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AMERICAN HOME
SEPTEMBER 1977 75¢
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GOOD NEWS ABOUT COFFEE
WHAT DO YOU WANT TO BE WHEN YOUR KIDS GROW UP?
HOME OFFICES THAT WORK
The Crofut family, page 46
SPECIAL SECTION: Home Improvement Guide
09
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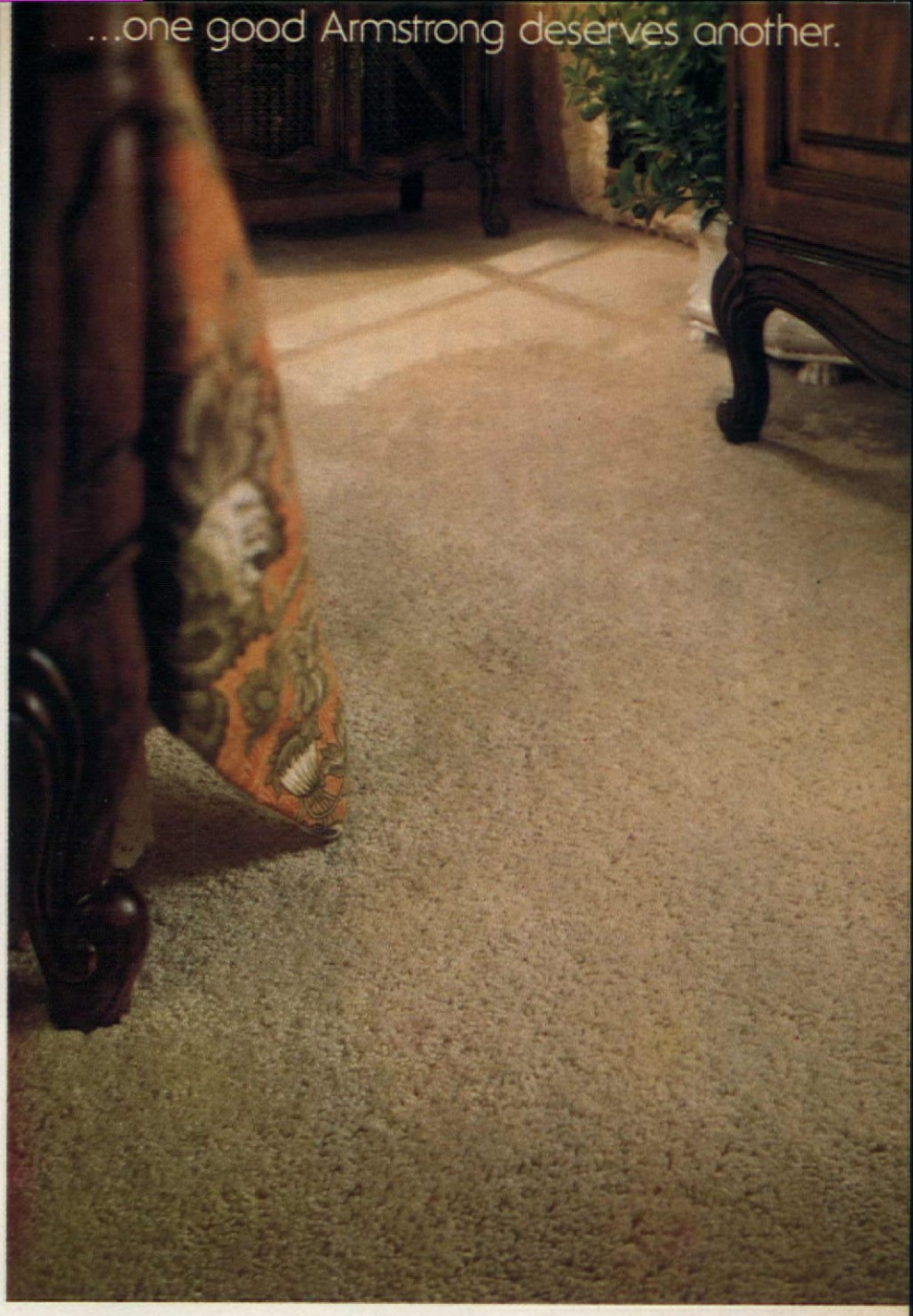

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COVER: Bill and Susie Crofut strike a humorous pose that is a take-off on Grant Wood's classic painting, "American Gothic." What they seem to be saying is that we can't go back to the days on the farm immortalized by Grant Wood. But families like the Crofuts are trying to translate the same simple, direct, honest virtue we associate with American rural life into a workable contemporary way of life that goes beyond nostalgia for a bygone era. The Crofuts live on a farm in Connecticut, but you can live anywhere and still enjoy today's country style. Start on page 45 for details. Photographed by Stephen Green-Armytage.

September 1977 Volume 80, Number 9

AMERICAN HOME

EDITORIAL

F.Y.I. From the desk of Leda Sanford, Publisher

HOME WORK SPECIAL

Home Offices that Work—Two distinctive styles in multipurpose offices.

Business Begins at Home—Is working at home for you? *By Claudia Jessup and Genie Chipps*

For Your Desk Top: The Best for the Brightest—Home office equipment with flair. *By Bo Niles/ Nina Williams*

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How to Capture the Country Look—Updated products evoke a rural past. *By Virginia Perlo*

Home Improvement & Decorating Guide: Fall Warm-Up '77—Home insulation projects and other ideas to conserve energy. *By Bo Niles*

Stamp Out Energy Guzzlers—Start the energy-conservation movement in your own home. *By Ann Scharffenberger*

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The Vegetarian Who Came to Dinner—And the delicious food he ate. *By Lisa DeMauro*

Jams in a Jiffy—New-fashioned jams and jellies with old-country flavor. *By Gale Steves*

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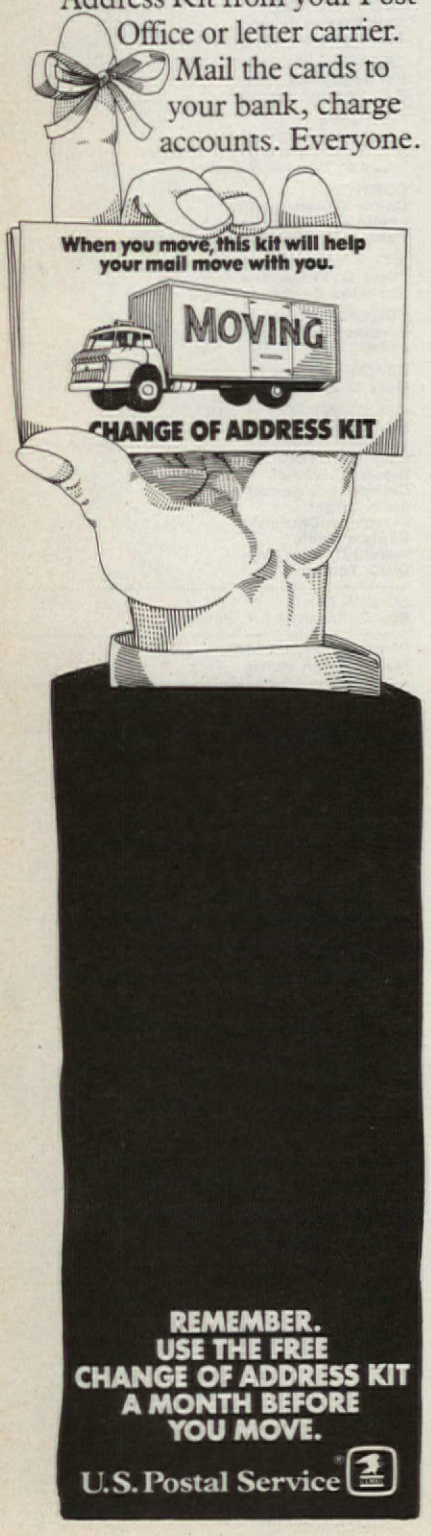

F.Y.I. FROM THE DESK OF LEDA SANFORD PUBLISHER

Unlike spring, a beautifying and fix-up season, fall is traditionally thought of as a time of preparation for winter's assault. For those not fortunate enough to live in America's sun belt, last winter was a true test of not only our personal abilities to withstand brutally cold weather but also our homes' "physical fitness."

In addition, our energy problems have changed the attitudes of many homeowners about where the priorities lie when spending on their single greatest investment: Home Sweet Home. This fall many homeowners will be thinking in terms of survival and working to improve their homes' ability to resist the elements, in addition to making them more energy-efficient.

One of the most basic improvements that would have national impact is simply insulating all those under-insulated homes that were built before the last decade. In contrast to older, more sturdily constructed homes, where wall thickness and other architectural features achieved some measure of insulation, the popular-priced tract houses built since the '50s that most middle-income Americans live in are neither adequately insulated nor constructed to conserve energy. They are energy guzzlers—both in winter and summer.

In this issue of *American Home* our readers will find many practical suggestions on how to embark on a fall home-improvement plan that could make for a cozier and less costly winter.

Our cover take-off on Grant Wood's "American Gothic" should not mislead anyone into believing that *American Home* advocates a rejection of modern technology or a return to candlelight and fireplaces in lieu of electricity and central heating.

The charm of country living with its basic, no-nonsense, nonsynthetic aspects is rich with meaning and consequently attractive to many folks like the Crofut family who have fashioned for themselves a highly personal lifestyle.

But if you turn to page 77 you will see the same couple busily engaged in insulating their country home.

The past, the present, and the future can coexist—productively. In the most livable homes in America today that is exactly what is happening.□

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Windex with Ammonia-D.

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The Delivery Dilemma

Why is your furniture late?

Reprinted from a newsletter published by the Workbench Inc. furniture stores.

How many "horror stories" have you heard about furniture that was ordered with an eight-week promised delivery, and which still hadn't arrived after 12, even 14 weeks? How many similar experiences have you had yourself?

Delays in furniture deliveries are a major headache, for customers and retailers alike. Although knowing why and how they occur can't always solve the problem, some basic facts can help you to understand and, in some cases, to avoid this frustration. The purchase is the first step, the delivery to your door is the last step, and any setback in the many steps between can make your furniture days, weeks, even months late. To appreciate the process, let's take a hypothetical order and follow it through from store to customer delivery.

THE STORE

You, the customer, come into a store and select a piece of furniture. If the merchandise is carried in stock, the order is put through to the warehouse to be filled and scheduled for delivery, usually within a week to 10 days. If you choose a finish, size, or fabric that is not warehoused or is currently "out of stock," the order is then sent to the manufacturer. This is where the cycle begins— and many of the delays.

THE MANUFACTURER

Do you know how long it takes to actually produce a sofa? Assembling the frame, finishing the exposed wood, upholstering cushions, and all? About a day. Where, then, do all the delays come in?

A manufacturer schedules his year into a series of production periods called "cuttings." During each cutting, he will produce quantities of a single item or group of items—and nothing else. It's the furniture manufacturer's version of the assembly line, and the most economical way to produce—which means better prices for the consumer. When orders come in, they must wait for the next "cutting" to be filled—and this can be a matter of weeks, or even months. (A particular piece may be cut only four times during the entire year—and sometimes only twice.)

Upholstered furniture is most prone to problems—its many variables mean it is seldom warehoused by the average retailer. The producer of upholstered furniture makes the frame and covers it, but he buys the fabric from a textile mill. If you specified a currently popular fabric for your sofa, the sofa producer may have run out and have to reorder. But doesn't the textile mill have plenty on hand? Not necessarily. These mills have their own production schedules, which don't coincide with those of the furniture producers. Can't the mill just produce more of the "hot" fabric? If the plant is running at full capacity, they don't have the option. The weaving machinery for upholstery fabrics is complex, specialized, costly, and can take as long as three to five years to deliver!

MANUFACTURER TO STORE

When furniture is finally produced at the factory, it doesn't go immediately to the customer. It is shipped first to the retail store's warehouse—and the bigger the store, the sooner it gets there. Why? Because big stores are likely to place larger orders, and large shipments go direct, on the manufacturer's own trucks. Smaller shipments are usually sent via small truckers, often switched to an interim warehouse and held for as long as a week or two until transferred to another truck, and finally to the store. Furniture could be shipped one piece at a time, but costs would be prohibitive. Overseas shipments are made only in container loads—so small orders from abroad must wait until an entire container is filled before they are loaded on the ship.

THE WAREHOUSE

Merchandise coming into a warehouse is either cartoned or otherwise wrapped. It remains this way, not only because it's easier to stack and identify, but also to keep it clean. So it's not likely your furniture will be carefully examined until it's time to deliver it to your home. When the carton is opened, your beige sofa (so marked and entered in inventory) may turn out to be red! Or a leg may be broken, a corner chipped, the fabric damaged. No salesman will tell you something is in stock if he knows it is not. But, even computerized inventory systems are not perfect. Especially in a large store with several branches, the salesman's records may be as much as several days behind. In the time it takes for the paperwork to reach the warehouse, it may turn out that what you ordered is not there.

DELIVERY

Your sofa is ready. It's in the store warehouse (either already in stock, or just off the truck or the ship) and its next destination is your living room. At this point, the warehouse makes up a delivery schedule—arranged on a geographic basis, sometimes as much as ten days in advance. If you live in a less than central location, this can mean even more delay, since trucks won't be scheduled into your area as often. In any case, barring the setbacks we itemized in the last section, the sofa is finally loaded onto the truck on the way to your home.

There is still one final thing that can go wrong—damage en route. If the truck hits a pothole and chips the furniture or the truckman drops something while unloading, then it's back to the store for repairs or (more likely) reordering.

WHAT CAN BE DONE?

It may seem illogical that your mass-produced piece of furniture can take longer to receive than a custom-made one. However, the price advantages of mass production are considerable—even with the drawbacks involved. Many stores have automatic procedures for checking in-process orders . . . so that if furniture is going to be late, they can at least give their customers advance warning. And many concerned retailers are now carrying larger diversified inventories of upholstered furniture. This allows them to offer customers quick delivery on several styles and fabrics. Remember, the store is just as concerned as the customer—no matter what causes the delay in delivery, the retailer will get the blame (and the bad will) in the end.

The problems we have outlined are not Workbench problems—they are common to the entire industry. We're not trying to justify these delays—only to explain why they occur, so that you may have a better basis for making judgments when you buy. (For example, if you're pressed for time, you see the advantages of buying in-stock merchandise.)

One final note—don't discard the old furniture until the new arrives. Better over cautious than couchless! □

KOHLER HAS LOTS OF COMPLEMENTS FOR NEW KITCHEN APPLIANCE COLORS.

The big news in kitchens is color. New, earth tones from leading appliance manufacturers. And an unmatched selection of 14 Kohler sink colors to match, complement or accent.

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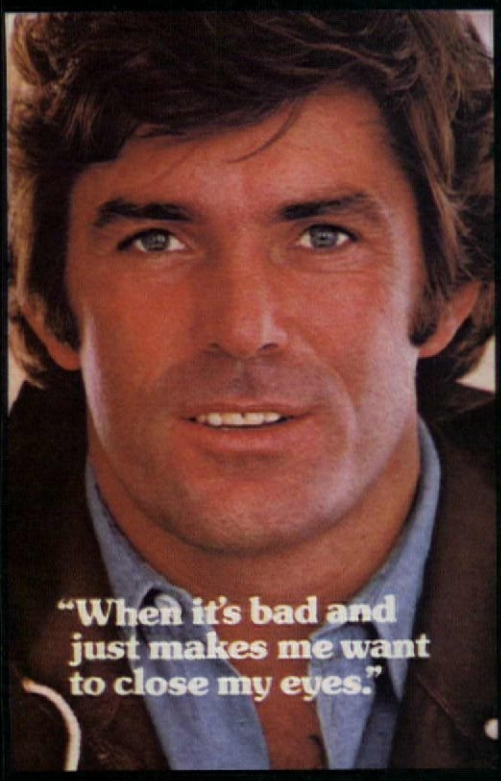
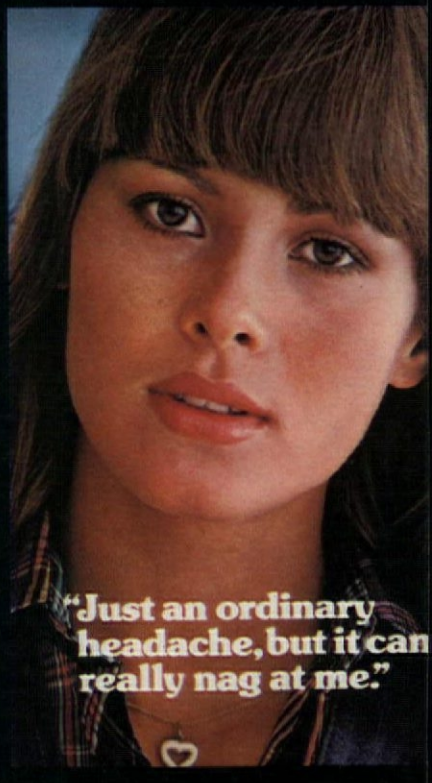
THE BOLD LOOK OF KOHLER

When is a headache The Excedrin Headache*





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The Extra-Strength Pain Reliever.

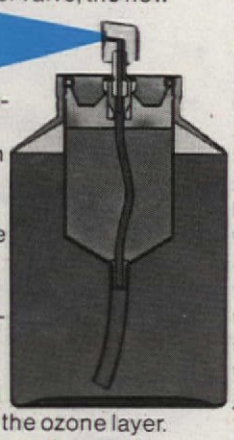
Doesn't your headache deserve Excedrin relief

Read and follow label directions.

HOME FRONT NEWS

SSSSSSST

he latest word in aerosols is new spray system called quasol. Created by Robert oplanalp (Precision Valve orporation), inventor of the st aerosol valve, the new pray an ses fe hydro- rbons ther than orocar- ns, hich have en nned by e govern- nt be- use of spected mage to the ozone layer. ers of aerosol products l notice little difference in e Aquasol sprays, but the w valve can be used for nflammable products and illable containers.



CONSUMERISM AT THE CROSSROADS

The consumer movement is here to stay. This is one conclusion of an extensive new national survey, "Consumerism at the Crossroads," conducted by Louis Harris and Associates in cooperation with the Market Science Institute. The study, sponsored by the Sentry Insurance Company, also found:

- Half the consumers surveyed feel they are getting a worse deal in the marketplace than they did 10 years ago. However, 48% project improvements in the next 10 years.
- High on the list of consumer concerns are the failure of companies to live up to advertising claims (44%) and package labeling that is misleading (34%).

- Consumers are highly self-critical. Of those surveyed, 69% believe that mistakes consumers make result from their own carelessness. Fifty-eight percent said there was generally enough information available to make sensible buying decisions, while 65% feel consumers often don't use this information.
- Concerning the impact of the consumer movement on prices, 51% of those surveyed said consumer demands result in higher prices; 52% said changes in the system are generally worth the extra cost to consumers.

EASY CHAIRS

New flexible chairs with disappearing ottomans are designed for large-scale comfort, even in small rooms. Landes' Ascona convertible lounger (left) has a cushioned footrest. The frame slides easily under the seat and the cushion snaps onto the side of the chair arm. (Information: Landes, P.O. Box 2197, Gardena, CA 90247.) If you like the indoor/outdoor look, try this hand-woven rattan chair with attached footrest (right) from Fran's Basket House. The ottoman disappears under the seat. (For catalog send 25¢ to Fran's Basket House, Rte. 10, Succasunna, NJ 07876.)

KITCHEN A-PEEL

It had to come! General Electric's new electric Peeling Wand is the latest word in kitchen wizardry. GE research shows that peeling is number one on the list of most-dreaded kitchen tasks, but with this new machine it's a breeze to remove the skins from fruits and vegetables—even tomatoes. A special "Eyer Tip" takes the eyes out of potatoes and the peeler is sealed at the handle so it can be used under running water. $22.98 at department stores.

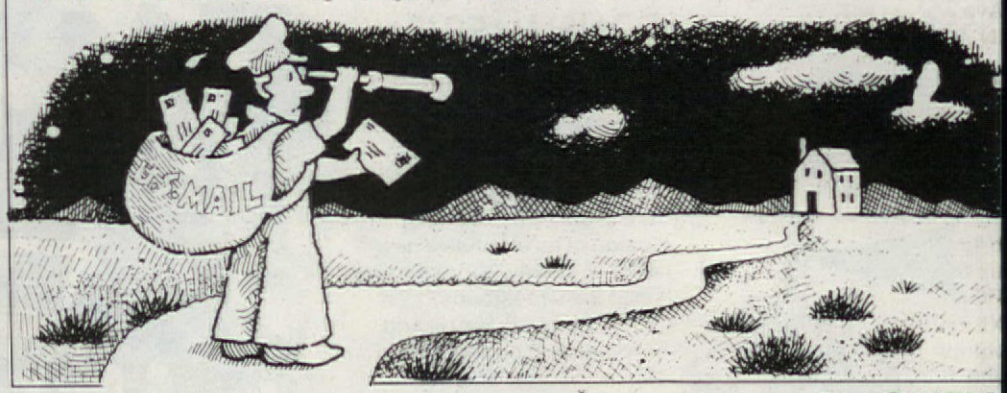
SUBURBAN MAIL DELIVERY CURBED

The U.S. Postal Service is cutting back its mail delivery to the suburbs. Recently adopted, strict regulations essentially eliminate door-to-door delivery to newly built homes.

Homes already receiving door delivery are unaffected by the new regulations, but new subdivisions are feeling the change. One rule requires curbside mailboxes for homes set back more than 30 feet from the sidewalk or with a front yard more than 50 feet wide. In other words, you need a lot the size of a postage stamp to qualify for door delivery.

You'll also need a few neighbors before you'll even meet your mailman. Another "slightly flexible" postal regulation requires 50 percent completion of a subdivision before delivery of any kind can commence.

Interpretations of the rules vary with the community, so check with your local post office for the rules that appl in your area.



GRASS ROOTS REPORT

Country-Style Energy Saving

Eight years ago we discovered an abandoned house in a small town on the Hudson River. It was well past its former glory, but still retained an air of elegance, and we learned that the house had been built by a Nantucket shipbuilder back in 1850.

Although there was no central heating, the electricity was archaic, and there was some evidence of water damage, the twelve-room house was in good condition and available for a modest purchase price.

After initial cleanup, installation of heating, plumbing, electricity, and kitchen modernization, no major structural changes were required.

We have found that a house built in 1850 is remarkably energy-efficient: Extensive use of wood, plaster, and brick provides excellent insulation. It was easy to install a wood-burning stove where one had existed before, and most of the windows are on the south side of the house. Our heating costs do not exceed those of a more modest contemporary home.

Our greatest continuing labor is maintenance. Old homes have their charms but require constant upkeep. Nevertheless, we have had years of comfortable, inexpensive living in our old country home.

Walter Reinsdorf
Athens, NY

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INSTANT PICKLES

Home canners who want to try something different will welcome Pilgrim Farms Easy Canning Pickle Mixes. One package contains all the spices you need—just add vinegar, water, and follow normal canning procedures. Mixes come in three styles: dill, sweet, and kosher. Write: Pilgrim Farms, 1430 Western Ave., P.O. Box 440, Plymouth, IN 46563.

