, made from goat's milk. Some like to prepare the sauce with chopped lemon zest, anchovies—even ricotta cheese.

Although pesto sauce is primarily used with pasta, a few tablespoons give minestrone or other vegetable soups added zing. Or thin the sauce with a little dry white wine and use it to sauce baked fish or to top a freshly made omelet. Serve it with broiled calf's liver.

Working time: 7 minutes

Cooking time: 20 minutes

- 2 cups small basil leaves
- 1/3 cup pignoli nuts (pine nuts) or walnuts
- 2 cloves garlic, finely minced
- 3/4 cup olive oil
- 6 tablespoons grated Parmesan cheese
- 6 tablespoons Pecorino Romano cheese
- Freshly ground pepper to taste
- 1 pound pasta (such as spaghetti or fusilli)

#### Boiling salted water

In blender container or bowl of a food processor, place basil leaves, nuts, and garlic, whirring until smooth. Add oil, a little at a time, pushing down the mixture with plastic spatula from time to time. Add grated cheeses, pepper, and blend to a smooth paste. Heat sauce in double boiler. Cook pasta until *al dente*, according to package directions. Drain, transfer to a heated serving dish and toss with the pesto. *Makes 4 servings (828 calories per serving).*

*Editor's Note: To store the pesto sauce for later use, spoon into a lidded jar and refrigerate. Stored this way, it will keep up to one week. Or place in the freezer, where it will keep indefinitely. To defrost, place over simmering water. If sauce becomes too thick, thin with a little hot water.*

### BASIL-MARINATED GRILLED SHRIMP

Working time: 5 minutes

Marinating time: 1 hour

Broiling time: 8 to 10 minutes

- 4 tablespoons fresh basil leaves, finely chopped
- 1/2 cup olive or salad oil
- 1/2 cup dry white wine
- 4 tablespoons Cognac or brandy

- 1 small scallion, white part only, finely chopped

Juice of 1 lemon

- 2 pounds (about 32) medium-size shrimp, cleaned, shelled, and deveined

In a large bowl combine the first 6 ingredients, and beat with a fork until well blended. Place shrimp in bowl, turning to moisten; cover and marinate in refrigerator 1 hour. When ready to cook, remove shrimp from the marinade; place on shallow pan. Preheat broiler. Broil shrimp 3 minutes on each side, basting with the remaining marinade. Serve at once. *Makes 4 servings (453 calories per serving).*



Basil and tomatoes go together.

## Next Month

### FALL HOME IMPROVEMENT GUIDE

**Warm-Up Ideas**—Insulation, weather stripping, fireplaces, and other hot tips.

### HOME WORK SPECIAL

**Working at Home**—Is it for you?  
**The 24-Hour Office**—Two home offices that work around the clock.  
**The Best for the Brightest**—Best-looking, best-performing home-office equipment.

### THE COUNTRY LOOK

**One-of-a-Kind Country House**—A visit to an antique-filled Connecticut home.  
**Capturing the Country Look**—Rustic furniture and accessories that fit in anywhere.

### FOOD HOTLINE

**A Better Cup of Coffee**—Drinking less? Enjoy it more.

### WHAT'S NEW

**Conservation Begins at Home**—A report on the latest energy- and water-saving appliances.

### BEEFSTEAK TOMATOES WITH BASIL

Working time: 5 minutes

- 3 large red-ripe beefsteak tomatoes
- Boiling water
- 1/2 cup small basil leaves
- Salt

- Freshly ground pepper
- 2 tablespoons olive oil

Peel tomatoes by dropping them in boiling water for 10 seconds, then running them under cold water. (The skins will slip right off.) Core them, then slice each into 1/4-inch-thick slices. Place the slices on a paper-towel-lined platter in one layer. Cover with another layer of paper towel and chill in refrigerator until ready to serve. To serve, place three to four slices of tomato on each salad plate. Cover each slice with basil leaves, and sprinkle with salt and pepper. Drizzle olive oil over all. *Makes 4 servings (95 calories per serving).*

*Editor's Note: No vinegar is necessary as the tomatoes contain natural acidity. Serve as a first course or accompanying salad.*

### UNCOOKED TOMATO-BASIL SAUCE

Working time: 10 minutes

Chilling time: 1 hour

- 2 pounds vine-ripened tomatoes
- Boiling water
- 1/2 clove garlic, put through a press
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/2 cup olive oil
- 1 bunch small basil leaves (about 1 cup), finely chopped

Peel tomatoes by dropping them in boiling water for 10 seconds. Run under cold water and the peel will slip right off. Core and cut in half. Squeeze halves to remove seeds. Chop tomatoes in a wooden bowl or on a chopping block until they resemble a coarse sauce or whir in food processor for 2 seconds. Put in a bowl and add the garlic, salt, pepper, and oil, a little at a time. Stir till thoroughly combined. When tomato mixture is thick and saucelike, add the basil leaves. Cover and chill one hour. To serve, spoon the chilled tomato sauce over freshly cooked, drained linguini. *Makes 3 cups (98 calories per cup).*

### ROLLED FILLETS OF SOLE WITH WHITE WINE AND BASIL

Working time: 5 minutes

Baking time: 20 minutes

- 2 pounds flounder, gray or lemon sole filets, fresh or frozen
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground white pepper

- 1 stick (1/4 pound) sweet butter or margarine
- 1/2 cup finely chopped basil leaves
- 1/4 cup lemon juice
- 1/2 cup dry white wine

Thaw frozen fish. Drain well on paper towels. Sprinkle each fillet with salt and pepper. Cut butter into eight equal pieces. Place a square of butter on each fillet. Add equal amounts of chopped basil and lemon juice to each and roll up, jelly-roll style. Place seam side down in a buttered baking dish. Pour white wine over all. Preheat oven 375°F. Baste with pan juices several times during baking. *Makes 4 servings (324 calories per serving).*

*Doris Tobias is a contributing editor of American Home.*

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—Kevin McCarthy



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