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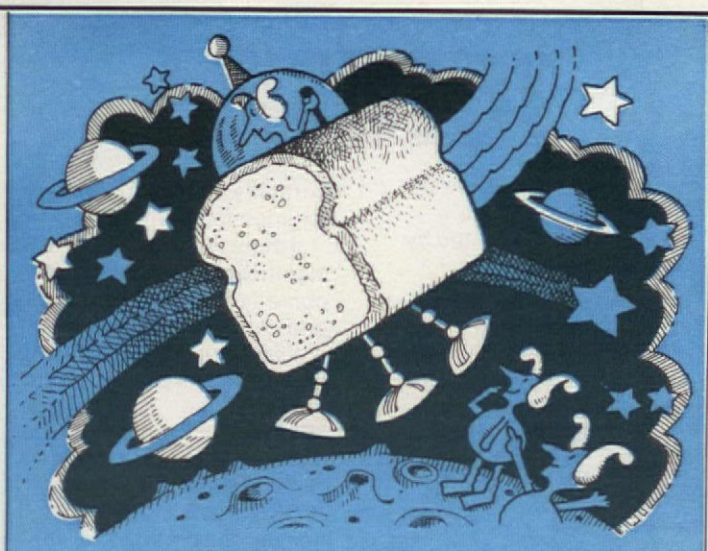

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CHEAP THRILLS

If you live in or visit New York City regularly, you can have a lot of adventure for a little money. Membership in Adventure on a Shoestring enables you to: Talk with professionals (hypnotist, painter, belly dancer); tour (a film-processing lab or a puppeteer's workshop); ride (a hydrofoil boat or a helicopter).

These are just a few of the eight possibilities scheduled weekly for the 1,500 members in 35 states. Average attendance is 15-20 for each event, and yearly dues are $20, usually with an additional $1.50 attendance fee at each event. Information: Shoestring, 300 West 53 St., New York, NY 10019; or telephone (212) 265-2663.

BOOKLETS

Humidification Facts: Cracks in walls or ceilings are one signal that the air in your home is overly dry. This free booklet explains the effects of too-dry air and the damage it can cause. It also offers some basic questions to ask when buying a humidifier, and explains what to look for in a good one. Write: Research Products Corp., Dept. AH, P.O. Box 1457, Madison, WI 53701.

Guide for Do-It-Yourself Home Insulation: Proper insulation can save money on heating bills. This free booklet is a guide to insulation for every part of the house. Charts divide the country into heat zones to show how much insulation is needed in attics for protection in both summer and winter months. Write: Johns-Manville, #HIG-266A, Dept. AH, Box 5705RP, Ken-Caryl Ranch, Denver, CO 80217.

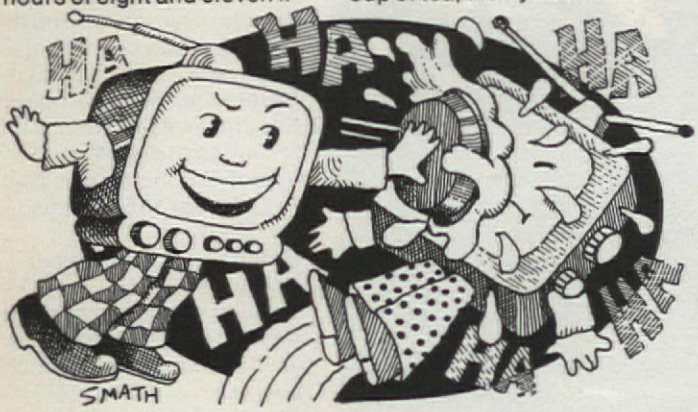
How to Choose a Reputable Remodeler: One source of contractors for home remodeling, to ensure quality work as well as savings on the materials, is the National Association of Home Builders. Questions to ask the contractor and tips on getting the job done right are included in this free small booklet. For a copy, contact your local Builders Association (see the yellow pages).

All-Weather Comfort Guidelines: This free seven-page booklet uses charts and cross-sectional pictures to explain how heat escapes through air leaks and how to seal them. Weather stripping and caulking windows and doors in winter is recommended to keep heat inside, and tips on insulating basements and attics are provided. Send a self-addressed business envelope to: Edison Electric Institute, 90 Park Ave., New York, NY 10016.—Laura Nooger

TELEVISION

FALL FORECAST

This fall somewhere between thirty and forty million Americans may be laughing themselves silly every night of the week between the hours of eight and eleven if



the networks have their way.

Hot on the heels of such rib-ticklers as "Happy Days," "Laverne and Shirley," and "Welcome Back Kotter," top-rated ABC will introduce no less than six new comedy programs, ranging from comedy-variety ("The Redd Foxx Show") to outrageous adult humor ("Soap").

"Soap," as its title implies, stretches the daytime dramatic form exploited by "Mary Hartman, Mary Hartman" to its limit and perhaps beyond. If sex run amuck in the suburbs is your cup of tea, then you will not want to miss the antics of the Tates and the Campbells. Mr. Tate lusts after everything that moves. Mrs. Tate and her daughter both occupy the off-court time of the local tennis pro. Mrs. Campbell is twice-blessed; her husband is impotent and her gay son dreams of a sex-change operation. Outrageous, certainly. Adult? You'll have to judge for yourself.

If there is a cosmic significance in the swing to comedy, it may be that cops-and-robbers shows have run their course. At ABC only two series are still peddling hard-core violence: "Baretta" and "Starsky and Hutch." That is, if you don't count "Monday Night Football."

CBS also is counting heavily on comedy and what it calls "family" entertainment to regain its supremacy in the ratings this season.

In the half-hour situation-comedy format, CBS has high hopes for "The Betty White Show" in which the actress of that name stars as Joyce Whitman, a witty and outspoken veteran movie actress who finds a new career in a series called "Undercover Woman." Since Betty White is herself a witty and outspoken actress who (since the demise of "The Mary Tyler Moore Show") is trying to find a new career in a series called "The Betty White Show," this should pique the curiosity of viewers interested in the incest quotient of TV creativity.

The other major trend of the new season might be called the "Roots" syndrome to which NBC appears to be totally committed. What that network calls "Specials and Event Programming" may well turn out to be the most interesting development of the new TV year. With a minimum of prime-time series, NBC has left itself room to sprinkle its schedule liberally with adaptations of novels such as *Studs Lonigan* by James T. Farrell and *Brave New World* by Aldous Huxley, made-for-TV movies about Martin Luther King and Caryl Chessman, and an impressive slate of first-rate regular movies including "The Godfather Saga," a Francis Ford Coppola-approved, specially edited nine-hour version of the two "Godfather" pictures including additional footage shot for theatrical releases but not used in the films.

—Craig Gilbert.

MOVIES

NEW YORK, NEW YORK

What a moving love song to the big band musicals of the 1940s is director Martin Scorsese's fabulous **New York, New York**—a love story between a saxophone player and a singer set to the timeless tunes of Glenn Miller, Tommy Dorsey, and Benny Goodman.

Giving the smoothest performance of her career, Liza Minnelli is the sweetheart of a dance band vocalist, who goes on to make it big in movies. Robert DeNiro, the 1970s' only matinee idol, scintillates as a temperamental bebop musician. They fall in love, wed, have a baby, and divorce when their careers and egos collide.

But, there's a switch. In this realistic interpretation of a Hollywood fantasy relationship, the woman gets away and the man is left behind and loses. In a larger context, Scorsese's wonderfully upbeat film is a thank-you note to Hollywood backlot magic, the energy and inspiration of New York City, and curiously enough, the love and appreciation of audiences.

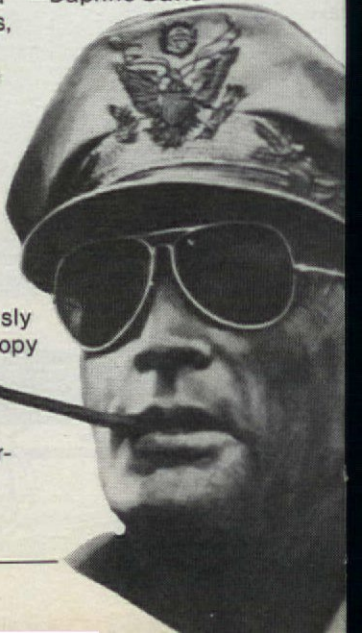
After seeing **New York, New York,** don't be surprised to find yourself walking arm-in-arm with the one you love.

THE NEW WAR MOVIE

With a cast of millions and a barrage of repetitious battles, **A Bridge Too Far** and **MacArthur** specialize in the mistakes rather than the victories of war and in the character flaws as well as the fine points of military men. While both stress authenticity, they are crammed with lifeless performances and tediously edited carbon-copy combat sequences. Gregory Peck catatonically delivers General MacArthur's "I Shall Return" and "Old Soldiers Never Die" speeches.

In **A Bridge Too Far,** big-name stars alternate with tanks for four-minute walk-ons. The verdict: The new war movie is a bomb.

—Daphne Davis



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☐ 25-34 ☐ 65+
☐ 35-49

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☐ Yes ☐ No

Number of children
☐ none ☐ 2
☐ 1 ☐ 3 or more

Check ages of your children
☐ Under 2 ☐ 6-11
☐ 2-5 ☐ 12-17

Do you have:
Dishwasher ☐ Yes ☐ No
Clothes Dryer ☐ Yes ☐ No

Hair Group:
☐ Blonde ☐ Silver
☐ Brunette ☐ Black
☐ Redhead

Skin Type
☐ Dry
☐ Normal
☐ Oily

Hair Type
☐ Dry
☐ Normal
☐ Oily

Do you own a pet?
☐ Dog ☐ Dog & Cat ☐ None
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H341

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Which Contractor and Why

How to insure a successful relationship with a building contractor.

by Sylvia Auerbach

You're planning a major home-improvement project—and realize you need a contractor to get the job done. From this point on *caution* is the word. Bad enough that mistakes can be costly, what's worse is that you may have to live with them—and 10 years of staring at a botched tile floor or a wavy ceiling is too long! Here are some guidelines for a reasonable customer-contractor relationship.

Doing your homework: Before you call contractors, shop around. Visit kitchen and bathroom showrooms, lumberyards, floor-covering stores. Get some idea of current models, new features, costs; you'll be better equipped to judge a contractor's estimates.

Check your local Chamber of Commerce, Better Business Bureau, consumer affairs agency, suppliers to contractors, local banks. On the basis of their reports, eliminate those contractors who are financially unstable or have a record of many consumer complaints.

Criteria for choosing a contractor: He should have a good credit rating (ask his bank) and a reputation for getting work done promptly (ask former customers). He must have proof of insurance against property damage and liability, plus workmen's compensation (ask the contractor). Also, be sure he has an office phone number or answering service so he can be reached quickly (ask the contractor and make a few trial calls).

Getting bids: *Do* get several bids in writing on the same specifications, so you can make accurate comparisons. *Don't* tell contractor B what contractor A has bid, with the aim of getting a lower price. Contractor B may have had an even lower price in mind—and will instantly raise his bid just enough to undersell contractor A, while still asking more than he had originally planned.

Don't automatically accept the lowest bid: The contractor may have underestimated the amount of work, or may be counting on adding to the price later. Conversely, *don't* assume that the highest bid guarantees the highest quality. Unfortunately there are no infallible guidelines to price. Your best bet is to ask each bidder to explain how he arrived at his price, and then to evaluate the answer in terms of the bidder's reputation.

The contract should include:

- Specifications on the materials to be used, grade of lumber, type of insulation; brand, year, and model number of appliances, etc. These should be evaluated to be sure they are best for the job. The contractor may know from experience that some materials are best for a given purpose. If so, accept his judgment, as long as it's based on an advantage to you, and not just to save money. If you have questions, check with dealers, lumberyards, plumbers, etc.
- A definite start-up and completion date, followed by the phrase, "Time is of the essence in this contract," which shows the contractor (and the court, if it should come to that) that you are quite serious. This is important because the building trades are plagued by a lax attitude toward starting, and particularly toward completion dates.

However, it's not unreasonable for a contractor to ask for some leeway, perhaps a week, since he may have strikes, unusual weather, or—especially in older houses—unforeseen structural complications to cope with. You can be tolerant and understanding—later. The contract has to be definite.

- Guarantees on the quality of the materials to be used, which may come from the manufacturer, such as a one-year unconditional service guarantee on a dishwasher. In addition, specific guarantees from the contractor on the quality of the labor, such as a guarantee that if the roof leaks within several months because of faulty installation the contractor will make the necessary repair or replacement at no charge.
- A cleanup clause, that specifies a reasonable amount of tidying up at the end of each day, with debris out of the way so your house doesn't become a safety hazard. And when the project is finished, your house and grounds should be left "broom-free," that is, clear of all debris and leftover material.
- The price and payment schedule. Though this varies somewhat from area to area, typically it is one-third down when the contract is signed, another third when much of the work is done, and the final third when the job is finished to your satisfaction.

Before signing: Read the contract carefully, to be sure it conforms to your understanding of what you've agreed on. And have it checked by a knowledgeable lawyer, your mortgage company, and/or someone in the home-improvement section of your bank, if you're financing the work with a home-improvement loan.

Inspecting the work: You should be on hand or make regular inspection tours after the work begins to check the paint colors before they are applied to a whole room, for instance, or to make sure cabinets are the correct height. If you think something is wrong, don't accept the workman's word that "The paint will dry to the right color," or "That's what the boss said." Call the contractor immediately, to make him responsible—and if need be, stop the work until the issue is settled. Better some time lost than a top shelf that's always out of reach!

The happy ending: Don't sign a completion certificate until you are sure all subcontractors have been paid; if necessary, ask to see canceled checks or duplicate bills. In some states *you* are responsible if the contractor doesn't pay his subcontractors.

Your satisfaction should include a testing period, if you want to be really safe. You won't know if the new roof doesn't leak; or the new self-cleaning oven works; or the wallpaper doesn't buckle—until some time has elapsed and you've had some bad weather; you've cleaned the oven when it was badly spattered; and the paper has been subjected to winter heat or summer humidity, depending on the season.

The better part of customer's valor is to withhold some money, maybe $100 to $200, depending on the original price, for about a month—until you are reasonably sure that all is well.□

Sylvia Auerbach is the American Home *columnist for money management.*

Questions From Readers

by Marvin D. Schwartz

This lamp came from an old, private home in Virginia. The only identifying mark is "PAT MAY 9 1911" on one light pull. It is 22 inches tall, the shade is leaded glass, and the base is probably bronze or darkened brass. The background glass in the shade is opaque with streaks of tan, the flower pattern is in shades of rose and cranberry with light green leaves. The round base is embossed with the busts of six different figures. Could this possibly be an authentic Tiffany lamp?

—A.W.W., Lynchburg, VA

Bronze-based lamps with stained-glass shades were popular from about 1890 to 1920. The finest and most famous examples were made in the United States by Louis C. Tiffany. The patent number might be traceable through a patent office, but the number might refer to the light pull, rather than the lamp itself. The patterns of both the shade and the base are too simple to be the work of Tiffany. Lamps with the Tiffany mark usually employed far more intricate patterns, often created from an iridescent glass called "favrile." It's possible that your lamp is the work of either Handel or Pairpoint, who were two of Tiffany's competitors.

This silver basket was given to me over 50 years ago. It is 10 inches across (including the handles), and four inches tall. The hallmark inside the basket has a "13," a crown with an "L" beneath it, and an engraving of a bunch of grapes. Do you know anything about where it was made, what the hallmark means, and how old it might be?

—R.M.P., West Haven, CT

Your silver basket is a handsome example of the neoclassical style which first flourished in the late 18th century, and was revived again in the late 19th century. Marks can sometimes be helpful in dating, but in this case, the "13" and "L" are not enough. The number refers to the German sterling standard which was indicated by "13" as early as the 1600s, so there's a good chance that the basket is German or Alsatian. The "L" mark, which has not been recorded, would refer to the maker or manufacturer. You can, however, determine the approximate age of the basket by examining the inside bottom: If it's very smooth, it might be a 19th-century machine-stamped piece. If the bottom is soldered on, it should be from the late 18th century.

I'm told this picture was made by sewing goose quills to a black velvet background. Can you tell me more about it? Approximately how old is it?

—J.C.S., Hale Center, TX

The cross in your picture was done in a form of needlework that was popular in the Victorian era. The flower pattern around the cross appears to be a design that dates from 1880; the frame could be from that period as well. *Godey's Lady's Book* and *Peterson's Magazine* were two sources of Victorian designs and instructions for sewing goose-quill pictures like the one you have.

This rosewood chair, which originally came from Canada, has been in my family for about 100 years. The back and legs are made of a triple layer of laminated wood; the ornamental details are all hand-carved. There are no distinguishing marks. I would appreciate any information about the history of this chair.

—C.W.H., Hendersonville, NC

The chair you own is an unusual example of late 19th-century furniture design. The curve and narrow proportions of the legs are typical characteristics of these turn-of-the-century chairs, related to the Art Nouveau style, which was characterized by highly ornate, curvilinear shapes. Details, such as carved leaves, were popular, and fashionable, motifs.

This olive green glass vase is about 12 inches high and is set into a bronze fixture with three turned metal legs. The raised glass design around the upper portion is clear. There aren't any identifying marks on it. Do you know anything about its age or origin?

—T.L.F., Riverdale, IL

Glass shows few signs of age other than surface scratches. Your vase most likely dates from the 1920s or, possibly, even more recent than that. The idea of creating a relief pattern by applying molten glass is an old technique. Greenish glass similar to yours was produced during the 17th century in Germany, but that work had a symmetry not evident in this vase.

This china set from Ireland has been in my grandmother's family for about 100 years. Each piece has a blue "S" on the bottom, and a gold number on the bottom rim—a "60" on all pieces, except for the saucer on the right which has a "66." Some cups came without handles. The china is not translucent, and the pattern is handpainted in a deep, rich blue. What can you tell me about this china set?

—C.M.W., Woods Hole, MA

Your tea set is an early example of English ware in the Willow pattern, produced by Thomas Turner in Caughley, England, in about 1790. The "S" stands for Salopian—the name of one of the pottery lines made at Caughley, and quite popular at the time. Turner was known for his soft-paste porcelain, but he also produced earthenware. The pattern on your tea set was adapted from the designs on Chinese blue and white wares by Thomas Minton, who originally worked with Turner, then left to start his own pottery works.

We can't appraise an object for you, but we can tell you about its style and origin. Send clear black-and-white photos (not 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 can't return photos or send personal replies.

Future Sight

Coming up: The promise of easy-care, comfortable contact lenses to wear round-the-clock.

by Jean Carper

Continuous-wear lenses are the wave of the future," says Dr. Arnauld Scafidi, the FDA's ophthalmologist in charge of clearing contact lenses. But if you lived in Canada, England, or several other European countries, the future is now: Contact lenses that can be worn for days, weeks, months, even years without removal, are already available there.

Although a small number of Americans are wearing these experimental lenses, they will not be cleared for widespread sale by the Food and Drug Administration until the final test results are in. Because the FDA is proceeding cautiously, it may be anywhere from several months to a few years before some of these revolutionary new lenses become available to the average buyer. Currently, there are about three dozen different types of lenses under investigation.

Looking Ahead: One experimental lens that promises to be suitable for continuous wear is made of a chemical called cellulose acetate butyrate (CAB) that is similar to the hard lens in size and hardness, but is more comfortable. Its most important quality is that the lens is gas permeable, permitting exchange through the lens of some oxygen and carbon *(continued on page 35)*

Would Your Children Like a Younger-Looking Mother?

Does that question surprise you? It shouldn't. Of course your children love you. They show it in all sorts of ways, whether they're showering you with affection, teasing you, or happily bringing you a painting from art class. But what about the image they have of you?

Though it doesn't seem fair, the idea of a younger-looking mother probably matters more to children once they're old enough to go to school. That's when they start comparing. You know how they are. "My mother looks younger than yours," they may whisper to themselves. Or, it could be just the opposite. Probably your children are proud of your appearance. Still, are you doing all you can to look younger during these important years?

How wise it would be at this moment to discover for yourself the secret shared by women around the world . . . the mysterious beauty fluid with a gift for creating a moist climate for your skin to help you look younger by easing dryness. In the United States, where the fluid is known as Oil of Olay beauty lotion, it's become a kind of joyous habit for an increasing number of women.

You smooth the delicious liquid on your face and throat. A profusion of pure moisture, tropical oil and precious emollients seem to disappear into your skin. Within moments Oil of Olay begins to work hand-in-hand with nature to help maintain your skin's natural moisture balance. Even as you watch your skin becomes smoothed and silkened. Those unsettling little lines can show less. There's even a recaptured radiance you may not have seen since the children were smaller. Think how you'll feel when you see the difference in your mirror. Your children may even compliment you. Wouldn't that be nice?

Now that you know how much Oil of Olay can do for you, why not join the devoted users who apply it morning and night. It's so beautifully simple, really. Before you go to bed stroke the fluid on your face and throat. It penetrates so quickly there's no greasy look or feeling—just velvety softness as your skin is cared for into the night. In the morning, smooth on Oil of Olay again to mist your skin under makeup, or for a glowy complexion without makeup.

There'll be other times when you'll be grateful for the beauty fluid. During any day there are so many things that can dry your skin, making you look older. At such moments when your skin seems to be thirsting for Oil of Olay, be sure you stroke it on to let it do its lovely work.

Would your children like a younger-looking mother? Perhaps even more important—wouldn't you like a younger-looking you?

Beauty Secrets

• While the children are at school, why not cat-nap for about ten or fifteen minutes. Before you do, gentle on Oil of Olay beauty fluid. You'll wake up with your skin refreshed and spirit recharged. The rest of your day should go beautifully.

* * *

• Try giving your skin a breather from makeup at least one day a week. Just stroke Oil of Olay® on your face and throat to bring out your own bright glow. Who knows, you may even fall in love with the way you look without a drop of makeup.

(Advertisement)

How Not to Do It Yourself

Before you decide to tackle that big home-improvement job yourself, read this.

by Chuck Scarborough

The trouble began when we bought the house two years ago, our first house. Bought it on the spot. There it sat in all its Frank Lloyd Wrightian, cantilevered, decked, glassed splendor looming arrogantly over the attics of our square-boxed neighbors. Its cypress walls and fir ceilings had blackened under a 25-year-old layer of linseed oil, it had only two bedrooms and seemed a bit cluttered with built-ins, but it was so seductive that those little flaws were easily forgiven by naive apartment dwellers dangling a toe into the waters of homeownership for the first time.

We devised a plan. First, I would restore the house—do it myself. Somehow, it didn't occur to me at the time that my lack of experience was a handicap, a delusion cunningly crafted by magazines such as this one that shamelessly tout the joys of doing it yourself. I allowed myself two months to refinish the wood on the walls and ceilings throughout the house, and to knock down some of the built-ins. That was Phase One of the plan. The inexpensive phase.

With the original house up to snuff (remember, this was to take two months) we would then launch Phase Two, the addition. The smallness of the house was to be corrected by adding another bedroom, a family room, a breakfast room, and two bathrooms, all architect-designed and built under contract. (My manual megalomania had not yet encompassed major construction.)

Phase Two was to take no more than seven months, meaning that after nine months we'd have a pristine and spacious dwelling in which we'd loll in leisurely comfort, awaiting the arrival of Phase Three, another nine-month project. We intended to start a family.

Phase One of the grand plan was launched the Saturday after we took possession of our house. I bought an orbital sander and a couple of extra packs of sandpaper, a can of Strypeeze, and a putty knife. For $40 and one sweaty weekend I figured I'd get the walls and ceiling of the little 10-by-11-foot bedroom cleaned up.

The sander was useless. The oil in the wood gummed up the paper immediately. After a week of backbreaking toil in the pungent fumes of the stripper, the room looked worse and I had made a sad discovery. The closet was cockeyed and needed rebuilding. By now I was beginning to realize that my talent for restoration was a bit limited. I needed help.

Chuck Scarborough is an NBC news correspondent.

PHOTOGRAPHED BY MARK KOZLOWSKI

After more than two years, the Scarboroughs have completed only Phase Three.

Enter Bobby the handyman, complete with glowing recommendations and two-by-fours. As he plumbed the new closet into its place, I asked if he was interested in stripping the ceiling and walls. He wasn't, but he knew a source of cheap labor I could tap.

They arrived, young, scruffy, dazed, and the three of them spent a week in that little bedroom. I now owned three putty knives and 10 gallons of Strypeeze (at $10 each) and my beer was mysteriously vanishing.

By week's end the room was really a mess, and my bill for carpentry and "cheap labor" was $600—a very expensive lesson about the pitfalls of hiring unskilled help to perform a task that requires some skill.

With their confession of ignorance about the ways of stripping wood still ringing in my ears, I found myself admiring the finish on the bar in Tumbledown Dick's, the local watering hole.

"You like finish?" a voice asked.

I turned on my barstool to face this plaid-jacketed, potbellied mind reader.

"I do bar! My name Xhemajl Xhema."

"You finish wood?"

"Ya."

"You are a *professional* wood stripper and refinisher?"

"Ya."

"Well, I have problem. Come with me." I dragged Xhema out of the bar and took him on a midnight tour of my house. We made a deal.

Xhema's men refinished the wood in my 10-by-11-foot bedroom. Total bill—$1,150. I didn't have the nerve to ask how much of that was for fixing the mistakes I'd spent so much to make.

By now, I had $1,900 invested in the tiny bedroom, but I had watched how easily Xhema's pros stripped and stained and polyurethaned the wood, and again deluded myself into thinking I could do the rest of the house myself and save money. Another mistake. It is a fundamental law of nature that professionals make impossible tasks look easy. That's why *they* are professionals, and you are not.

So I struggled on with stripper and scraper, sacrificing weekend after weekend to the god of Do-It-Yourself, getting further and further behind the schedule I had set. On the first anniversary of our introduction to homeownership I hadn't even reached the halfway point in the restoration project, the project for which I had originally allowed two months.

I was feeling extremely dejected and even more *(continued on page 31)*

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

Salem Lights

Salem Lights 100's

Enjoy real satisfaction and fresh menthol taste in a low tar cigarette.

©1977 R. J. REYNOLDS TOBACCO CO.

LIGHTS: 11 mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC Report DEC. '76. LIGHT 100's: 12 mg. "tar", 0.9 mg. nicotine av. per cigarette by FTC method.

Another quality product of Kimberly-Clark Corporation

If your super tampon needs help from a napkin then it isn't super.

It's no fun having to wear a napkin with your tampon for two or three days of your period.

So we designed the new Kotex Heavy Duty tampon.

It comes in two sizes: regular and super, both incredibly absorbent.

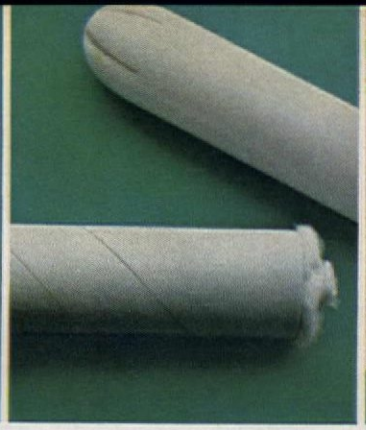
In fact, our super is twice as absorbent as the best-selling super—which means it can hold twice as much.

With Kotex Heavy Duty tampons, you'll probably never wear another napkin.

How we work against tampon bypass.

Have you ever had an accident and found your tampon hardly used? That's tampon bypass. It happens when your tampon fails to expand fully.

It almost never happens with new Kotex Heavy Duty tampons. Because they expand gently and fully inside you, with less chance of bypass. Yet they're easy to remove.



How our tapered plastic tube works better.

The leading tampon has a cardboard tube with blunt edges.

Unlike the leading tampon, the new Kotex Heavy Duty tampon has a tapered tube made of smooth plastic.

So it inserts more easily and comfortably than the leading tampon.

Finally, the great offer.

Now that you've read the ad you're probably as confident about our tube tampons as we are. You might even run out and buy a box. And after using them we're sure you'll want more.

So, this is our offer. If you send us your name, address and zip code with the product code seal from any size box of Kotex Heavy Duty tampons, we'll send you a coupon for a free box of 8 Kotex Heavy Duty tampons.*

Our address is: Kotex Heavy Duty tampons, P.O. Box 9644, St. Paul, Minnesota 55196.

Our offer expires November 30, 1977, and there's a limit of one box per family.

What's so super about our offer? Try our tampons. Then you'll know.

This is the ad that tells you everything about the new Kotex® Heavy Duty™ tampons we couldn't say on T.V.

You know the television commercial where the lady says, "We want you to read about what else makes our tube tampons a lot better. And to make sure you do, we're running a big ad with a great offer."? Well this is the ad.

Available in Regular and Super size.

Product available in limited areas only.

*Available only in 50 United States and for military personnel with APO/FPO mailing addresses. Customer must pay any sales tax. Void where prohibited, licensed, taxed or restricted by law.

Toscany's trend settings

Who says good china has to be dull? Now you can set a fresher table
with Toscany imported fine china that sparks trends.
Choose from a great collection of innovative bands and flowers,
all with a young attitude that jibes with your way of living.
(Yes, indeed, all go from freezer to oven, micro-oven, too, to table, to dishwasher.)
20 piece sets about $50. Completer sets, $30. And in open stock.
At fine stores everywhere. Write us for the one nearest you.

toscany

Toscany Imports, Ltd.
245 Fifth Ave., New York, N.Y. 10016

On The Other Hand

A short sampling of products designed for lefties.

by Joanne Johnston

If you're left-handed, you're part of a 10 percent minority living in the opposite direction. While many lefties continue to struggle with tools and utensils designed for the right-handed, the League of Lefthanders has begun to speak out for Left Rights: To reduce job discrimination based on handedness; to encourage lefties to use their preferred hand for salutes and handshakes; and to strive for equality and consideration for all left-handers. As these rumblings from the too-long-silent southpaws begin to be heard, a new crop of left-handed products is blossoming in the marketplace, and specialty stores to handle them are increasing.

One well-established source is The Left Hand in New York City. Inspired by a shop she had seen in London, proprietor June Gittleson opened the store in 1969. She now conducts much of her business by mail. The Left Hand catalog costs $1, but includes a certificate worth $1 toward the purchase of any item. Gift certificates are also available.

Another specialist in lefty products is The Left Hand Plus, inc. The number of items in their first catalog (published in 1975) has nearly doubled. For a catalog, also with a $1 coupon applicable toward any purchase, send $1. See Shopping Guide on page 30 for addresses and mail-order information.

To simplify life for the lefty, here's a sampling from these catalogs:

- The southpaw who spends considerable time in the kitchen will appreciate the left-handed tomato knife ($3.50), and citrus stripper ($2.50) from The Left Hand. The Left Hand Plus, inc., offers a carving set with transposed serrations ($6.00), a grater that'll handle anything from cheese to nuts ($4.50), and a ladle to facilitate southpaw pouring ($4.95).
- Write to The Left Hand Plus, inc., for a 12- or 50-foot tempered steel measuring tape ($24), and for information on a circular power handsaw made by Rockwell for lefties.
- Sports enthusiasts can choose from two catcher's mitts for youth ($12.95) and adult ($22.95), and three fielder's gloves ($9.95 to $19.95). Men's and ladies' leather bowling shoes with stopper on the left shoe are available for portside bowlers ($16.95 to $19.95). Golfers can get some great tips from the new *Left Hander's Golf Book* by Earl Stewart, Jr., and Dr. Harry E. Gunn ($5.95). There's also a book for lefty tennis buffs—and for righties who battle lefties on the courts—*Sinister Tennis* by Peter Schwed ($4.95). All of the above from The Left Hand Plus, inc.
- Straight-trim scissors ($4.95) as well as pinking shears ($10.50) and embroidery scissors ($5.95) are available from The Left Hand. LEFTY T-shirts with a white background are sized for adults ($4.50 S, M, L, XL) and children ($3.50 S, M, L, XL), also from The Left Hand.
- For youngsters, The Left Hand Plus, inc., offers a ¾-size Junior Guitar with nylon strings, fixed bridge, and slotted headpiece ($29.95). Check your local music store for a copy of *Left Handed Guitar*, by Nicholas Clarke.□

Joanne Johnston, a free-lance writer, happens to be right-handed.

SINISTRODEXTRAL ALLIANCE

The League of Lefthanders puts out a newsletter full of the latest developments in research, products, books, and other information of interest to lefties. To join, send $3 membership dues to Robert P. Geden, President, League of Lefthanders, P.O. Box 89, New Milford, NJ 07646.

COVER YOURSELF WITH DIAMONDS.

You never know if his boss is coming to dinner. You can't tell when your uppity aunt will stay for a glass of sherry. So cover yourself. Be prepared for any occasion with our new crystal pattern. Diamond Optic from West Virginia Glass. With sparklers like these you can act rich without being rich.

fine handcrafted crystal fine handcrafted crystal WEST VIRGINIA GLASS

West Virginia Glass Company
Weston, West Virginia 26452

LIMITED WARRANTY TO CONSUMERS Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

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.

ADDRESS DIRECTORY

Robert Allen Fabrics, Dept. AH-9, 25 Wells Ave., Newton, MA 02159
AVA Home Improvement Corp., Dept. AH-9, 2334 Coney Island Ave., Brooklyn, NY 11223
Azuma, Dept. AH-9, 415 Fifth Ave., New York, NY 10016
Barcalounger, Dept. AH-9, American Mart, 66 Lake Shore Drive, Chicago, IL 60611
John D. Brush & Co., Dept. AH-9, Rochester, NY 14625
Bulova, Dept. AH-9, 630 Fifth Ave., New York, NY 10020
Caswell-Massey Co. Ltd., Dept. AH-9, 518 Lexington Ave., New York, NY 10017
Chippendales & Associates, Dept. AH-9, Merchandise Mart, Chicago, IL 60654
Clarence House Fabrics, Dept. AH-9, 40 E. 57 St., New York, NY 10022
Colonial Molding & Frame Co., Dept. AH-9, 37 E. 18 St., New York, NY 10016
Concepts International, Dept. AH-9, 919 Third Ave., New York, NY 10022
Country Floors Inc., Dept. AH-9, 300 E. 61 St., New York, NY 10021
Denby, Dept. AH-9, 10880 Wilshire Blvd., Los Angeles, CA 90024
Design Research, Dept. AH-9, 53 E. 57 St., New York, NY 10022
Deutsch, Inc., Dept. AH-9, 196 Lexington Ave., New York, NY 10016
Larry N. Deutsch, Dept. AH-9, 706 North Wells St., Chicago, IL 60610
Dictaphone Corp., Dept. AH-9, 120 Old Post Rd., Rye, NY 10508
Dylan Carpets, Dept. AH-9, 140 E. 55 St., New York, NY 10022
Ello Manufacturing, Dept. AH-9, 1034 Elm St., Rockford, IL 61101
Ethan Allen Inc., Dept. AH-9, Box 1066, Danbury, CT 06810
ffolio 72, Dept. AH-9, 888 Madison Ave., New York, NY 10021
Fitz & Floyd, Dept. AH-9, 225 Fifth Ave., New York, NY 10010
Ford Industries, Dept AH-9, P.O. Box 06459, Portland, OR 97206
Fran's Basket House, Dept. AH-9, Rt. 10, Succasunna, NJ 07876
Fuller Stationers, Dept. AH-9, 45 E. 57 St., New York, NY 10022
The Gazebo, Dept. AH-9, 660 Madison Ave., New York, NY 10021
Jenny B. Goode, Dept. AH-9, 1194 Lexington Ave., New York, NY 10028
Haeger, Dept. AH-9, Dundee, IL 60118
International Silver Company, Dept. AH-9, Meriden, CT 06450
Koch & Lowy, Dept. AH-9, 940 Third Ave., New York, NY 10022
La Coupe, Dept. AH-9, 694 Madison Ave., New York, NY 10021
Lanz of Salzburg, Dept. AH-9, 6150 Wilshire Blvd., Los Angeles, CA 90048
The Left Hand, Dept. AH-9, 140 W. 22 St., New York, NY 10011
The Left Hand Plus, inc., Dept. AH-9, P.O. Box 161, Morton Grove, IL 60053
Levolor Lorentzen, Dept. AH-9, 720 Monroe St., Hoboken, NJ 07030
Light/Inc., Dept. AH-9, 417 Bleecker St., New York, NY 10014
3M Company, Dept. AH-9, 3M Center, St. Paul, MN 55101
Martex, Div. of West Point-Pepperell, Dept. AH-9, 1221 Ave. of the Americas, New York, NY 10036
John L. Mathias, Inc., Dept. AH-9, 615 North Wells St., Chicago, IL 60610
Larry Mercure, John L. Mathias, Inc., Dept. AH-9, 615 North Wells St., Chicago, IL 60610
Herman Miller, Dept. AH-9, 600 Madison Ave., New York, NY 10022
Herman Miller, Dept. AH-9, Zeeland, MI 49464
National Mount Airy, Bassett Furniture Inc., Dept. AH-9, Bassett, VA 24055
Nessen Lamps, Dept. AH-9, 3200 Jerome Ave., Bronx, NY 10468
The Pace Collection, Dept. AH-9, 315 E. 62 St., New York, NY 10021
Harvey Probber, Inc., Dept. AH-9, 979 Third Ave., New York, NY 10022
Riverdale Fabrics, Dept. AH-9, 295 Fifth Ave., New York, NY 10016
Georgia Roulo, Dept. AH-9, 2650 North Lakeview, Chicago, IL 60614
Scandinavian Design, Dept. AH-9, 127 E. 59 St., New York, NY 10022
Scully & Scully, Dept. AH-9, 506 Park Ave., New York, NY 10022
Sinclair Radionics, Inc., Dept AH-9, 115 E. 57 St., New York, NY 10022
Sugar Hill Furniture, Dept. AH-9, Lisbon, NH 03585
J.H. Thorp & Co., Dept. AH-9, Decorators Walk, 171 E. 56 St., New York, NY 10022
John Garret Thew, Dept. AH-9, Ashpohtag Rd., Norfolk, CT 06058
Tyndale, Dept. AH-9, 41 Madison Ave., New York, NY 10010
Waterford Glass, Inc., Dept. AH-9, 225 Fifth Ave., New York, NY 10010
Waverly Fabrics, Dept. AH-9, 7 Hoosac St., Adams, MA 01220
Western Contemporary, Dept. AH-9, 6017 Lenzi St., Hodgkins, IL 60527

ON THE OTHER HAND

Page 29: When ordering items from The Left Hand, include the following postage and handling charges: On orders up to $5, add $1; $5.01 to $10, add $1.25; $10.01 to $15, add $1.50; over $15, add $1.75. (New York State residents add appropriate sales tax.) When ordering items from The Left Hand Plus, inc., include the following postage and handling charges: On orders up to $5, add 75¢; $5.01 to $10, add $1.25; $10.01 to $15, add $1.75; over $15, add $2; over $30, gratis. (Illinois residents add sales tax.)

ONE-OF-A-KIND COUNTRY LOOK

Page 46: Copper pig weathervane, approximate size with cast iron base, 33" x 33", by John Garret Thew, available at Scully & Scully.

CAPTURING THE COUNTRY LOOK

Pages 50-51: PATTERN: Sheets, ruffled pillowcases, "Pastiche" in blue/copper, 50% Dacron polyester/50% combed cotton, also available in plain pillowcases, comforters, bedspreads, duvet covers, draperies, bed ruffles, shower curtains, Martex, Div. of West Point-Pepperell. Reversible quilt, "Log Cabin" in blue/brown, assorted throw pillows, "Lace", "Patchwork", "Cat", and quilted, appliqué "Duck" pillow, The Gazebo. Hexagonal lamp, No. 9246, in "Putty Beige," hexagonal shade, No. 9246, Tyndale. Crystal violet vase, plate, cups, saucer, "Summertime", Waterford Glass, Inc. Pitcher and bowl from the "American Tradition" collection, Haeger. Porcelain butterfly frame, Fitz & Floyd. Lidded basket in rust, rectangular lacquer tray in rust, cloth napkin in blue, Azuma. COZY: Reverse of "Log Cabin" quilt seen in PATTERN, The Gazebo. Nightgown in natural, Lanz of Salzburg. Small bowl in gray/blue, Azuma. Hair by Charles Booth, makeup by Alfredo Trujillo, both of La Coupe. RUSTICS: Cup, saucer, teapot, plate, "Chadsworth", handpainted stoneware, stone and steel flatware, "Kismet", Denby. PIECEWORK: Patchwork pillows, The Gazebo. Round pillow, "Country Manor", Riverdale Fabrics. Wicker basket, Design Research. CREWEL: Bedspread, "Hannah Corbin Stencil", outline quilted, Waverly Fabrics. Pottery bowl, Design Research. HANDCRAFTED: Antique quilt, "Star-Pattern", appliqué, quilted pillow, The Gazebo. COLONIAL: Clock, "Falmouth", Bulova. Cup, saucer, "Avignon" stoneware, stone and steel flatware, "Garnet", Denby.

BEAUTY BATHS

Pages 56-57: Tub and accessories: "Birthday Bath", Kohler, available at AVA Home Improvement Corp. Wicker "Side Chair", No. 3367, $36.95 and "Victorian Boutique", No. 992, $49.95, Fran's Basket House. Chinese Chippendale screen, $400, Deutsch, Inc. Crystal ginger jars, No. 71963, 100 oz., $3.60 ea., Libbey Glass, available at most department and chain stores. Sponges, large, $12, Caswell-Massey Co. Ltd. Tiles, "PS Mediterranée", color, "Rouge Pompeien", $17.50 per square ft., Country Floors Inc. Towels, "Luxor", 86% cotton/14% polyester, Martex. Maybelline makeup is: Fresh & Lovely Moisture Whip Cream Makeup in "Cream Beige," Fresh & Lovely Fingertip Cream Blush in "Tawny", New Fresh Color 3 in "Toasted Brick", Ultra Frost Powder eyeshadow, "Cinnamon Velvet," Ultra-Big Ultra-Lash Mascara, "Velvet Black," Waterproof Ultra-Liner, "Velvet Black," New Maybelline Nail Color, "Cherry Red."

HOME OFFICES THAT WORK

Pages 60-61: Room designed by Georgia Roulo. Down-filled "Leyendecker" chairs and ottoman, Lucite dining chairs, spool-shaped plaster tables, John L. Mathias, Inc. Suede upholstery on dining chairs, Clarence House Fabrics. Circular oil painting by Larry Mercure, affiliate of John L. Mathias, Inc. Fabric on bedspread, quilted "Radcliffe", 100% rayon in sand, fabric on chairs, "Durado", 100% rayon in sand, Robert Allen Fabrics. Table/cabinet island designed by Georgia Roulo, executed by John Freeberg. Venetian mirror, imported from France, available from Chippendales & Associates. Mirrored chests, Ello Manufacturing. Brass pharmacy lamp, spot lamps on either side of bed, Koch & Lowy, Inc. Blinds, chrome finish, Levolor Lorentzen.

Page 62: Room designed by Larry N. Deutsch, Larry N. Deutsch Interiors Ltd. Reclining lounge chair, Barcalounger. Sleep sofa, Chippendales & Associates. Fabric on reclining lounge chair, sleep sofa, polyvinyl suede in ash, J.H. Thorp & Co. Carpeting, "Cumbria", Dylan Carpets. Coffee table, Homapel brushed aluminum laminate, Western Contemporary. Desk arm chair, tilt-swivel, high back, covered in expanded vinyl in sepia, Herman

(continued on page 35)

continued from page 24

confused, so an offer from a distant relative—a college student anxious to earn some money over the summer—seemed reasonable. Randy worked gamely as my assistant, his youthful enthusiasm and energy seemingly overcoming any shortage of skill. But at summer's end, half the living room remained unstripped and my bill for Randy's help was $1,000.

Eighteen months into the project, I was still in Phase One, and my wife, looking more radiant than usual, informed me that Phase Three had begun. She was pregnant. I stepped off my ladder into a bucket of Strypeeze.

Now I had a non-negotiable deadline: Eight months to wrap up both Phase One and Phase Two, the construction project which had been blueprinted but not yet started. As I pressed ahead with the never-ending Phase One, I got bids, picked a contractor, and launched Phase Two in the October before the worst winter in New York history. Another mistake.

Building projects should be started in the spring, but I was trapped. Trapped by a series of mistakes that compounded each other. My problems with the restoration had delayed the additions, and now because Linda and I didn't want to have to cope with our firstborn and major construction at the same time, we simply could not wait until spring to begin building.

In all great tragedies there is a moment of truth when the central character realizes his fatal flaw even though it is too late to do anything about it. Mine came on a cold winter morning.

Linda was six months pregnant. It was raining cold and hard, the water dropping in sheets, cascading off our flat roof in waterfalls and soaking the two electricians and one carpenter who braved the rawness of the day to fine-tune the new section of roof.

That day as every day since the workmen arrived, I got up, ground the beans, boiled the water, and poured it into a Melitta filter. After a quick cup of coffee, I put on my yellow windbreaker and headed out into the gale to inspect the kitchen extension, dining room enlargement; the family room, bath, and bedroom up top; the new bath jutting eastward.

I found the ladder and swam up. The carpenter informed me that the plumber's hole in the roof was too big; he was going to have to make the bathroom a half inch smaller to hide it.

Morose, I descended the ladder, felt my way back to the front door which, naturally, was locked, and—of course—I had forgotten the key. Niagara was roaring around me, drenching me in a cold winter rain on a Cabot's Gray morning almost two years to the day after we bought the house.

This was the moment. Suddenly, clearly, I realized that I had overestimated my ability to do it myself. If I had hired professionals at the outset to do everything, the restoration and the additions would have been finished long ago and easy living would have been mine. Worse, I realized hiring professionals probably wouldn't have been much more expensive than blundering around myself had been.

It was at this moment that, like a flash of Kansas heat lightning, a soundless, startling moment of brilliance, the two great myths of "Do-It-Yourself" were revealed to me.

Myth No. 1: *Doing it yourself is enjoyable and rewarding.* For people like me, it is not. Doing it myself was thumb-smashing, muscle-straining, temper-wrecking, and miserable. Only having it finished is rewarding. Even boasting to your friends about having done it yourself isn't what it's cracked up to be. They always flatter you and shake their heads in astonishment. But they are only being polite. They don't really care, and the only thing they're impressed with is the enormity of your foolishness.

Myth No. 2: *You'll save money.* It may seem that way, but the fact is that you will spend more money than you plan to no matter what you do. If you try to save, you'll end up owning a lot of cheap things. If you don't try to save, you'll end up owning a few expensive things. But either way, you'll spend more than is prudent. Any money you save by doing it yourself you'll only blow on dinners out or radial tires.

Once you realize the hopelessness of your urge to save money, hiring someone else is easy, and you are buying something far more valuable than painting and plastering: Time.□

What if you don't take the Pill?

Some straight talk about three alternate methods of birth control.

Ortho—a leading manufacturer of the Pill—offers a number of alternatives to the Pill. Some are available only through doctors. But three that are available without prescription are described below.

Conceptrol* Birth Control Cream This is a gentle cream formulated with one of the most effective spermicides used today. Its easy-to-use disposable applicator is prefilled with the correct amount for a single application.

Delfen* Contraceptive Foam Delfen contains the same spermicide found in Conceptrol. Its applicator, however, is reusable.

Both Conceptrol and Delfen have been tested and proven highly effective under clinical conditions.

Conceptrol Shields* This is a male contraceptive, a modern condom designed for sensitivity and comfort. Available in non-lubricated and special dry lubricant versions.

Remember, no method of birth control can absolutely guarantee against pregnancy. For maximum protection, all methods—including these—must be used according to directions.

Ortho gives you other choices.

*Trademark ©1977 Ortho Pharmaceutical Corporation

A Sip of Softness

The new taste in wines and aperitifs for fall is lighter and sweeter.

by Doris Tobias

"Soft" is the new word for beverages that are both lower in alcoholic content and a shade or two sweeter than bone dry. And soft is what many people are beginning to look for in their before-meal and during-meal sipping.

Most table wines have an alcoholic content of 11 to 13 percent, with some approaching a high of 14 percent. Wines that contain over 14 percent alcohol are usually no longer considered table wines.

CALIFORNIA WINES

To meet the demand for soft wines, some California vintners are starting to produce white wines they call "soft," with both the lower alcoholic content and the sweeter taste that so many people are finding attractive. Often these wines have the character, finesse, and, sometimes, even the elegance of their European counterparts.

The first of these, California's San Martin Vineyards has launched two varietal white wines, both labeled "soft." These are '76 vintage Soft Chenin Blanc and '76 Soft Johannisberg Riesling, with an alcoholic content of about 10 percent. They are made in the German style familiar to San Martin's winemaster, Ed Friedrich, who comes from Germany's Mosel Valley, where soft, gentle wines with low alcoholic content are produced.

"In Germany," he points out, "wine is consumed for its flavor—not for its alcoholic content. A high alcoholic content tends to lessen the ability of our taste buds to appreciate the true varietal character of the wine." What Friedrich is aiming for is to make wine that brings out the best qualities of the fruit without an overpowering degree of alcohol.

How do these soft San Martin wines compare with the same varieties that have higher alcoholic content? They are extremely fruity, have a flowery bouquet and a clear, fresh taste, and are somewhat sweet. The '76 Soft Chenin Blanc, served well chilled, makes a lovely aperitif wine. Its retail price is under $4.

San Martin's '76 Soft Johannisberg Riesling is a very sweet dessert wine, with deep gold color and bouquet reminiscent of apricots and prunes. Its flavor is rich and luscious, and it should be served chilled and sipped by itself or as an accompaniment to cakes, tarts, or other desserts. It retails at about $6 a bottle.

For those who like their white wines light but drier, choose from among California's regular varietals; Chenin Blanc; the gentle, pleasing French Colombard; Fumé Blanc (also known as Sauvignon Blanc) with its earthy crispness; or the elegant Johannisberg Riesling. They mate well with seafood, poultry, and veal dishes.

Doris Tobias' column on wine appears regularly in American Home.

WINES FROM GERMANY

The white wines of Germany, long rated among the greatest white wines of the world, fit right in with the soft trend. Whether you prefer a flowery wine from the Mosell Valley, such as a Moselblümchen or Bernkasteler Riesling, in their traditional green bottles, or a delightful Rhine wine, bottled in brown glass, drink them fairly young. The '76 vintages are on the market now, but you may still find some '75, which were very fine.

Perhaps the best-known name in lower-priced German Rhine wines is Liebfraumilch. This is a generic term and can apply to any of the soft wines grown and bottled in the Rheinhessen area. When buying Liebfraumilch, look for the name of a reliable shipper or importer, who will assure a consistently pleasing wine. Some of these are Blue Nun from H. Sichel Söhne, Rheinsonne from Steigenberger, Hanns Christof from Deinhard, Grey Goose from Sidney Frank, and Rheinkeller Liebfraumilch from Langenbach. Most of the Liebfraumilch wines are under $4 a bottle.

TRY A SHERRY

For those fond of fortified wines for aperitifs, sherry, especially beloved in Spain, is fast becoming an "in" drink with the young set here. Try a fino sherry, the lightest and driest of them all, with pale amber color and delicately nutty flavor. Or for those who enjoy a darker, sweeter sherry, there's amontillado, with a richer, nuttier taste.

Pour chilled sherry into a small sherry or all-purpose wineglass, or plunk an ice cube or two into the glass for a longer, cooler drink. Sherry matches well with any number of aperitif accompaniments—from nuts and olives to pâtés, mini-fish stews, and shellfish. In Spain, of course, sherry is the traditional drink with appetizers called *tapas*.

Imported Spanish sherries are deservedly praised. But our native wineries, notably those in California and New York State, produce their own sherries that make great aperitifs. They won't have the true Spanish "bite," but they are immensely pleasing on their own merits, and they are an excellent value.

Right in step with the move to softness is Gallo's Livingston Cream Sherry. "Try a softer drink" is the theme that the canny Gallo brothers, who have become the largest winemakers in America by anticipating the public's changing tastes, are now using in their ads for this cream-type sherry. It's an excellent value at its under-$2 price—a smooth, amber-colored, and pleasingly sweet sherry with a clean, nutlike flavor.

Good sherries are produced by many other American wineries, such as Paul Masson and Christian Brothers in California, and Widmer's, Taylor Wine, and Great Western in New York State. Widely available at $3 a bottle and under, these make great soft sipping.

A NEW IMPORT

A new aperitif here that also fits in with the demand for sweeter, lighter drinks is Reynac's Pineau des Charentes. Long a favorite drink in the Cognac region of France, it is made by adding young Cognac brandy to freshly pressed grapes grown in the area. This halts fermentation and preserves the fresh fruitiness of the grape. The wine is then aged in barrels from five to eight years to permit the Cognac to mature and add its elegant authority to the mixture.

Pineau des Charentes has a nutlike bouquet and smooth, sweet taste that doesn't become *(continued on page 42)*

Tonight! Fix real barbecued chicken –without a grill!

Shake 'n Bake® COATING MIX Barbecue Style turns your oven into a barbecue grill.

Just shake, then put in the oven. No turning or basting.

While your chicken's cooking, Shake 'n Bake® coating mix Barbecue Style makes its own honest-to-goodness barbecue sauce. Terrific flavor—tangy and tomatoey like real outdoor barbecued chicken.

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IN MY OPINION

God Help The Working Girl

I am your average, $6,240-a-year working girl. I'm also a secretary—a/k/a girl friday, typist, receptionist, clerk, general office helper, and protector. And I have a complaint.

I know about women's lib, women executives, and women politicians. I have read women's magazines and seen women's programs, and thus far, have been left feeling depressed, ignored, and somewhat under-ambitious. All well and good that the homecoming queen made it through medical school and is now making a name for herself in neurosurgery. But what about us? The commonplace, brown-bagging, everyday working girl?

Far from being a social enigma, or in the minority, I could be your sister, the girl next door, your date, your mother, or your maiden aunt. I can be seen in the morning rush hour riding a bus or taking the shoe-leather express, usually wearing last year's coat and carrying a bologna on rye.

If there are so many of us populating the offices of big corporations and small businesses, why are we unrecognized? Are we neglected because we lack the prestige of the executive world or the glamour of the professional? Why is the nine-to-fiver who makes the coffee, answers the phone, and works the typewriter considered by so many to be extrinsic, dispensable, and wholly uninteresting?

The answer, I believe, lies in the media. Newspapers, magazines, radio, and television have outlined how highly successful women got where they are. There have been countless interviews and editorials on the dos and don'ts and the how-tos of "getting to the top." Now don't misunderstand. I am not discriminating against those who *have* risen to the top of the corporate ladder. I'm merely asking for some recognition for those of us on the bottom rungs.

All too often, when queried by a new male acquaintance about my profession, the reply "secretary" is received with a noncommittal, "Oh." My own brother refers to me as a "peon," except of course when his term paper needs typing. "Secretary" was once a respected position. What happened to its place in the world?

Within the past several years, I've held a variety of positions. Counting all of them, I have answered more phones than Ma Bell and handled more files than the FBI. I know when the boss is gloomy or harassed, how he takes his coffee, and when to send roses to his wife. I know exactly which calls to let through and what to tell the regional manager when the boss is out playing nine holes of golf. I come in 15 minutes early with his favorite Danish and stay after five to finish an important letter. I am his right-hand man, guardian angel, and bodyguard all rolled into one. In short, I am his secretary. I am part of an honorable profession in which the best laid plans of manager and men may go awry without me. I am essential to the scheme of things. Just try to envision running even the smallest office without me. Who would take the blame when things went wrong?

The working girl is a vital part of any organization; intelligent, hard-working, clean of thought, word, and deed, and this one is proud of it.

Barbara M. Stratton
Hackensack, NJ

Do you have something to say to the readers of American Home? *We will pay $50 for manuscripts we publish. Please limit comments to 600 typewritten words and send to: In My Opinion, American Home, 641 Lexington Avenue, New York, NY 10022.*

FUTURE SIGHT

continued from page 23

dioxide that nourishes the cornea and allows it to "breathe." Both standard hard and soft lenses act as a barrier to the cornea's receiving oxygen, which is why these lenses can't be worn for long periods without risking damage to the eye.

The FDA plans first to approve the CAB lenses for daily wear only, and then for continuous wear if further testing proves the lenses are safe. Some doctors already report that their patients have successfully worn CAB lenses for weeks at a time without any adverse effects. The FDA expects at least one CAB lens will be on the market this year.

Even more exciting is the future potential of soft lenses. Continuous-wear soft lenses, Dr. Scafidi reports, are "all the rage now in England." These lenses are high in water content—up to 80 percent—which permits the exchange of nutrients necessary for prolonged wear. Most are thinner than current American soft lenses, fantastically comfortable, but also more fragile. Continuous-wear soft lenses, like the standard ones, must be kept water-soaked when removed, or they dry up and look like cornflakes.

Also on the horizon is a silicone rubber lens, which stays soft without absorbing water. It, too, is highly gas permeable, and so tough it is almost impossible to rip. Many authorities think the silicone rubber lens will one day prove vastly superior to all others, and several of this type are being tested in this country.

Mass production of either the high-water-content or silicone soft lenses is probably a year or more away. Dr. Scafidi thinks when they are put on the market, they will revolutionize lens-wearing and render present-day lenses obsolete. Until that time when continuous-wear lenses are perfected, however, we can enjoy the benefits—both corrective and cosmetic—of the contact lenses available to us now.

Soft lenses vs. hard lenses: Although hard contacts have been around for about 30 years, there is a perceptible shift to prescribing soft ones. Some doctors are now fitting from one third to one half of their patients with soft lenses. When the soft lenses were first approved in 1971, there were fears that because of their water absorbency they would create ideal breeding grounds for bacteria, leading to eye infection. This has not proven true. In fact, FDA officials now believe soft lenses are safer than hard ones. The risk of eye infection, they claim, is no greater from soft lenses than from hard ones. And hard lenses can potentially cause greater eye damage, such as corneal abrasions and "spectacle blur"—the temporary inability to see through glasses after wearing contacts. Hard lenses can also warp, injuring the cornea. Reports of serious damage, however, from hard lenses (or soft, for that matter) are rare. The best way to avoid problems is to have hard lenses checked by an ophthalmologist once a year, and to maintain strict habits of cleanliness with both hard and soft lenses.

As far as initial comfort goes, soft lenses win hands down. Some people put them right in, feel no discomfort, and are tempted to wear them for 8 to 12 hours the first time. An adaptation period is recommended, though, for both soft and hard lenses. This involves gradually increasing daily wearing time, over a period of as much as six weeks for hard lenses. Some people never learn to tolerate hard lenses, and a few can't adjust to soft ones either.

It was originally believed that soft lenses didn't give the same sharp visual acuity as the hard ones, but since many doctors regularly correct to 20/20 with soft lenses, they feel that such a reputed deficiency is overstated. However, soft lenses, unlike hard ones, do not significantly correct astigmatism. Hard lenses have been credited with preventing the progression of myopia (near-sightedness), but Dr. Scafidi claims there is no evidence to support that belief.

Care and cleaning: On one count—durability—hard lenses are vastly superior and may last for years. Soft ones, especially in the first months you are learning to handle them, may tear. They can also discolor or cloud up because of surface protein or fat deposits. The FDA places the lifespan of a soft lens at only one year.

To clean hard lenses use only the appropriate chemical solutions. The most widely sold soft lens, the Bausch & Lomb Soflens, requires daily heat disinfection in a small electric unit. Five other soft lenses, more recently cleared by the FDA, do not—the Hydrocurve, Naturvue, Aosoft, Aquaflex, and Tresoft. With these lenses you have the option of using either the heat disinfection system or a cold chemical procedure developed especially for soft lenses. Simply clean, rinse, and store the lenses in chemical solutions according to directions.

According to Dr. Scafidi, these chemicals, approved for other soft lenses, are also safe to use on the Bausch & Lomb lenses. He says cleaning and disinfecting the lenses with chemicals are just as effective and safe—if not more so—than using the heat system. There's still some speculation that the heat process bakes protein deposits onto lenses.

By whatever method, you must always clean and disinfect lenses thoroughly, not only to guard against eye infection, but to preserve the life of the lenses. And never treat soft lenses with chemicals designed for hard lenses. The soft lenses can absorb the chemicals and damage your eyes.

Many devotees of standard contact lenses consider them small medical miracles. Freedom from glasses and better vision correction are the two important benefits. And now, the next step—another medical breakthrough—the perfection of the continuous-wear lens could happen sooner than expected. Are you ready?□

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

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SHOPPING GUIDE

continued from page 30

Miller. Desk and file cabinets, Harvey Probber, Inc. Lamps, Nessen Lamps. Chrome molding on reclining lounge chair, on walls, near ceiling, Colonial Molding & Frame Co.

DESK TOP: BEST FOR THE BRIGHTEST

Page 64: Old World Accessories: English Cockerel paper blank books, large $40, small $15, book box, $40, horn scoop, $10, Italian metal book box, $75, bamboo pen, $3.50, from ffolio 72. Italian ceramic "Pen" holder, $18, leather-bound stationery holder, $20, Jenny B. Goode. Contemporary Accessories: Joan Major oval chrome and glass table, No. 3168, $2,285, The Pace Collection. Tray and cover, $96, pencil cup, $24, book ends, $100, ashtray, $30, single pen set, $62, calendar and stand, $38, library set including scissors, letter opener, holder, $46, memo pad stand, $34, all polished aluminum, from the Radius One Collection by William Sklaroff for Smith Metal Arts, at Fuller Stationers. Metal frames, 3" by 5", $10; 5" by 7", $15, Jenny B. Goode.

Page 65: Chair, from the Ergon Chair Line, in olive, Herman Miller. Knock-down desk, side support, No. 462, top, No. 615, three-drawer unit, No. 430, base, No. 810, in white by Muurame at Scandinavian Design. Pocket calculator, "Cambridge Universal", Sinclair Radionics. Telephone answering system, "Code-A-Phone", "Remote Command Model", Ford Industries. Desktop copier, No. 051, 3M Co. Dictaphones, Thought Master, No. 260 with transcriber, Travel Master, No. 220, Dictaphone Corp. Lamps, "Sintesi" in red, "Sintesi Faretto" in white, two of a series of five lamps, also available in blue and green, Light/Inc. Fire-rated document safe, "Sentry Survivor", John D. Brush & Co.□

THE VEGETARIAN WHO CAME TO DINNER

What to do if you want to avoid meat and still eat magnificently.

by Lisa DeMauro

I'm not one to panic easily. As I recently faced the prospect of planning a dinner party in honor of a vegetarian friend, it took a full three minutes for the uneasiness to set in. Even then, unless you stood very close to me, the whimpering was barely audible. And I was quick to regain my composure.

In no time at all I set my mind to planning the menu, only to be distracted by visions of endless cans of succotash with carrot juice chasers. Then the awful truth hit: I had no idea what vegetarians eat. What they don't eat, of course, is meat, but I could hardly banish the meat from my table and serve only the side attractions: roast nothing with mashed potatoes and gravy (oops, cancel the gravy too); leg of no animal with mint jelly; or my famous *arroz con nada*. I could just serve a big salad, but lettuce, even joined by an occasional cabbage leaf, is meager party fare—and dull. Obviously, a new strategy was required, so I undertook several days of (delicious) research, and finally arrived at a few guidelines for Cooking for Vegetarians with "Real Food" Appetites:

Do away with the star system. Most of us tend to feature the meat at a meal (particularly when we consider the price tag), spotlighting and embellishing the roast or fowl and subordinating the other dishes as if they weren't worthy of our attention. But a meal doesn't have to have a central dish; two or three carefully planned recipes can work together to produce a pleasing—and refreshing—effect. Of course, the dishes should complement each other: A savory cheese tart offset by a platter of steamed vegetables over rice; or a hearty, spicy soup balanced by a crisp salad and whole-grain bread. Textural and visual contrasts pace the meal and keep the taste buds alert.

If it's edible, it belongs in your salad. Cheese; fruit; raw, cooked, or marinated vegetables; seeds; nuts; eggs; soaked or toasted grain—the list of possible ingredients is limited only by the inventory of your supermarket and the size of your salad bowl. There are many standard combinations, such as:

GREEK SALAD

Combine 1 head of lettuce, torn, with 2 sliced tomatoes, a dozen ripe or Greek olives, one sliced cucumber, and ½ pound cubed feta cheese. Sprinkle liberally with oregano and freshly ground black pepper, and toss with a dressing of 1 part lemon juice to 2 of olive oil.

If you're feeling more inventive you can take off in endless directions under the heading "salad." And don't forget to vary the base ingredient as well. The iceberg lettuce so frequently seen rusting in obscurity on restaurant sideboards is a humble beginning. Boston lettuce, romaine, raw spinach, cabbage, even bean sprouts and shredded carrots are foundations for creative salad building.

Vegetables abhor violence. Regardless of how you felt about Brussels sprouts when you were 11, you have no excuse now for brutal treatment of vegetables. Actually, the vegetables most of us grew up with deserved our animosity: Soggy, tasteless, sodden masses that were overcooked and utterly unlovable. The awful truth is, bad as they tasted, they weren't even that good for us since many of their vitamins were boiled away along with color and flavor.

But now we know better—vegetables taste and look best when they're quick-cooked: steamed, sautéed, or delicately boiled. Served one of these ways, they require little adornment, and the taste is a revelation. Some of the more elegant stir-fry dishes include soy sauce, sherry, garlic, and oyster sauce. But for a satisfying, basic treatment, try:

WHOLE EARTH CASSEROLE

Cook 1 cup brown rice according to package directions and spoon it into an ovenproof dish. Cover with a layer of just-tender vegetables: 2 carrots and 1 medium zucchini, sliced and steamed; 1 package each frozen broccoli and cauliflower (prepared as package directs). Sprinkle with a generous helping (¾ cup) grated Muenster or Monterey Jack cheese, and broil until cheese melts.

Protein does grow on trees—as well as in the fields. You don't have to worry about the loss of meat-based protein in a vegetarian diet if you remember the world of legumes (including soybeans, lentils, and peanuts), seeds, and nuts. Dairy products, too, are an excellent protein source, so there's really no trick to keeping the menu nutritionally balanced. And the legumes can add a measure of "meatiness" to soups and stews. Lina's Italian Lentil Soup, for example, has a thick, filling texture that will satisfy even the staunchest meat-and-potatoes advocate:

LINA'S ITALIAN LENTIL SOUP

Add 1 cup dried lentils (picked-over for stones, and rinsed) to 3 quarts of cold water, along with 2 chopped celery stalks, 1 chopped ripe tomato, 2 carrots (scrubbed and sliced), 2 tablespoons thyme, and herb/seasoned salt to taste. Simmer the mixture until it is thick—at least one hour.

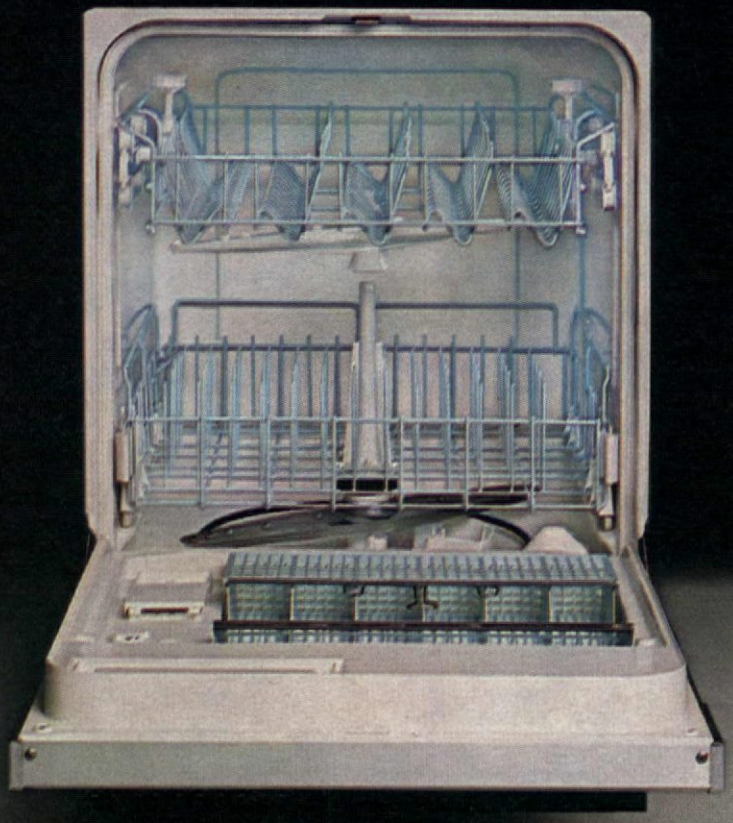
Dare to try a new approach. Even a long-familiar dish can surprise you when it is reinterpreted. If you pride yourself on your quiche, try substituting spinach, cauliflower, or mushrooms for ham or bacon. If you usually stuff eggplants or peppers with a meat filling, experiment with pilaf (raw rice that has been sautéed and then cooked with wine or broth), try different cheese fillings, or add nuts or raisins to a chopped vegetable mixture. And don't forget to consult ethnic cuisines, many of which include a sophisticated approach to vegetarian cooking, possibly because large quantities of meat are less available.

Regardless of the source of your recipes, an occasional herbivorous meal will be worth the effort. You may even be seduced by the new range of flavors and textures—guaranteed to rescue you from the deepest cooking rut.

My vegetarian dinner, by the way, was a smashing success. The best tribute came at the end of the evening when an old friend—and confirmed meat-eater—complimented me on the dinner. As I started to describe my early difficulty in putting together a vegetarian menu, he flashed me a puzzled expression. "Vegetarian?" He hadn't even noticed the meat was missing.□

Lisa DeMauro, assistant to the editor of American Home, *is a lapsed carnivore.*

Nobody told us to make it better.



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AMAZING UNRETOUCHED PHOTOS!

A housewife, a mother, a teacher, a tennis player — Read how BEAUTY FROM THE INSIDE OUT is helping them stay young and pretty — even though they're all well over 30!

Gun D. has a 7 year old and a 1 1/2 year old. Gun is 33 yet seems to grow younger with each passing day. She says, "BEAUTY FROM THE INSIDE OUT is like a fountain of youth. I was actually asked for my I.D. the other day when ordering wine in a restaurant."

Vivian G. is often mistaken for a college student but is actually 33. She is the busy mother of 3 children and says, "I used to do a lot of nervous eating. But this diet is amazing. It helps keep my waist at 25" without leaving me hungry."

Elisabeth D. Most people think she's in her early 30's. Actually she's 40 with hardly a wrinkle. Has 2 children, spends only 12 minutes a day on beauty. She says: "The skin care ideas in this book help my skin (which used to get very dry) stay moist."

Anna P. Anna is 33, has 3 children under 7 who keep her so busy she barely spends 10 minutes a day on beauty care. Anna says, "The arm and leg exercises in this book help keep me slim, which is essential when you're in tennis clothes as often as I am."

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by Barbara Johnston,
Editor of America's most exciting woman's magazine

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IF YOU'RE PRESENTLY IN YOUR FIFTY'S...

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- How the skin on your face can be as soft and smooth as the skin on your breast.
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ABOUT THE AUTHORESS

Barbara Johnston is the well know Feature's Editor of America's most glamorous magazine. Here . . . in her own words . . . is what **BEAUTY FROM THE INSIDE OUT** has done for her:

"In the past six years my figure has grown **steadily better.** My abdominal muscles are firm and I have no tummy bulge whatsoever . . . My breasts, which are very full, had begun to sag. Now, however, they are as high and firm as **when I was eighteen years old.**

"Here are just a few of the techniques that have worked so well for me and which I'm certain will work just as well for you:

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So send for **BEAUTY FROM THE INSIDE OUT** immediately. It's yours to try without the slightest bit of risk. If you're dissatisfied with it in any way — even if you feel it's already helped you look younger and prettier — just return it for a complete and immediate refund.

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ALASKAN ORIGINAL

PHOTOGRAPHED BY WARD WELLS

How persistent, resilient Bettye Smith built a first-of-its-kind school and business in Alaska.

by Sylvia Auerbach

I don't know how to let go," says Bettye Smith. Her tone is introspective, self-critical, almost apologetic. But if she'd known how to let go she might be working in someone else's office in Fairbanks, Alaska. Instead, as president, owner, and founder of the Alaska Business College, she operates out of her own bright office in the center of busy, downtown Anchorage.

Bettye was just 19 when she met a used-car salesman on a blind date in her hometown, Nampa, Idaho. She married him and went back to his native Alaska, which was still a territory in those days. They settled in Fairbanks: Population, about 5,000; main industry, gold mining; summer months, warm; winter months, sub-zero. She worked briefly as a clerk, fully expecting to do what all women were supposed to do in 1948: Stay home, keep house, and take care of the babies as they came—Jerye in 1949, and Marie in 1956.

"I wanted to stay home with the girls," Bettye says, "but I needed money." She had gone to business school, so it was natural that she teach secretarial subjects. At the first mini-school she started, she taught typing in the kitchen, shorthand in the living room, and advanced dictation in the bedroom. She kept a step ahead of her students by studying the same subjects and practicing at night.

The school was Bettye's key to independence when she was divorced in 1959. Her easiest option was to return to her parents' home in Idaho. But to go back would have been to acknowledge that her marriage had been a mistake, to face the disapproval of divorcees by relatives and the community, and to admit defeat. That's something Bettye simply can't do.

Instead, she decided to get a fresh start in Anchorage, then twice the size of Fairbanks. Anchorage has a climate similar to northern New England, a large Army and Air Force base, and one of the world's busiest airports. Bettye started the Alaska Secretarial School with borrowed money, six students, and rented space above a bowling alley. The school grew large enough to move to an office building, but it wasn't profitable. It would have been sensible to close it, but Bettye couldn't let go. "I hired someone smarter than I was to run it, and earned my living by managing an employment agency."

She was making a profit for her employer when an opportunity came up to buy a temporary-office-help franchise. Bettye wanted it badly—but had no capital. Then her boss bought it, and she ran it for him, with the profit divided between them at an agreed-on split. One day he decided to change the percentage—more for him, less for her. In a heated argument, he told her not only did he know she'd wanted to buy the franchise, but *(continued on next page)*

AH *contributing editor Sylvia Auerbach interviewed Ms. Smith while in Anchorage to conduct the seminar, "Financial Equality–A Woman and Her Money," sponsored by the University of Alaska and the Billikin chapter of the National Secretaries Association.*

EMERGING WOMAN

continued from page 41

he also knew she hadn't any money.

"It was," recalls Bettye, "like a slap in the face." Within three months she had borrowed money, quit her job, and added her own temporary-help agency to the school.

During this period Bettye had also remarried. Along with her new husband she had acquired four stepchildren who, in her own words, "never accepted me," but at least one and sometimes all four lived with her. After seven stormy years this marriage, too, ended in divorce.

"There I was," Bettye says, "alone again, divorced again, and heavily in debt. It was probably the lowest point in my adult life—my world in pieces and my own self-image at an all-time low."

Alaska was, and still is, a frontier state. With its rugged terrain and the mining, hunting, and fishing industries that required brute strength, men were supposed to be the he-men and women were supposed to be married. Bettye was expected to look around for a husband. She tried to expand the school even though at one point she was $32,000 in debt. But, as she tried to get the additional financing needed, her debts, plus the fact that she was a divorcee with two children, made lenders consider her about as good a business

> "I felt a moral obligation to pay back my debts. Besides, I didn't know *how* to declare bankruptcy."

risk as a bathing-suit manufacturer in Alaska's frozen north.

When she was refused by private bankers she turned to the last possible source of help, the Small Business Administration. She did her homework, preparing all the facts and figures she knew they'd ask for. After she presented her case, the SBA officer, who knew her, threw up his hands. "Bettye, why don't you just give up and file to declare bankruptcy?"

"I felt a moral obligation to pay back the people who had trusted me," Bettye says. "Besides, I didn't know *how* to declare bankruptcy. So I just said 'forget the SBA' and decided to go it alone."

Today the school is in a two-story, modern building with 10,000 square feet and has an enrollment of from 100 to 175 students year-round. It boasts up-to-date office equipment; a curriculum that includes secretarial skills, accounting, business law, hotel management, airline procedures; 12 full-time and several part-time instructors; and placement, financial, and admission officers. Students vary in age and background from teenagers to divorcees in their 40s and 50s. About 15 percent of the total are men—some of them Vietnam veterans. Many graduates have gone on to good jobs both in Alaska and "outside," which is how Alaskans refer to the other 49 states.

Ask Bettye how she did it, and she'll generously tell you she couldn't have managed without the help of others: The banker who once helped her meet a payroll by lending her $500 on the strength of her signature; the suppliers who lent

> "If it looks like a school," she told the interior designer of the business college, "I won't pay you."

her equipment after a fire that closed the school for 13 days; the other business-school owner who gave her advice; the teachers who helped establish the school's reputation.

But spend time with her and it's apparent her drive, open-mindedness, and attention to details are behind the success. Take the interior of the school, for instance. The classrooms are papered in bright patterns that would be attractive in a private home. "If it looks like a school, I won't pay you," the decorator was told. Bettye asked particularly for a cheerful math classroom, "since math is such a dull subject."

It's a rule of the school that each student has to punch a time clock—and Bettye personally looks at the cards to check on attendance and punctuality. She thinks students' appearance is important—"we have to get them through the front door"—so there's a course in grooming and personal development. And the catalog reminds them that they "are expected to dress in a manner acceptable to the discriminating business office. . . . Chewing gum is not acceptable in offices so it will not be acceptable in the classroom." Walk around the school with Bettye and you get the feeling that the students know that she's concerned about them, but she's the president, not "your old buddy, Bettye."

You also get the feeling that Bettye still remembers what it was like to be poor, untrained, and not accepted. And that she has to keep working on herself. She will unselfconsciously admit that she colored her dark hair because blonde is more flattering to her blue eyes and fair skin; that she's had a face-lift; that her weight problem is one of the few things in life she hasn't conquered. She'll pat a roll of flesh around her middle, say, "I'm carrying too much blubber," and decide she may be due again for a periodic visit to a "fat farm." When she began hiring and supervising people with college degrees, President Smith went out and got a B.S. in business administration in 1972 from Alaska Methodist University.

She frankly enjoys material things that success has made possible: A handsome modern house in a choice residential section of Anchorage; an informal summer cottage where she keeps a sailboat and a motorboat; and a ski-lodge condominium in the Alyeska ski resort, just 38 miles south of Anchorage by way of an uncrowded scenic highway featuring a series of breathtaking views of mountains, water, trees, and native shrubs.

But Bettye worries a bit about the mortgage on her house and the high monthly carrying charges, and she's getting along with the carpeting that came with the house and furniture from her previous home. And the ski lodge where she likes to entertain (a pot of chili on the stove, lots of rolls, a big salad, and everyone self-service), is rented out part of the year to bring in some income.

Bettye Smith is quite aware that her daughters must lead their own lives, that there aren't many men in Alaska (or anywhere else) for companionship, let alone marriage, for a successful older woman. (That touted excess of men over women in Alaska doesn't mention that many of the men chose Alaska for its no-ties, macho atmosphere, and prefer hunting bears and catching salmon to hunting and catching women.) So Bettye concentrates on individual goals. On her daughter's challenge, she became a fine Alpine and cross-country skier and a good sailor. Right now she's working on a five-year plan to have all her personal financial affairs in order by 1980. And she's been working toward a certificate in administrative management from the Administrative Management Association. She's already completed the first four levels by correspondence and is busy with the last one. She's made up her mind that she will be the first woman in Alaska to get the certificate, and she undoubtedly will be—especially if someone tells her she should give up trying.□

WINES

continued from page 32

overly cloying because of the Cognac content. Serve it well chilled, either on the rocks or as a tall drink, with plenty of ice and club soda. Or have it with a splash of gin and tonic over ice. It goes splendidly with a good country-style pâté or robust terrine.

You might borrow a dessert idea from the French: They pour a little Pineau des Charentes into the cavities of chilled Charentes melons that have been cut in half and seeded. Since Charentes melons are not readily available here, try it with the American equivalent—cantaloupe. It makes a simple but fabulous dessert. Pineau des Charentes, from Peartree Imports, costs under $7 a bottle.□

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Alpha Keri® Bath Oil works with water.
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Alpha Keri helps keep moisture in your skin. So, long after your bath, you feel soft and smooth.
Not slick or greasy.
No wonder so many physicians recommend Alpha Keri for the treatment of dry skin.

Alpha Keri Bath Oil.
Works with water to smooth dry skin.

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AMERICAN HOME SEPTEMBER 1977

TODAY'S COUNTRY STYLE

BACK TO BASICS ... the simple, natural life ... healthy, wholesome, honest. Today's fascination with a country lifestyle stems from a yearning for roots and tradition, a need to reconnect with enduring values, a desire to rediscover simple joys and beauty. Even more urgently, it comes from the necessity to alter the course of over-consumption and waste that is dissipating our natural resources and threatening our economy. In contemporary terms, the impulse to get back to basics translates as an awareness of new energy-saving ways to improve the home and as a willingness to explore the advantages of home-based offices; as a desire to streamline the preparation of natural, healthy foods but still to produce results as satisfying as, say, the jams that came from grandmother's kitchen; as a love of handcrafts and simple furnishings. Some Americans, like the Crofut family pictured on the following pages, live in the country in an updated rustic style reminiscent of American farm life of the past. But the country style we're talking about in this issue has little to do with geography—you can live it anywhere.—THE EDITORS

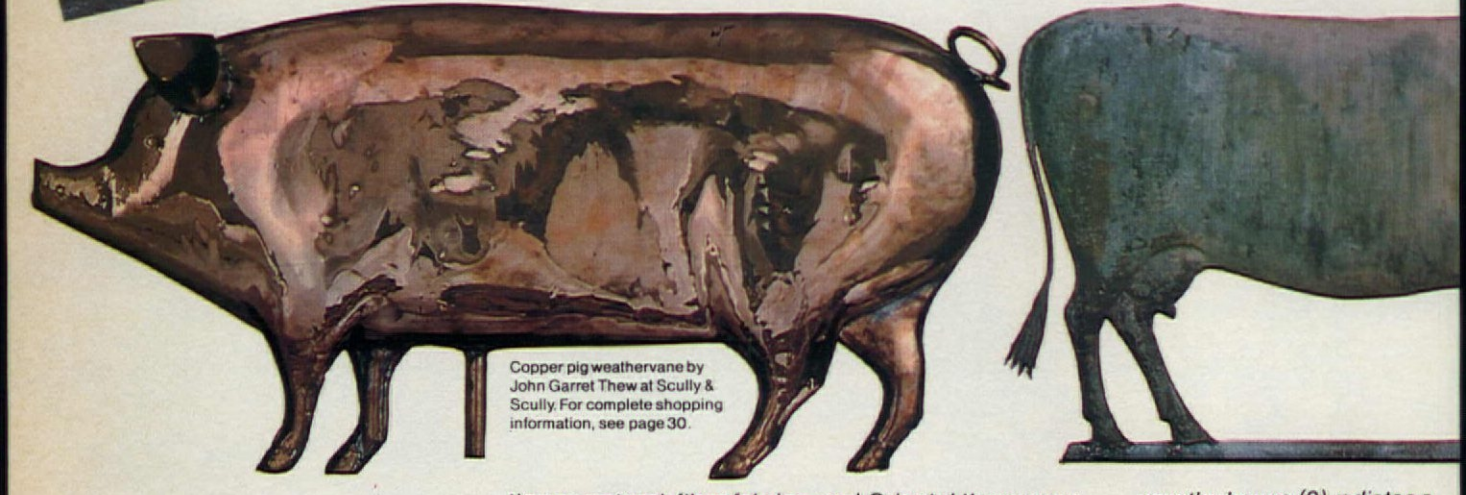
PHOTOGRAPHED BY BILL BINZEN

ONE-OF-A-KIND COUNTRY LOOK

Music and antiques fill the lives and home of folksinger Bill Crofut and his family.

When Bill and Susie Crofut found a dilapidated 18th-century center-chimney farmhouse in Connecticut 13 years ago, they planned their remodeling and furnishings to preserve the integrity of the old house. Their main concern was to adapt the country style of their home to their fast-paced contemporary lifestyle. Since Bill is a folksinger and balladeer whose professional involvement with music reaches back some 17 years, it was also important for them to focus their home around the family interest in music. They decided to update the rustic interiors by opening them up and bringing in lots of light: Beginning efforts at renovation consisted of taking out walls, adding window bays, knocking out ceilings to expose beams and rafters, and rearranging cooking and bathing spaces. When they added on, Bill did all the work himself. The rooms were brightened with easy-to-care-for American antiques, natural-fiber fabrics, and Oriental throw rugs. The Crofuts' daughters, Erika and Anni (left), have their own wing with playroom and bedrooms, stepped down from the dining room so they can feel very private but not too far from the action. Later additions were designed to accommodate both country living and musical activities; these include a barn, a sauna shed near a natural rock pool (ideal for brisk post-sauna dips), and workspaces for Bill and for Susie who helps produce recordings of Bill's songs and concerts. During the fall the Crofuts harvest vegetables, fruits, and flowers from the Japanese-style gardens, put up preserves and pickles, and make quarters snug for the family menagerie. —BO NILES

The living room (1), where Erika, Bill, Susie, and Anni gather and entertain friends for musical evenings, once stopped at the exposed beam. They doubled the size of the room and added a massive stone fireplace. Tiny metal coaches from India, an Asian processional wood carving (see mantel), and American copper weathervanes (below) are a few treasures they have collected on world travels. Bill built the pipe organ (2) in his study, but finds that song writing occupies more of his time than organ playing. Susie works with Bill on his writing, and illustrates his songs with line drawings, some of which appear in their book, Moon on the One Hand. *Seen from the garden archway, the house (3) radiates a warm glow from spacious interiors. Easy access to the outdoors was key to the renovation. Bill, equally versatile on banjo or guitar, Susie on harpsichord or recorder, Erika on oboe, and Anni on flute, form a combo (4). Bill constructed the harpsichord from a kit by Frank Hubbard of Waltham, Massachusetts. Susie painted it—14 coats—and did the calligraphy.* ♦

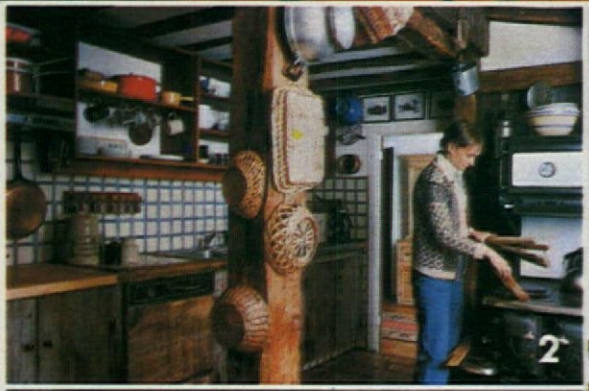


Copper pig weathervane by John Garret Thew at Scully & Scully. For complete shopping information, see page 30.

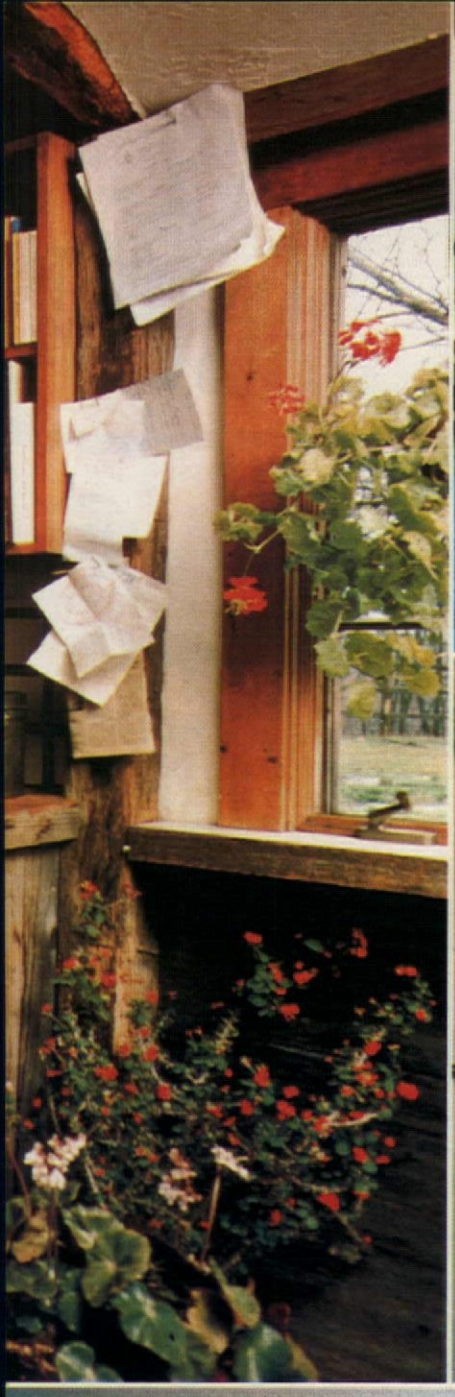
William Crofut . Wilton-1969
2

3

ONE-OF-A-KIND COUNTRY LOOK



The kitchen (1,2) was originally divided into three rooms—a "borning" room, entry, and cooking area. Converting the rooms into one space and adding bay windows and sliding glass doors to a new deck brought in plenty of light. The Crofuts retained beams, quarry-tiled the floor, and fitted barn siding on lower cabinets and appliances. Overhead shelving is open for easy access to dishes. Bill found the wood-burning gas stove (3) at the Portland Stove Foundry in Maine. An original fireplace (4) warms a corner of the dining room (8), which is furnished sparsely with antique chairs, table, and hutch, and brightened by a large bay window.



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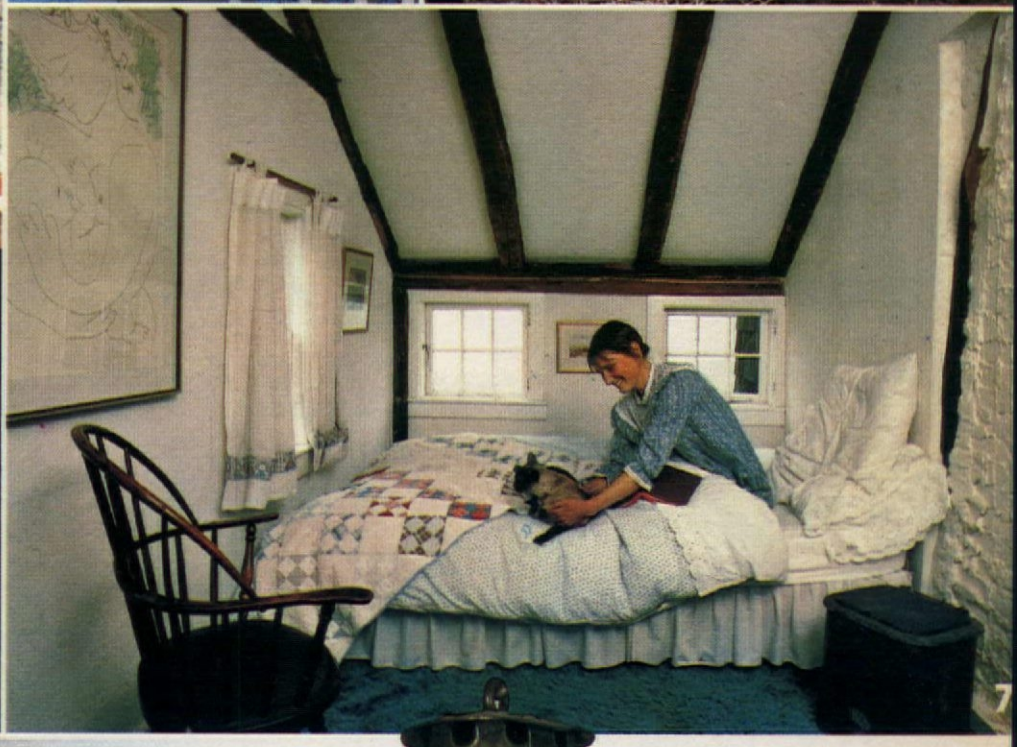

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8

Upstairs walls were torn out to create one large space for the master bedroom (7) and dressing area (5). The bed tucks into an alcove under the eaves. A wood-burning stove provides coziness; the bath is just behind the chimney. The barn (6) was designed for the Crofuts from an amalgam of old drawings by architect Robert Faesy. Bill built the barn over a period of three months and found working with his hands very relaxing after his daily practice sessions. Stalls house two horses, Morgan and Abe. The antique kerosene lamp (left) is part of a collection of authentic American fixtures and tools the Crofuts found.

PATTERN
HOW T
RUSTIC
COLONIAL
PIECEWORK
COZY
HANDCRAFTE
CREWEL

CAPTURE THE COUNTRY LOOK

No matter where your roots are, you can get country style. Thrift and antique shops are filled with the contents of someone's grandmother's attic. And many new products combine old-time design with modern easy maintenance.

Think multichromatic. Combine colors that are traditionally mellow, the naturals and earth tones, or antiqued hues of the primary colors. Though pioneers used vivid colors, fabric today is designed to look aged—for the instant country look.—VIRGINIA PERLO

Pattern: It's a country characteristic to pile pattern on pattern. Small prints, calico, paisley, ticking, and gingham designs combine beautifully with each other and with lace.
Pillowcases, sheets, "Pastiche," Martex. Quilt, assorted pillows, duck pillow, The Gazebo. Lamp, Tyndale.

Rustic: The solid shape and substance of rural tableware is reassuring to look at and touch.
Stoneware, "Chadsworth," flatware, "Kismet," Denby.

Piecework: A quantity of provincial and patchwork pillows strategically placed adds to the country look.
Patchwork pillows, The Gazebo. Round pillow, Riverdale. Wicker basket, Design Research.

Cozy: One traditional way to get a warm, comfortable look is with a quilt, down coverlet, or featherbed.
Quilt, The Gazebo. Nightgown, Lanz of Salzburg. Hair by C. Booth, makeup by A. Trujillo, both of La Coupe.

Colonial: A moon-phase clock will bring you back in time to old New England.
Falmouth clock, Bulova. Stoneware, "Avignon," flatware, "Garnet," Denby.

Crewel: Today's manufacturers reproduce crewel and stencil designs on fabric. Outline quilting, stylish in Colonial times, is the rage today.
Bedspread, "Hannah Corbin Stencil," Waverly. Bowl, Design Research.

Handcrafted: Other people's heirlooms are sold at steep prices—but are well worth the money. Geometric quilts can drape the wall as easily as a bed.
Pillow, antique quilt, The Gazebo.

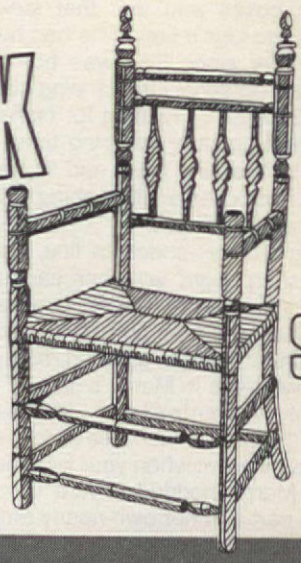
Sturdy: An accent piece like this marble-top chest is at home in the kitchen, dining or living room, bedroom or bath.
Commode from the "Front Porch" collection, Sugar Hill Furniture.

Folk Art: Hooked rugs, like this blue, red, and yellow one, are primitive, childlike, and charming.
Area rug, "Granny's Garden," No. 111, Concepts International.

Pewter: Pewter accessories, such as this hurricane lamp, add a touch of authenticity even if they are only used to add a decorative touch.
Pewter oil lamp, "Nantucket Light," International Silver Company.

Practical: The roll-top has had its day, even on the second time around. Try a reproduction of an accountant's desk.
Desk, National Mount Airy, Div. of Bassett Furniture, Inc.

Spare: Spindleback chairs are country classics. For a rural touch, hang two colonial chairs or a deacon's bench on the wall to be used as a shelf or for use as extra seating.
Chair, "Governor Brewster," Ethan Allen.
For complete Shopping Guide and Address Directory, see page 30.



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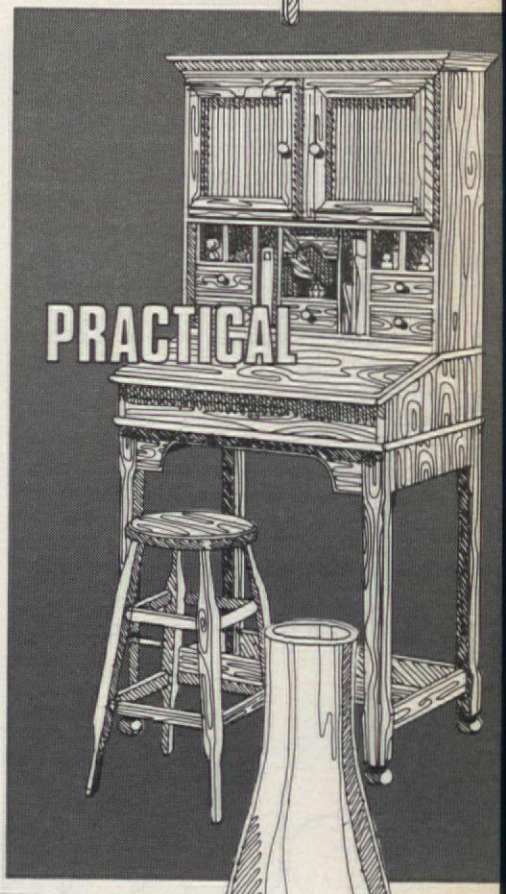

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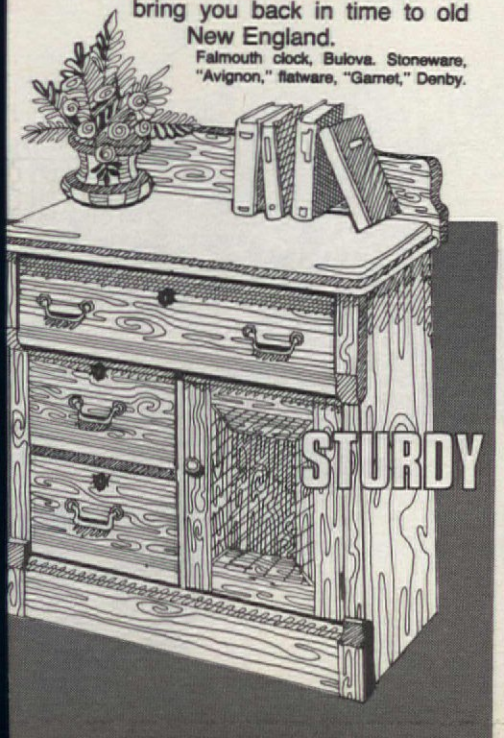
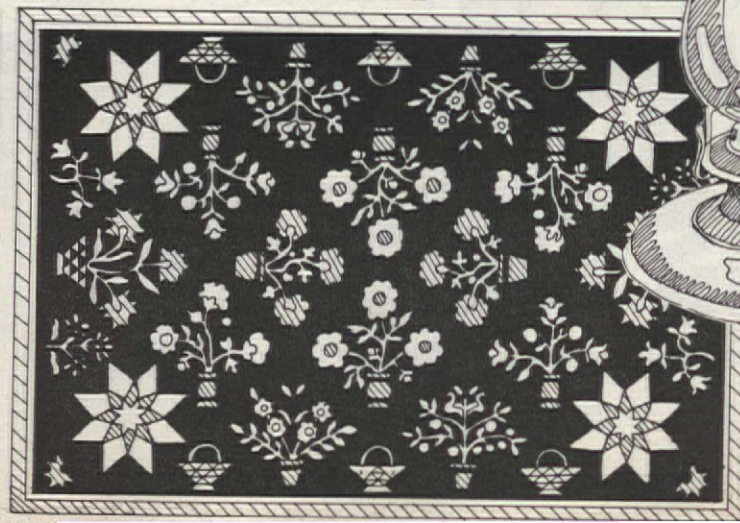
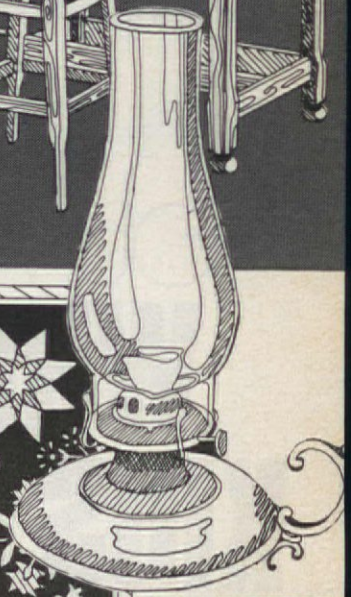


STURDY

FOLK ART





PEWTER

WHAT DO YOU WANT TO BE WHEN YOUR KIDS GROW UP?

Don't wait until the nest is empty to try your wings.

by Mary Susan Miller

Carol Robertson rushed for the checkout counters, her cart piled with the boxes and jars that stoked Donny's and Lisa's fires. She had been rushing ever since Lisa was born 13 years ago—to school, to dancing class, to Cub Scouts . . . rushing for birthday parties and summer camping trips . . . rushing to dust and wash and iron and cook . . . and occasionally rushing to dinner parties with Don.

Spying a short checkout line, Carol took a sharp right with her cart and bumped into Marge Wheeler, whom she hadn't seen in a long time. "Why don't you go first," Carol suggested, noticing only a few items in Marge's cart.

"Thanks, I'm not in a hurry," Marge answered. "I haven't much else to do these days. It's different when your kids leave home." Marge nodded toward Carol's heaping cart and her own nearly empty one. "See the difference? That's the difference in my life too," she added wistfully.

Carol looked at Marge—about 43, still attractive, but the mobile, warm expression she remembered had been replaced by a forlorn, dejected one.

"It must give you a sense of satisfaction, not to mention a lot of freedom, to have the kids grown up and off on their own," Carol said, trying to make conversation. "How are they?"

"I hardly know. They don't write often. Paul and I phone them from time to time, but they're usually out." She turned to face the younger woman. "Take my advice, Carol. Enjoy life while your kids are little because when they go off, you have nothing left."

Mary Susan Miller is coauthor of Straight Talk to Parents: How to Help Your Child Get the Most Out of School *and* A Round Table on Sex Education.

Carol drove home from the supermarket in a deep gloom. Lisa was staying after school for play rehearsal; Donny wouldn't be back from sports for another hour. She put the groceries away, aware of the silence in the house. Usually she loved it. Today it echoed ominously with Marge's words: "When they go off, you have nothing left." Carol was 33. In 10 years would she be . . . Marge?

Carol, like millions of young mothers, had been forced to face the realization that someday the nest would be empty. Years ago no such problem arose. The nest was never empty. Generations lived together, children growing up, becoming parents and grandparents under the same roof. Houses expanded to hold them, as did roles and responsibilities. Grandmother relinquished housekeeping to her daughter or daughter-in-law while she assumed the peripheral duties her own mother had done. She was needed and knew it, a tal part of the extended family.

Today's woman, on the contrary, begins easing out of her maternal role as soon as her children turn 18. They leave for college, for careers, for marriage, or for the nebulous experience called self-discovery. Left alone all day while her husband continues his work pattern, she finds herself without focus. Life is empty. The house is quiet. The days are long. Nobody seems to need her. The heroine of Evan Connell's latest novel, *Mrs. Bridge,* epitomizes this woman. With her three children grown, she finds herself "like one of those people in the Grimm fairy tale—all hollowed out in back." Dipping into her cold cream, she feels as if "rapidly, soundlessly she is disappearing into sweetly scented anonymity." She is Marge Wheeler.

Ironically, the shrinking need for women who are past their childbearing years coincides with an expansion of their lifespan. Thirty years ago statistics indicated that at 40 a woman could be expected to live another 29 years. Today at 40 she is expected to live another 38 years, 7 more than her husband. A high percentage of the pharmaceutical and cosmetic industries is directed to keeping her energetic, attractive, and sexy.

Yet despite the vision of vigorous longevity, empty-nest years bring pain and despair to many women. Maxine Davis, author of *Get the Most Out of Your Best Years*, says, "The housewife-mother whose horizons are strictly limited is in for bad times if she is not forewarned. She is going to be old as soon as the children are grown and gone." Forewarnings come in many shapes and at times least expected. Carol Robertson was lucky: She bumped into Marge Wheeler.

Jennie Martin was at Open House at her fifth-grade son Roger's school when it struck her. It was her turn to meet Roger's teacher. She held out her hand and said, "Hello, I'm Roger Martin's mother." As she explained later, "I suddenly saw myself without a face." "No, wait a minute," she said to the teacher. "I'm Jennie Martin. Roger is my son."

Arlene Mandel came upon the realization differently. Her two boys had left on the school bus. Her husband was in Chicago at a conference. She was reading the morning paper when she came across an article about a local university offering help to women with anxiety problems. Reading down the list of symptoms, she decided that she had them all: overweight—she had put on 25 pounds since the boys were born; low self-image—she was insecure in dis-

cussing anything that happened outside her home; fears—she was afraid of flying, of sharing her husband's world, of meeting new people. She looked at herself in the mirror, dowdy in a ponytail and her husband's castoff shirt. Turning from the mirror to the telephone, she called the university and asked for help.

Realization of the problem cannot solve it, though. That is Step One. Step Two calls for action. There are many routes young women today are taking to prepare for the empty-nest years.

Carol Robertson chose the volunteer route. Evaluating her life that day she bumped into Marge, she made a list of scattered volunteer work she had done to fill community needs: She collected for leukemia; she gave blood to the Red Cross; she had been a Cub Scout den mother and a Brownie leader when the children were younger; she was always active in the PTA; and she taught Sunday school. The list reminded her how busy she was, but something was missing. Her efforts lacked direction, recognition, growth. Like many young mothers, she fitted in her volunteer work between packing lunches and cleaning up dinners and being there when her family needed her. Now she needed to think of herself.

The following month Carol started at the Red Cross Blood Bank two afternoons a week interviewing donors. She has been at it half a year now and plans to add a third afternoon right after vacation. "I have stopped puttering," she says with a broad smile. "I'm back at work."

Mel Delmonte, director of volunteers of the Nassau Red Cross, says Carol Robertson is one of hundreds of women who come to her seeking the self they have buried behind the front doors of their homes. "The volunteer today is a different woman from who she was 10 years ago," Delmonte says. "She used to come in tears beginning to sense her loss as she hit the mid-30s, feeling useless and stuck at home while her husband had his own life." Today a younger woman comes. She still has young children but does not want to get lost in them and is looking ahead. "She is shopping around, exploring possibilities before the urgency arises."

The once-a-week volunteer at 25 who finds herself involved often becomes the three-day-a-week volunteer at 35 and the full-time employee at 45. Volunteerism can become a career in itself, or lead to a career. Delmonte tells the story of Janet K. who meekly came to stuff envelopes because she felt stifled by her successful business executive husband. Now she is vice-chairman of her own Red Cross chapter. Her husband is referred to in the community as "Mrs. K.'s husband."

Ten years ago Mel Delmonte herself was drifting and wondering what to do when her twins left for college. Today she supervises 4,000 workers and looks like a chic corporation executive. "I have seen a lot of empty nests redecorated," she says. "It certainly gratifies me to see a woman grow."

Jennie Martin chose the education route. She enrolled at a local community college to complete the sophomore year she had left 12 years before. Then she transferred to a nearby university where she is now in her senior year majoring in psychology. "When I remember how I hated school as a kid, I can't believe this is me," she laughs. "Then you couldn't get me to do my homework. Now you can't get me to stop." When Roger is in college, she will be midway in her graduate work. When he graduates, she will be ready to set up her office as a clinical psychologist "and help people find the identity I realized I had lost that night at the PTA."

Schools and colleges across the country are expanding to meet the needs of growing numbers of women like Jennie Martin. Continuing education programs are gearing up to help women define their goals, to give them the tools for future careers, to assist them when they are ready to seek employment. Typical of the new flexible courses of study is Adelphi University's ABLE—Adult Baccalaureate Life Experience—degree program. A student may combine academic course credits with those earned through personal study, work, or achievement and emerge with a B.A. Areas of concentration run the gamut from African studies to zoology. Classes are held in 20 locations in and around New York—in libraries, railroad stations, and airports. Also offering a Child Activity Center, the university invites women to "Go to college with your child and grow together." In 1973, its first year, 300 students did; this year the enrollment was *(continued on page 76)*

ANYPLACE ROCK GARDENS

All it takes is the right mix of stones and plants to create a rock garden wherever you want one.

by Laura Louise Foster

PLANT NOW–ENJOY NEXT YEAR

When to plant: Most bulbs, rock-garden plants, and wild flowers that blossom in the spring and early summer do their best if transplanted in late summer and early fall, from about August 15 to October 1 (though from New York City south it is possible to extend the planting season to October 15 or even a little later). At this time of year, top growth is coming to a standstill and makes few demands on the root systems. Roots are still actively growing and can therefore establish the plants before winter. Days are shorter and tend to be cooler so the newly moved plants need not bear the brunt of the hot sun and drying winds of late spring and summer. In late summer and fall, at least in the East, plants are likely to receive the additional benefit of fall rains.

How to plant: Dig the soil thoroughly and remove all weed roots. Spread a two-inch layer of well-rotted compost, leaf mold, or Michigan peat over the area, and in the sunny rock garden a two-inch layer of gravel or very coarse sand. Dust the area with bone meal and dried manure and mix these ingredients with the soil beneath. Plant materials carefully, press the soil firmly around roots, and water. Keep watered if there is no rain.

FOR SUN

Most of these plants can be purchased at reliable nurseries that deal in perennials.

Aster (*Aster*, dwarf varieties)
Basket-of-gold (*Alyssum saxatile* and variety *citrinum*)
Carpathian bellflower (*Campanula carpatica* varieties)
Cottage pink (*Dianthus*, dwarf varieties)
Crane's-bill (*Geranium dalmaticum* and *Geranium sanguineum*, particularly variety *G.s. lancastriense*)
Creeping thyme (*Thymus serpyllum*)
Crocus (*Crocus* varieties)
Daffodil (*Narcissus*, dwarf varieties)
Dwarf bearded iris (*Iris pumilla* varieties)
Dwarf salvia (*Salvia jurisicii*)
Hens and chicks (*Sempervivum* varieties)
Moss pink (*Phlox subulata*)
Pasqueflower (*Pulsatilla (Anemone) vulgaris*)
Perennial candytuft (*Iberis sempervirens*)
Prostrate soapwort (*Saponaria ocymoides*)
Sea thrift (*Armeria* varieties)
Stonecrop (*Sedum* varieties)
Striped squill (*Chionodoxa*)
Tulip (*Tulipa*, dwarf varieties)
Yarrow (*Achillea*, dwarf varieties)

FOR SHADE

Some of these plants can be most easily obtained from nurseries specializing in native wild flowers.

Astilbe (*Astilbe* varieties)
Baneberry (*Actaea rubra* and *Actaea pachypoda*)*
Bloodroot (*Sanguinaria canadensis*)*
Blue phlox (*Phlox divaricata*)*
Blue squill (*Scilla tubergeniana*)
Coral bell (*Heuchera* varieties)
Creeping phlox (*Phlox stolonifera*)*
Dutchman's breeches (*Dicentra cucullaria*)*
Dwarf crested iris (*Iris cristata*)*
Epimedium (*Epimedium* varieties)
Ferns (many species)*
Foam flower (*Tiarella cordifolia*)*
Hepatica (*Hepatica acutiloba* and *Hepatica triloba*)*
Jacob's ladder (*Polemonium coeruleum*)
Lungwort (*Pulmonaria angustifolia* and *Pulmonaria saccharata*)
Primrose (*Primula polyanthus* and *Primula sieboldii*)
Trillium (*Trillium* species)*
Virginia bluebell (*Mertensia virginica*)*
Wild bleeding-heart (*Dicentra eximia*)*
Wood hyacinth (*Scilla campanulata (hispanica)*)

*Native Northeastern American Plants

Until I was into my thirties, the only rock gardens I had seen were banks or mounds of earth studded with rounded boulders like raisins in a pudding, and usually planted with shocking pink ground phlox, bearded iris, and day lilies struggling more or less valiantly with the grass and weeds that had invariably invaded their bed.

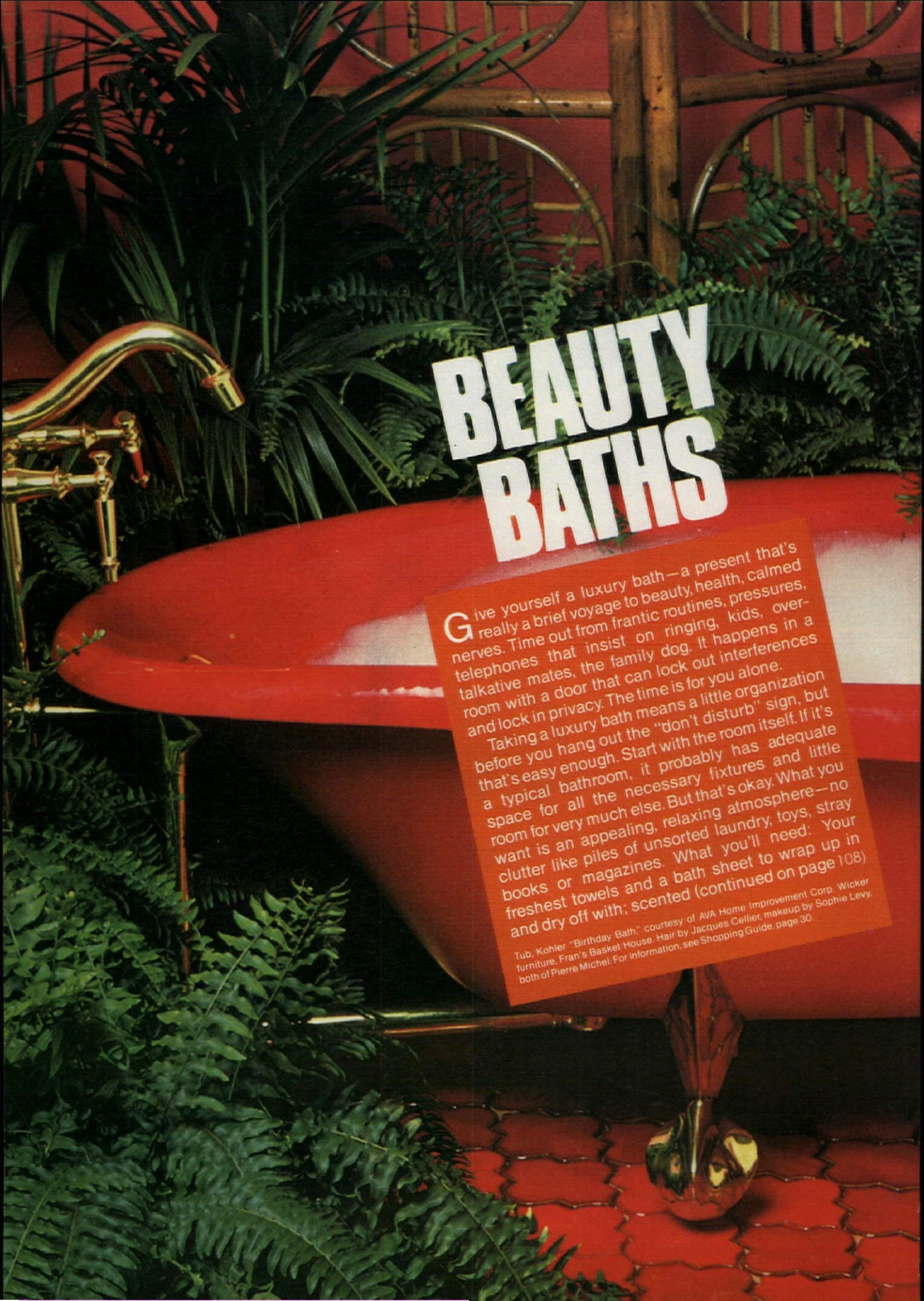
My opinion of rock gardens was very low indeed, so when my husband suggested that the rocky surroundings of our home in Connecticut made a perfect site for such a garden, I protested. But I learned in time what a rock garden should be.

WHAT IS A ROCK GARDEN?

The classic rock garden is a ledge, frequently quite substantial, either natural or constructed by hand, with suitable plants lacing its cracks and crevices. At the foot of this escarpment there is usually a more gentle slope of rocky soil to accommodate those plants that need more root-run than can be provided in the fissures of the cliff. Ideally, in this classic rock garden, a fall of water splashes down the rock face and runs in a gurgling rill among the stones and flowers of the slope into a quiet pool fringed with water-loving plants.

Few rock gardens follow this classic pattern. Although water, as a still pool or trickling stream, adds immeasurably to the ambience of any garden—and is now quite easy to supply, thanks to recirculating pumps—it is not essential. Nor is a massive cliff. A modest ledge or outcrop, either natural or built of carefully chosen matching stones fitted closely together with soil packed into the interstices, will do. Even a random scattering of boulders and rocks, large and small, par- *(continued on page 114)*

Pink and white moss pink and lemon-colored basket-of-gold (right) are showy rock-garden staples. In the spring moss pinks and basket-of-gold bloom in pool area of the Fosters' garden (top inset). Marsh marigolds and Japanese primroses–not yet blooming–are around the margin of the pool. A mugho pine (center inset) is a good foil for flowers around it. Lily-flowered tulips (bottom inset) do well in rock gardens.



BEAUTY BATHS

Give yourself a luxury bath—a present that's really a brief voyage to beauty, health, calmed nerves. Time out from frantic routines, pressures, telephones that insist on ringing, kids, overtalkative mates, the family dog. It happens in a room with a door that can lock out interferences and lock in privacy. The time is for you alone.

Taking a luxury bath means a little organization before you hang out the "don't disturb" sign, but that's easy enough. Start with the room itself. If it's a typical bathroom, it probably has adequate space for all the necessary fixtures and little room for very much else. But that's okay. What you want is an appealing, relaxing atmosphere—no clutter like piles of unsorted laundry, toys, stray books or magazines. What you'll need: Your freshest towels and a bath sheet to wrap up in and dry off with; scented (continued on page 108)

Tub, Kohler "Birthday Bath," courtesy of AVA Home Improvement Corp. Wicker furniture, Fran's Basket House. Hair by Jacques Cellier, makeup by Sophie Levy, both of Pierre Michel. For information, see Shopping Guide, page 30.

Two beautiful approaches

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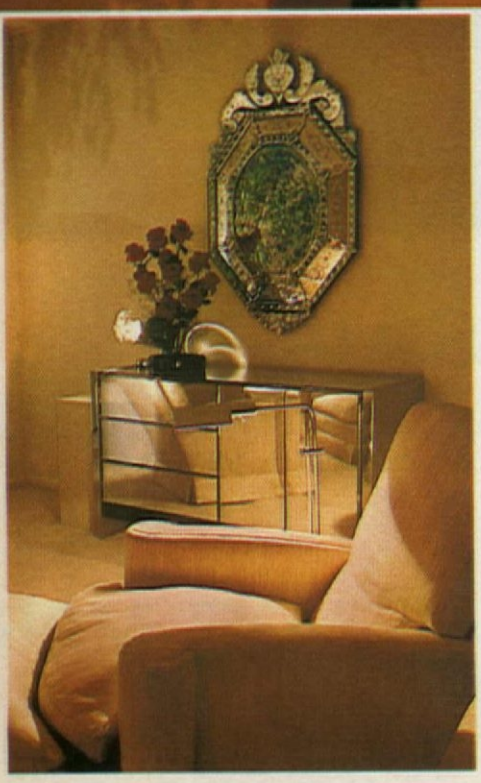
Quality products of Liken Home Furnishings

HOME OFFICES THAT WORK

One woman's design for living: A 4-way room that works overtime.

Shopping Guide on page 30.



You *can* live in one room and have everything you ever wanted," says commercial and residential space planner/interior designer Georgia Roulo, whose one-bedroom apartment shown here placed second in the 1977 Hexter Competition for Interiors of the Year. Her son Sean uses the only bedroom, and the remaining 15'6" by 22'6" room serves as Roulo's office and bedroom and as the family living and dining areas.

Most of their possessions were in storage when they moved in, and mother and son deliberately learned to simplify. Georgia Roulo (right), who also designs Feeling Sensitive greeting cards (displayed on a rack behind desk), looks out on the room from her workspace. "It must be clutter-free, because I can't think about cleaning while I'm at work."

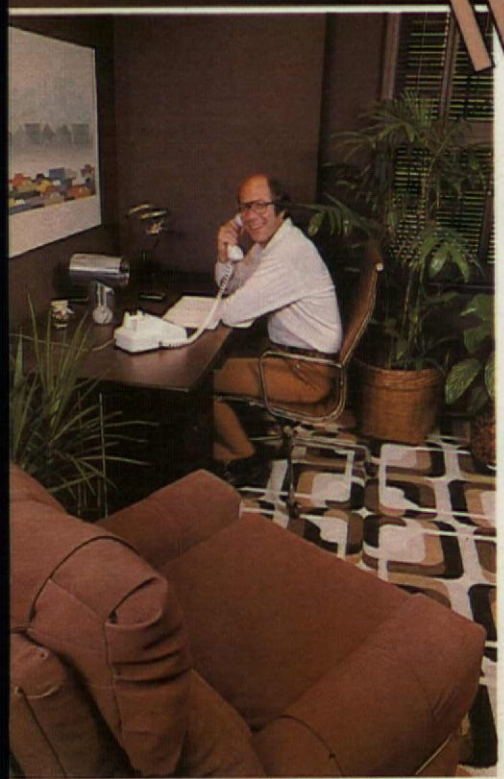
To prevent a hard division of space and to provide an unobstructed view of Chicago's Lincoln Park, Lake Michigan, and harbor 33 stories below, Roulo decided against a sofa and opted for four high-backed lounge chairs and two ottomans, symmetrically balanced by two mirrored chests.

The custom-made Formica laminate island—the core of the sleeping, dining, and office areas—conceals linens, stereo equipment, reference materials, plus office files and supplies. The T-shaped top of the dividing cabinet acts as a desk and buffet/dining facility. A ceiling-mounted spotlight over the center of the table provides the professional designer with direct lighting.

Roulo is delighted with the way her one-room office-home works. She's justifiably proud of how much she was able to fit in, even retaining a queen-sized mattress and box spring. For privacy, shuttered doors close off the kitchen, and the foyer entrance has a sliding door (not shown) camouflaged by wood painted to match the wall.

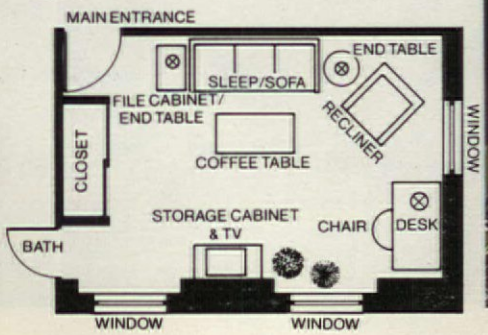
PHOTOGRAPHED BY ROGER BESTER

HOME OFFICES THAT WORK



The hidden office: A comfortable room for the whole family.

This warm brown study in a suburban home won the second-place 1977 ASID/Barcalounger Award for Larry N. Deutsch (left) of Chicago. Designed as a part-time office for a commodities broker, the room triples as a guest room and family room: Note the recliner and sofa bed. Function, which appears absent, is merely hidden. The end table at left of sofa is a mate to the file cabinet under the desk. Another cabinet (not shown) is used as a TV base.—DESIGN DEPARTMENT



Shopping Guide on page 30.

BUSINESS BEGINS AT HOME

Are you ready to cash in your commuter ticket and set up a business at home?

by Claudia Jessup and Genie Chipps

Does the notion of making your own hours and working only when it suits you (and your family) sound like a convenient and practical possibility? If you've got a spare room or closet that can be transformed into a cozy home office, then working at home could be for you.

As your own boss, it may not matter *when* you do the job in the course of a day, but remember that most jobs involve deadlines. So, if you're someone who has difficulty with self-discipline, is easily distracted, and is prone to afternoon siestas (or daytime TV), working at home will probably end in financial disaster for you.

Why work at home? Most people are attracted to working at home for one or more of three reasons. Saving money on the high cost of commercial rent tops the list. A home office can be the best answer for anyone trying to get a new business off the ground or to maintain a consistently low overhead. Norman Shaw, a New York real-estate investor, admits: "I don't need an 'office' office. A converted area of my loft is perfect. There are side benefits, too, like no rush-hour traffic, and all that time and money saved by not having to commute. In general," he adds, "it's a more relaxed, hassle-free work life."

Managing a family and running a business at the same time is becoming an ideal situation for more and more women. Sue Ginocchio, of Lexington, Kentucky, launched her design firm with a partner, Susan Clay, by creating a convenient office out of a spare room with its own street entrance. Sue, the mother of four children ranging from elementary-school to college age, says: "I can close the office doors to family interruptions, but I'm still here for the children when they come home from school. This way, I don't miss out on their activities. Working at home made my transition from housewife to businesswoman much easier."

Body cycles may correspond harmoniously to home businesses, too. Many people get bursts of energy at midnight or work best at concentrated intervals that simply don't coincide with the regular nine-to-five routine. If you function like this, then the freedom to make your own hours can actually increase productivity and promise a much greater chance for success.

What about the disadvantages? For starters, if you work at home you have to like *being* at home. The idea of working and living in the same quarters affects people differently. Many feel claustrophobic. Joan Solomon, co-owner of a creative consulting firm in Minneapolis, Minnesota, started her business on a shoestring, originally running it from home. "It just didn't work," Joan confesses. "I couldn't stand having my work and my private life so totally intermingled. I like having an office that I can go to. There are far fewer distractions there than at home."

Phyllis and Jack Kish run a graphics studio from their spacious New York apartment, and each has a unique reaction to their work-at-home situation. "For me, there's always the problem of the house versus the job," Phyllis admits, "I now spend most of my time going out on business calls while Jack's at home. He couldn't care less if a bed isn't made; he just goes into the studio and closes the door."

Aside from personal considerations like these, there are certain businesses, such as advertising or accounting, where a level of professionalism must be maintained. Working from home may be wrong for your business image or the type of clients you want to attract. Or, if your home office is in the suburbs, expect to find some clients who may not want to travel that far for consultations or don't particularly like wading through a kitchen or family room to your desk.

The legalities of working at home. First, check into local zoning laws to make sure you are situated in an area where you can run a business from home and where you will be allowed to display a sign, if your business calls for it. Consult your local city and county authorities regarding licenses or permits required for your particular enterprise—for example, the Board of Health for food-related businesses. Talk to your insurance agent about any special coverage that you may need for fire, theft, and so on.

Setting up your space. The primary concerns in setting up a home office are privacy and adequate work and storage space. Dusting the breakfast crumbs off the dining room table and then hauling out the typewriter is a bad idea—both from an organizational and from a financial point of view. Current federal tax law stipulates that, in order to qualify for a home office deduction, "the portion of your home that you have allocated for business purposes must be used exclusively and *(continued on page 114)*

COULD YOU WORK AT HOME?

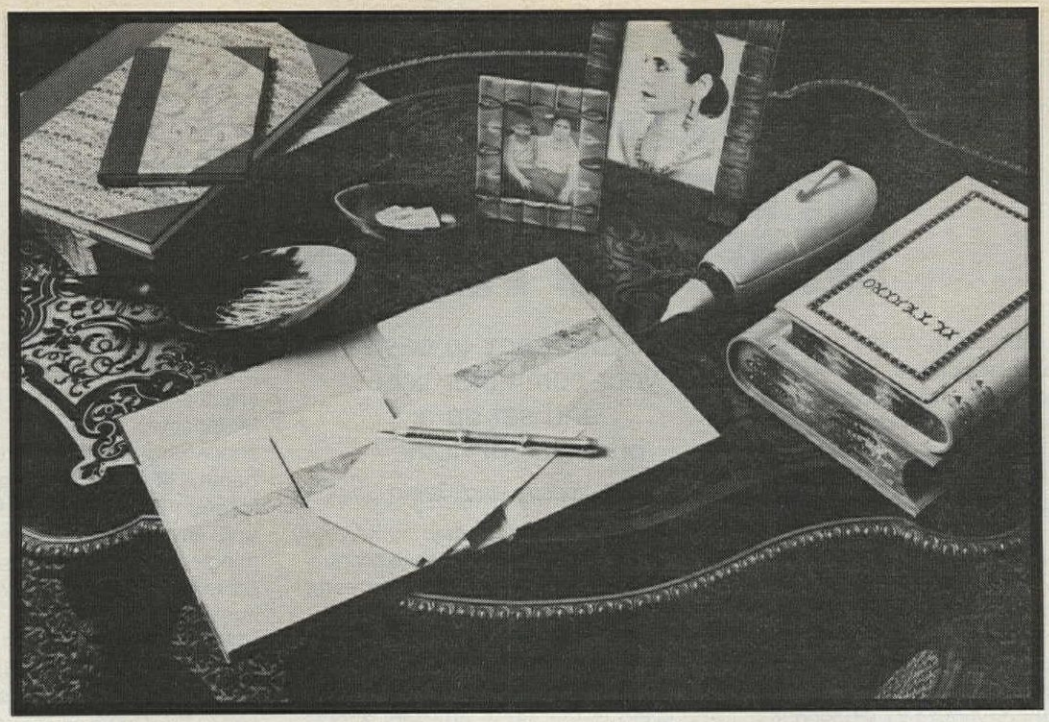
To discover whether or not you are a likely candidate for running a business from home, ask yourself the following:

- Do you have any space that can be converted to an adequate office, with privacy from household interruptions?
- Are you a good planner? Do you make lists and stick to them?
- Are you satisfied with your present household organization?
- Will the addition of an office be intrusive to the normal activities of your family?
- Are you a self-starter? Can you organize your time and work without procrastination?
- If you have a family, do they support your outside activities and respect the demands of your work?
- Are your children old enough to understand that you cannot be interrupted for minor matters?
- Would you enjoy working and living in the same house, day after day?

A "no" answer to any or all of these questions doesn't necessarily mean that you are not suited to work at home. However, it does indicate that you need to analyze and define your goals as well as reevaluate your home and family situation. If you see a few shortcomings in your plans to work at home, you might consider taking on a partner or budgeting for a small office right from the start.

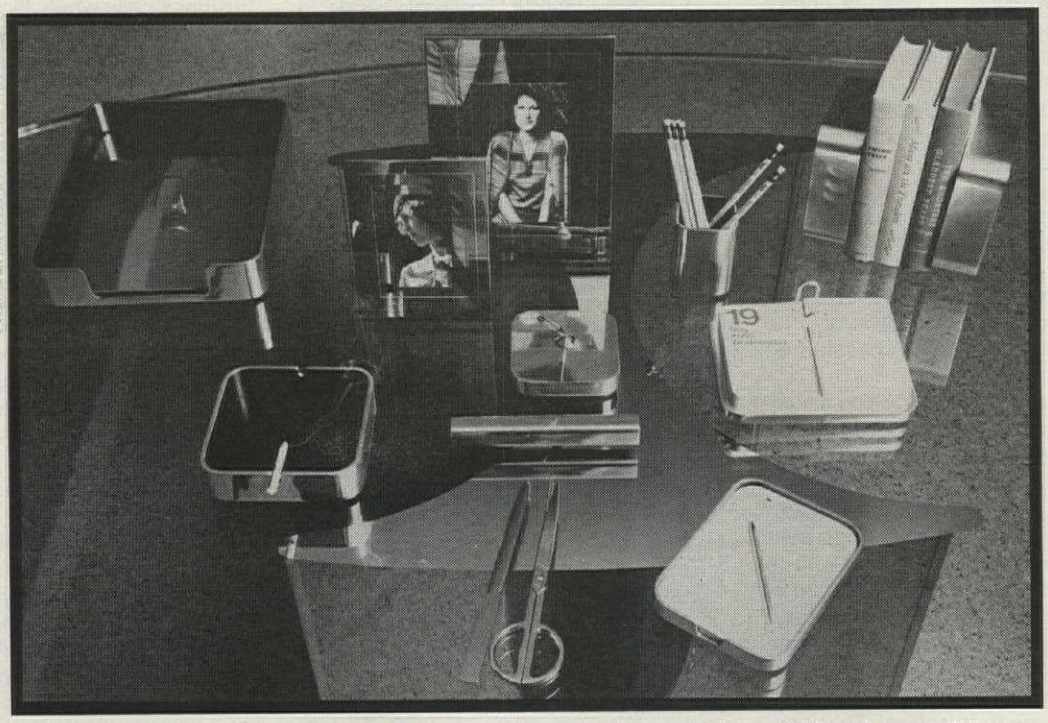
If you answered "yes" to the questions above, you may be ready to take the plunge and redo your pantry into a snappy office.

Claudia Jessup and Genie Chipps are coauthors of The Woman's Guide to Starting a Business *(Holt, Rinehart & Winston).*



FOR YOUR DESK TOP:

PHOTOGRAPHED BY SERGE KORNILOFF



Well-organized accessories—either with an old-world look or with clean contemporary lines—demystify even the busiest desk top, and keep it stylish too.

Whatever your metier, you'll want your at-home desk to reflect your sense of style as well as your efficiency. Here are two ways to organize your desk top, and keep it organized, too: A funky old-world assemblage of organizers (top) graces a serpentine inlay desk. English Cockerel paper blank books and book box inspire creative thoughts; they and the horn scoop for holding miscellaneous small objects, the trompe l'oeil Italian metal book box and the bamboo pen are from ffolio 72, New York. The fat Italian ceramic pen opens up for stamps, haphazard clips, or whatever; it and the handy leather-bound stationery holder can be found at Jenny B. Goode, New York. The focal point for a sleek and functional group of accessories (above) is a Joan Major oval chrome and glass table from The Pace Collection. The polished aluminum accessories include a filing tray with cover for sorting mail and memos, an ashtray, single pen set, a library set of scissors, letter opener, and holder, memo pad, a calendar and stand, pencil cup, and a pair of book ends. These form the Radius One Metal Collection by William Sklaroff for Smith Metal Arts, and they are available at Fuller Stationers in New York. Two-tone metal frames, 3″ by 5″, and 5″ by 7″, with photos to remind you of your loved ones, are from Jenny B. Goode. Any or all of these desk organizers should keep you in business and on top of your social calendar.

THE BEST FOR THE BRIGHTEST

PHOTOGRAPHED BY NORMAN MOSALLEM

Set up the most efficient home office with these streamlined essentials.

When you set up an office at home, you'll need some basic equipment to keep it running smoothly. Top: Shed some light with a Sintesi lamp from Light/Inc., and organize on the go with traveling cassette recorder by Dictaphone. Code-A-Phone from Ford Industries records messages while a transcriber, also by Dictaphone, readies ideas for the typewriter. Above: Take along the pocket Sinclair calculator. Electric typewriter Lexicon 82 is by Olivetti. Light/Inc.'s small Sintesi lamp is practical for close work. Right: Desk by Muurame for Scandinavian Design, and chair from the Ergon Chair Line by Herman Miller are designed for comfort. Sentry safe is by John D. Brush & Co. Copier is by 3M Co.—B.N./N.W.

Shopping Guide on page 30.

JAMS IN A JIFFY

Here's how to make new-fashioned jams with old-country flavor. Savor the fresh fruit of summer and early fall all year long with these easy made-in-minutes jams and jellies. They taste like the kind Mother or Grandmother used to make, but there's a newfangled twist. The cooking time is minimal—perfect for busy people today. So whether you live in the country and have access to gardens, orchards, and farm stands, or in the city and have a greengrocer within easy reach, take advantage of the seasonal fruits. Harvest your own batch of jams in a jiffy.—GALE STEVES

GRAPE AND PLUM JELLY

Working time: 15 minutes
Standing time: 10 minutes
Cooking time: 1 minute

1½ pounds fully ripe Concord grapes
1½ pounds fully ripe plums
6 cups sugar
¾ cup water
1 box (1¾ oz.) powdered fruit pectin

Thoroughly crush grapes, one layer at a time. Squeeze out juice. Measure 1½ cups into large bowl. Pit plums; do not peel. Chop very fine by hand or in food processor. Squeeze out juice. Measure 1½ cups; add to grape juice. Stir sugar into juice mixture; let stand 10 minutes. Mix water and fruit pectin in small saucepan. Bring to boil; boil 1 minute, stirring constantly. Stir vigorously into the juices about 3 minutes. (A few sugar crystals will remain.) Ladle quickly into ½-pint or pint containers. Cover at once with tight lids. Let stand at room temperature until set. (This may take up to 24 hours.) Store in freezer for at least 24 hours. Remove from freezer as needed and store in refrigerator between uses. *Makes 6 ½-pints (55 calories per tablespoon).*

ORANGE MARMALADE

Working time: 15 minutes
Cooking time: 15 minutes
Standing time: 30 minutes

2 medium oranges
¾ cup water
4¼ cups sugar
⅓ cup water
½ bottle (3 ozs.) liquid fruit pectin

Remove peel from oranges and slice off about half white membrane. Cut peel into thin slivers with knife or scissors. Place in small saucepan with water. Bring to boil; cover and simmer 15 minutes. Meanwhile section oranges, discarding seeds and membrane. Crush orange sections. Stir peel and liquid into crushed fruit. Measure 1⅔ cups into large bowl, adding water if necessary. Stir sugar into orange mixture; let stand 30 minutes. Add lemon juice to fruit pectin in a small bowl. Stir vigorously into fruit mixture about 3 minutes. (A few sugar crystals will remain.) Ladle quickly into ½-pint containers. Cover at once with tight lids. Let stand at room temperature until set. (This may take up to 24 hours.) Store in freezer for at least 24 hours. Remove from freezer as needed and store in refrigerator between uses. *Makes 5 ½-pints (42 calories per tablespoon).*

MINTED PEAR JAM

Working time: 10 minutes
Standing time: 10 minutes
Cooking time: 1 minute

2¾ pounds fully ripe Bartlett pears
3 tablespoons lemon juice
1 teaspoon lemon rind
3 tablespoons crème de menthe liqueur *or* ¼ teaspoon mint extract and several drops green food coloring
5 cups sugar
¾ cup water
1 box (1¾ oz.) powdered fruit pectin

Peel, core, and chop pears very fine. Measure 2¾ cups into large bowl. Add lemon juice, lemon rind, and liqueur to fruit. Stir sugar into pear mixture; let stand 10 minutes. Mix water and fruit pectin in small saucepan. Bring to boil, and boil 1 minute, stirring constantly. Stir vigorously into pear mixture about 3 minutes. (A few sugar crystals will remain.) Ladle quickly into ½-pint or pint containers. Cover tightly at once. Let stand at room temperature until set (up to 24 hours). Store in freezer at least 24 hours. Remove as needed and store in refrigerator between uses. *Makes 6 ½-pints (50 calories per tablespoon).*

(continued on page 70)

TIPS THAT GEL

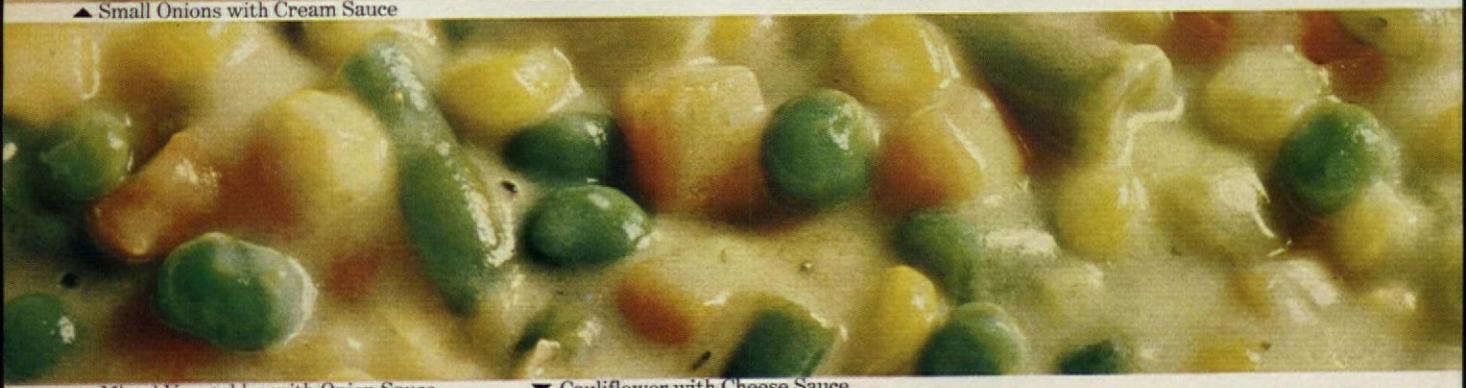
Don't be caught in a jam. Just follow our simple instructions, but before you do, read these hints for foolproof jam or jelly-making.

- Use fully ripe fruit. Recipes for fruits that tend to be quite sweet will call for the addition of lemon juice.
- Crush fruit one layer at a time so juices flow freely.
- Use sugar recommended in recipe. Never substitute brown or confectioners' sugar. Corn syrup can replace part but not all sugar. Use a recipe designed for corn syrup rather than converting it yourself.
- There is no need to purchase special containers. Consider using jars that originally held instant coffee, baby food, or pickles. Or use dishwasher-safe plastic containers such as those used for storing margarine or frozen whipped topping. Wash and rinse thoroughly, scald with boiling water, and let dry, or run through dishwasher.
- Freezer jams and jellies may be stored up to 6 months, although in a good 0°F freezer, they may keep well up to a year. In the refrigerator, jams can be stored up to 3 weeks.

Your microwave can help you out in making jams and jellies. For tips, send 25 cents for postage to: Your Microwave Oven and Food Preservation, Publication No. 49-4227, P.O. Box 111, New Concord, OH 43762.

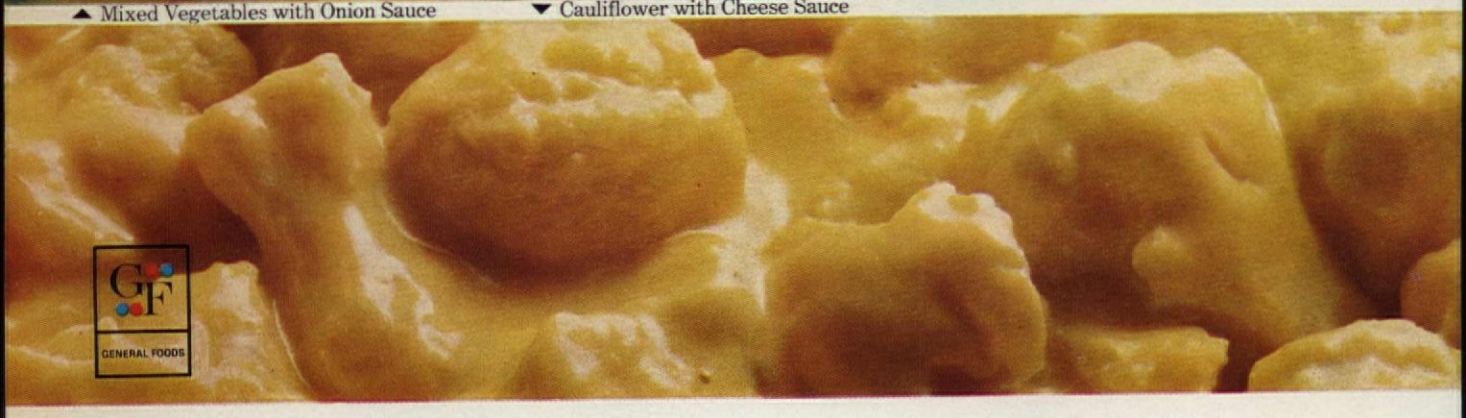
▲ Green Peas and Pearl Onions

▲ Small Onions with Cream Sauce



▲ Mixed Vegetables with Onion Sauce

▼ Cauliflower with Cheese Sauce



GF
GENERAL FOODS

Birds Eye® Combinations will do almost anything to get your husband's attention.

▲ Broccoli with Cheese Sauce

▲ Green Peas and Potatoes with Cream Sauce

▲ Carrots with Brown Sugar Glaze

▼ French Green Beans with Mushrooms

Does your husband think your vegetables are all alike as peas in a pod? Even when you're not serving peas? Then you should be serving him Birds Eye® Combinations.

Birds Eye® Combinations are mixed vegetables, glazed vegetables, vegetables in a cream sauce, vegetables with almonds—interesting, colorful, exciting vegetables. They're even broccoli and cauliflower in a great-tasting cheese sauce.

In short, they're vegetables that your husband can't ignore. That's because Birds Eye® Combinations will catch his passing fancy... the kind that makes him keep on asking you to pass the vegetables over to him.

BIRDS EYE®

Birds Eye® Combinations.

The first vegetables your husband might even notice.

Above photographs are approx. 2 times actual size.

©1977 General Foods Corporation

JAMS

JAMS IN A JIFFY
continued from page 66

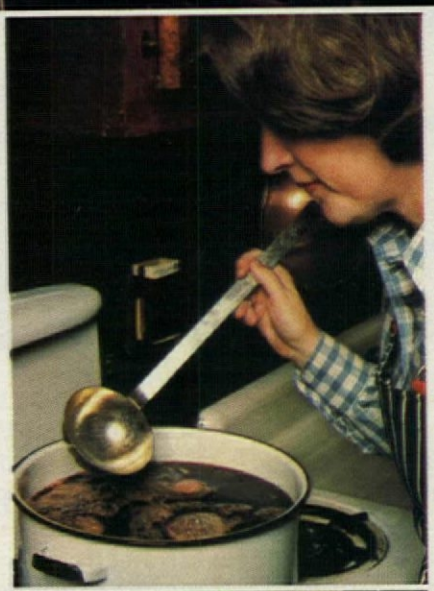
STRAWBERRY-KIWI FREEZER JAM

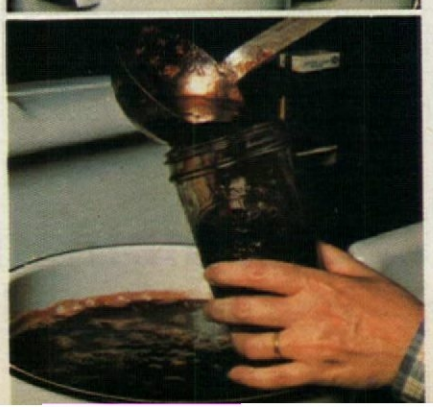
Working time: 10 minutes
Standing time: 10 minutes
Cooking time: 1 minute

1 1/2 pints fully ripe strawberries
2 medium kiwis
3 1/2 cups sugar
1/2 cup light corn syrup
3/4 cup water
1 package (1 3/4 oz.) powdered fruit pectin

Rinse and stem strawberries. Fully crush berries one layer at a time to let juices flow freely. Measure 1 1/2 cups into large bowl. Stem and peel kiwis. Slice and fully crush. Measure 1/2 cup. Add water to kiwis or strawberries to make exact measure. Add sugar and corn syrup, stirring thoroughly to dissolve sugar. Let stand 10 minutes. In small saucepan, mix together water and fruit pectin. Bring to a boil over medium heat, stirring constantly, and boil 1 minute. Turn into fruit mixture. Stir vigorously 3 minutes. (A few sugar crystals will remain.) Ladle quickly into 1/2- or 1-pint containers leaving 1/2-inch headspace; no paraffin needed. Cover at once with tight lids. Let stand at room temperature until set. (It may take up to 24 hours.) Store in freezer for at least 24 hours. Remove as needed, store in refrigerator between uses. *Makes 6 1/2-pints (36 calories per tablespoon).*

Ladle freezer jam or jelly quickly into hot prepared jars. Cover tightly with lids. And then let set overnight.





CHERRY-PEACH-APRICOT FREEZER JAM

Working time: 12 minutes
Standing time: 10 minutes
Cooking time: 1 minute

3/4 pound fully ripe cherries
1 pound fully ripe peaches
1 pound fully ripe apricots
1/4 cup lemon juice
1/4 cup brandy
1/4 cup light corn syrup
4 3/4 cups sugar
3/4 cup water
1 package (1 3/4 oz.) powdered fruit pectin

Rinse, stem, and pit cherries. Crush in blender or put through food grinder. Measure 3/4 cup prepared cherry. Rinse, peel and pit peaches. Crush thoroughly or finely chop. Measure 3/4 cup prepared peach. Rinse and pit apricots. Crush or finely chop. Measure 3/4 cup prepared apricot. Turn fruit into large bowl. Add lemon juice and brandy; stir well. Add corn syrup and sugar, stirring to dissolve sugar. Let stand 10 minutes. In small saucepan mix water and fruit pectin. Bring to boil over medium heat, stirring constantly, and boil 1 minute. Turn into fruit mixture. Stir vigorously 3 minutes. Ladle quickly into 1/2- or 1-pint containers. Cover at once with tight lids. Let stand at room temperature until set. (It may take up to 24 hours.) Store in freezer for at least 24 hours. Remove from freezer as needed and store in refrigerator between uses. *Makes 6 1/2-pints (49 calories per tablespoon).*

The choice is easy!
If you use one of the powdered non-dairy creamers, you're missing all the delicious possibilities of Frozen Coffee Rich®* Non-Dairy Creamer. Because, unlike the powders, Coffee Rich adds great taste to much more than just coffee. Try it and see! Coffee Rich is luscious over fresh fruit and on cereal. You can even use Coffee Rich in your cooking and baking for surprising new taste. You'd never dream of doing any of these things with the powdered non-dairy creamers, but Coffee Rich makes them too deliciously tempting to resist!
YOU CAN DO MORE WITH COFFEE RICH.
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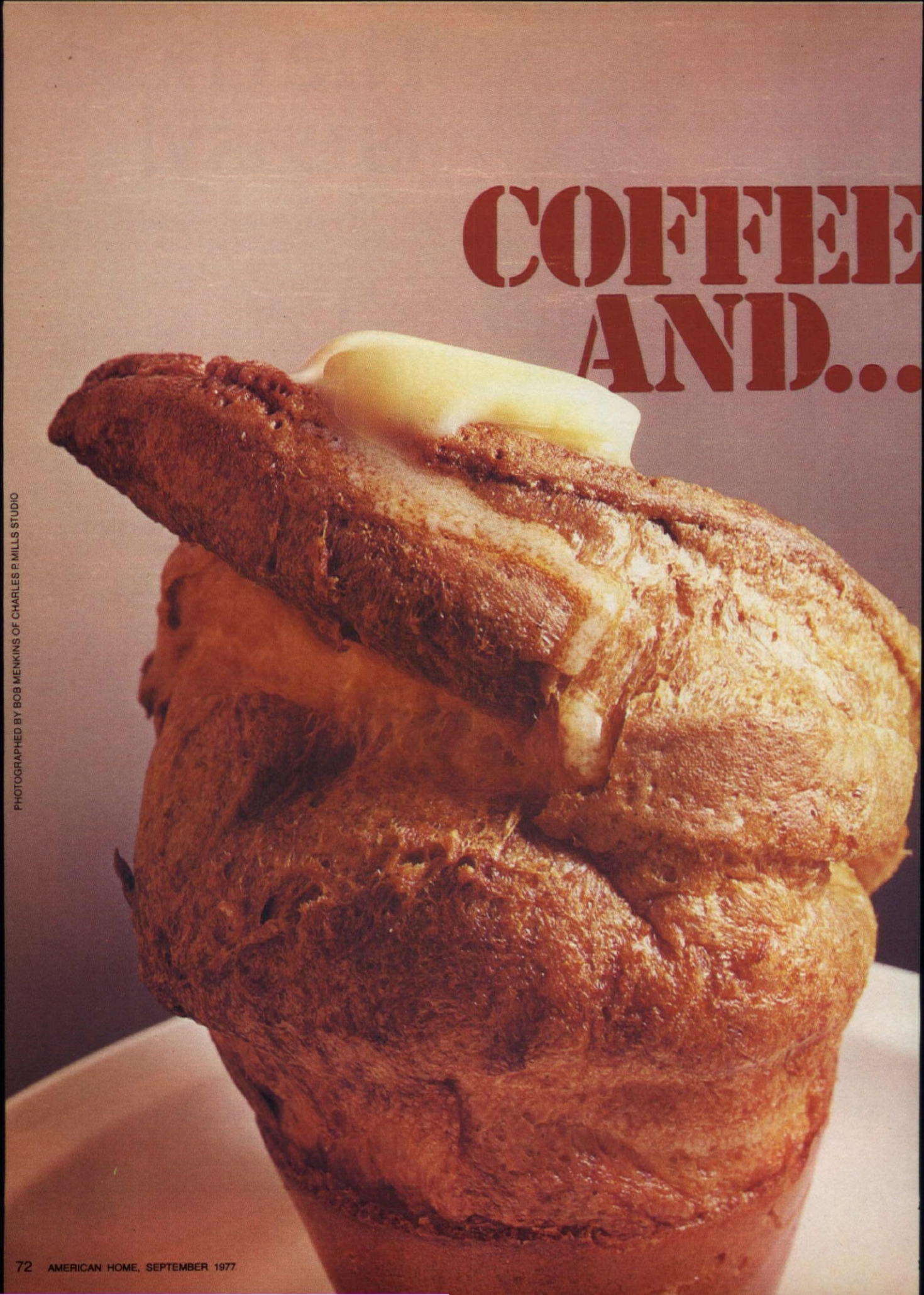

PHOTOGRAPHED BY BOB MENKINS OF CHARLES P. MILLS STUDIO

Enjoy your coffee break even more with popovers.... Serve them hot with butter and jam, or split them and fill with any hot concoction. They are a welcome bread with every meal. We asked Julie Dannenbaum of Philadelphia's Creative School fame to share her favorite recipe with us (see page 76) as well as some hints.

Julie suggests that the best containers for baking are 5-ounce ovenproof glass custard cups. Muffin pans may be used in a pinch, but a deeper cup is better. Julie cautions that you should check the oven racks to be sure you've left plenty of room above. A popover may rise more than twice the height of the 2-inch cup.

The popover batter should be thin, the consistency of heavy cream. The liquid turns to steam and stretches the egg-flour batter to a balloon. After 30 minutes in the oven, the mixture pops over the top of the cup. Resist the temptation to peek! A draft may cause the whole thing to collapse. Popovers still need another 30 minutes of baking time to firm up and dry out.

Julie Dannenbaum's popover batter may be mixed ahead and stored in the refrigerator—stir before using. Popovers also may be made ahead and frozen. Just thaw slightly, and reheat in a 350°F oven for about 5 minutes. Then sit down with a cup of fresh-brewed coffee (see our tips on page 75) and enjoy! —GALE STEVES

This morning the Pattersons woke up to perfect coffee.

Did you?

Maxwell House® A.D.C.® brand coffee is so good it's recommended by 4 machine makers. Result: Perfect coffee!

Whether two cups or twelve, the new coffee makers are the fastest, most convenient way to make coffee.

And Maxwell House A.D.C.® brand makes it...*perfect coffee.*

Perfect...because A.D.C.® brand is specially blended and ground *for* perfect taste in the new coffee makers.

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GF GENERAL FOODS

They all recommend A.D.C.® brand coffee: Norelco® *(top left)*, General Electric® *(bottom left)*, Proctor-Silex® *(top right)*, West Bend® *(bottom right)*.

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COFFEE BREAKS

Stop crying into your empty coffee cup! There is good news about coffee: The real secret of enjoying coffee more is drinking less but making it better. Unfortunately most of us have taken coffee for granted, and now with prices soaring, true coffee lovers have come to regard their drink as a national treasure. Stop drinking those gallons of costly sludge. Read on for more advice to the coffee-lorn.

by Mary Gunderson

Use your bean: Get more cups in every pot

Some coffee drinkers prefer buying beans and having them ground at the store or, for assured freshness (especially if they've cut down on consumption), grinding their own. Before you buy, here are some facts that will help:

Coffee beans have flavor variations based on soil differences. Most coffee beans arrive in America "green," and are roasted here before blending. The richness of flavor and aroma depends on how long beans are roasted. A light roast with the flavor not fully developed is popular in the western states. A full roast with a deep, hearty flavor is usually favored in the eastern states. Viennese, Italian, French, Turkish, and espresso roasts are darker, oily on the surface, and are stronger and more bitter.

With electric or old-fashioned hand-cranked grinders you can make your own blends from beans available in specialty stores (check the yellow pages for "coffee dealers—retail" or "gourmet shops"). Trust the seller to help you in the beginning. Start with a medium roast and experiment with additions of small quantities of other roasts to find the blend you prefer.

No matter what blend or form (whole, ground, instant, or freeze-dried) you choose, these suggestions will help you get your money's worth from your coffee:

- Mix a less expensive brand with more costly varieties. The rich flavor comes through, but you don't have to pay as much for it.
- Store coffee in a container with a tight-fitting lid in a cool, dry place like the freezer or refrigerator. Ground coffee keeps about two weeks; beans stay fresh up to a month. Open only as much as you will use within those times.
- Measure water and coffee accurately. A standard level coffee measure equals two tablespoons, the proper amount for a six-ounce coffee cup. This measurement applies to all methods and kinds of coffee makers. Adding "one for the pot" is unnecessary, but do use more coffee if you want a stronger brew.
- Use all coffee makers at three-quarters capacity or more to get the best results. You may want to have two sizes—a two-to-four cup pot for daily use and a larger pot for entertaining company.
- Prepare the coffee with water just below the boiling point. If coffee boils, delicate flavors leave with the steam and a bitter taste results. Leftover coffee must be reheated gently. Harsh flavors become stronger each time. Microwave ovens are good for reheating coffee—and it takes only 30 seconds to do the job.
- Leftover coffee stored in the refrigerator is handy for any coffee recipe. Or coffee may be stored in an ice-cube tray in the freezer. Cubes can be used in iced coffee or other cold drinks or thawed when needed in recipes.
- The finer the grind, the less time it takes to brew coffee. Choose from fine, drip, regular, or all-purpose grinds. Match the grind to the pot for the most efficient use of your coffee.
- Instant coffees now retain more original flavor since many are freeze-dried. To make a cup of instant, use water heated to just below the boiling point. Always add water to the coffee for the best flavor. Let it steep for several minutes with the saucer over the cup for richer flavor.

Is it or isn't it? What's brewing for tomorrow

A little imagination—and a few extra ingredients—lets you transform a plain cup of coffee into a special treat. By experimenting with variations you can serve your guests impressive coffee-based drinks that will delight their palates. And because they'll savor every drop of these rich brews, a little coffee will go a long way.

Espresso comes from a heavier bean, double-roasted to give it a very strong, bitter flavor. A little goes a long way: It's served in three-ounce cups. For dessert coffee, espresso can be laced with a tablespoon or two of a liqueur, such as kirsch, anisette, or crème de cacao, or such whole spices as cloves, nutmeg, cinnamon, or anise.

Cappuccino makes espresso and frothy steamed milk a dessert in itself. Heat the milk and put it in the blender for a minute. Mix equal parts of milk and coffee and add sugar if you like.

Spark regular coffee with lemon rind or port wine. For a different sweetener try chocolate syrup or dark molasses.

Blender iced coffee is a different way to make a little leftover coffee go a long way. For one glass, start with 1/3 cup cold, strong coffee and add 1/3 cup milk and two or three ice cubes. Put all in the blender and mix until ice is crushed. You can substitute cream and vary the proportions.

You can make espresso in any coffee pot. The makers of Medaglia d'Oro will show you how. Send a self-addressed stamped envelope for instructions and recipes. Mail to: Medaglia d'Oro Espresso, Suite 1001, 400 Madison Ave., New York, NY 10017.

Get more glamour with less coffee

Coffee extenders and substitutes didn't just arrive with the recent price increases. Postum was developed from bran, wheat, and molasses in the 1890s. Chicory has long pinch-hit for coffee. It's often mixed with coffee (one-to-two or one-to-one ratio) and adds aroma and body. Chicory's caramel taste helps mellow the bitterness of a dark roast.

This fall look for 100 percent soybean products that are being billed as the answer to the coffee crunch. National companies are now testing coffee mixtures, such as a chicory-coffee mixture Nestlé may market soon. □

Mary Gunderson is a home economics/journalism student at Iowa State.

COFFEE AND POPOVERS
continued from page 73

ORANGE POPOVERS
Working time: 10 minutes
Baking time: 1 hour

4 eggs
2 cups milk
2 cups all-purpose flour
1 teaspoon salt
Grated peel of 1 orange

In a small bowl beat eggs and milk until smooth. In another bowl, stir flour and salt together; make a well in center and pour egg mixture into it. Then beat with egg beater until batter is smooth and thin, about 1 minute. Grease twelve 5-ounce custard cups very lightly with vegetable oil. Place on shallow baking sheet, leaving space between. Fill cups half-full with batter. Preheat oven to 375°F. Bake 30 minutes—*do not* open oven door. Turn heat down to 350°F and bake 30 to 35 minutes longer, or until well-browned. Serve hot with a crock of unsalted butter and orange marmalade or jam. *Makes 12 popovers (123 calories per serving).* □

WHAT DO YOU WANT TO BE?
continued from page 53

1,200, fifty percent of whom continued on for graduate degrees.

Schools of business management all over the country are changing their demographics. Over 75 percent of their students used to be men in their upper 20s; today 45 percent are women well into their 30s. Career counseling agencies—some free—in many cities and on many campuses across the country, are offering career workshops and courses in business skills brush-up. The woman who was a secretary 10 years ago straight out of Katharine Gibbs is parlaying her know-how into a professional career.

But not all study has to lead directly to a job. Connie Hearstman began art lessons at 26 when she was pregnant. Now it fills her days as a hobby; but she looks forward to a time when she may sell an occasional painting. Sue Calfield has taken a course at the Y every week for four years, since her two children started school. "If I didn't, I wouldn't have anything to talk about but housework," she explains.

Arlene Mandel chose the back-to-work route and on the way dropped more than a 10-year accumulation of anxieties. During the six months she took to prepare herself to reenter the business world, she lost 25 pounds, lost her ponytail, and after a week of "hanging around department stores to see what people were buying," she turned her oversize shirt in for a suit, three blouses, and a wool dress.

Arlene asked herself what she could do. She had been a secretary for two years before marrying Charlie, who runs a small magazine. For 15 years as a housewife she had been bookkeeper, accountant, office manager, personnel director, psychotherapist, and file clerk. It was time to capitalize on her experience. Persuading a not-too-enthusiastic Charlie to let her work part time at the magazine, she has become, in his words, "my right arm." After two years Arlene is ready to commit herself to working full time.

MEN AND CHILDREN FIRST

Many young women yearn to find a life outside the home but see the problems as insurmountable. According to a Midwest counselor, "The best way to avoid problems is to face them." She suggests solutions to two common ones:

1. WHAT WILL MY HUSBAND SAY?

A. Talk it over with him *first*, explaining why you want to do it.
B. Most husbands, especially the younger ones, understand and agree.
C. If he objects, keep talking and propose a trial period. Few husbands are not won over once they get used to the idea.
D. If he is a hard-core objector, *together* take the problem to a marriage counselor.
A WARNING: Neglect will not win him over . . . continued love and a good dinner might.

2. WHO WILL CARE FOR THE CHILDREN?

A. When they are of school age, the problem arises only when they are sick. Find a mature woman on whom you can rely. You need peace of mind.
B. For after school, employ a high school student *recommended by the school* or make an exchange arrangement with another mother.
C. At night and on weekends let your husband take over: It is a treat for the children and an opportunity for him to get close to them.

Never has the time been so right for women to enter the working world. Those with children still at home may want to break the ice by working part time as Arlene did or at free-lance jobs where they can make their own hours. Many women find part-time jobs a foot in the door to future careers. Rita Thomassen began by subbing in her neighborhood school; she is now science department chairman. At 27, Monica Hill got bored at home and started taking temporary office jobs. When the recession hit, her husband, an architect, lost accounts. With her $275-a-week salary, she became the family breadwinner. "For the first time in years, I feel important," she says. "I love it!"

Today, many employers, willingly or not, must open their doors to more women in order to comply with government job requirements. Some pay sizable fees to firms like Womankind Executive Resources to locate talent for them. Director Beverly Ibes says that to be marketable, "women have got to look good and have skills. At the top level the employer doesn't want to train them." She urges women to go back to school before they start job hunting no matter what their age.

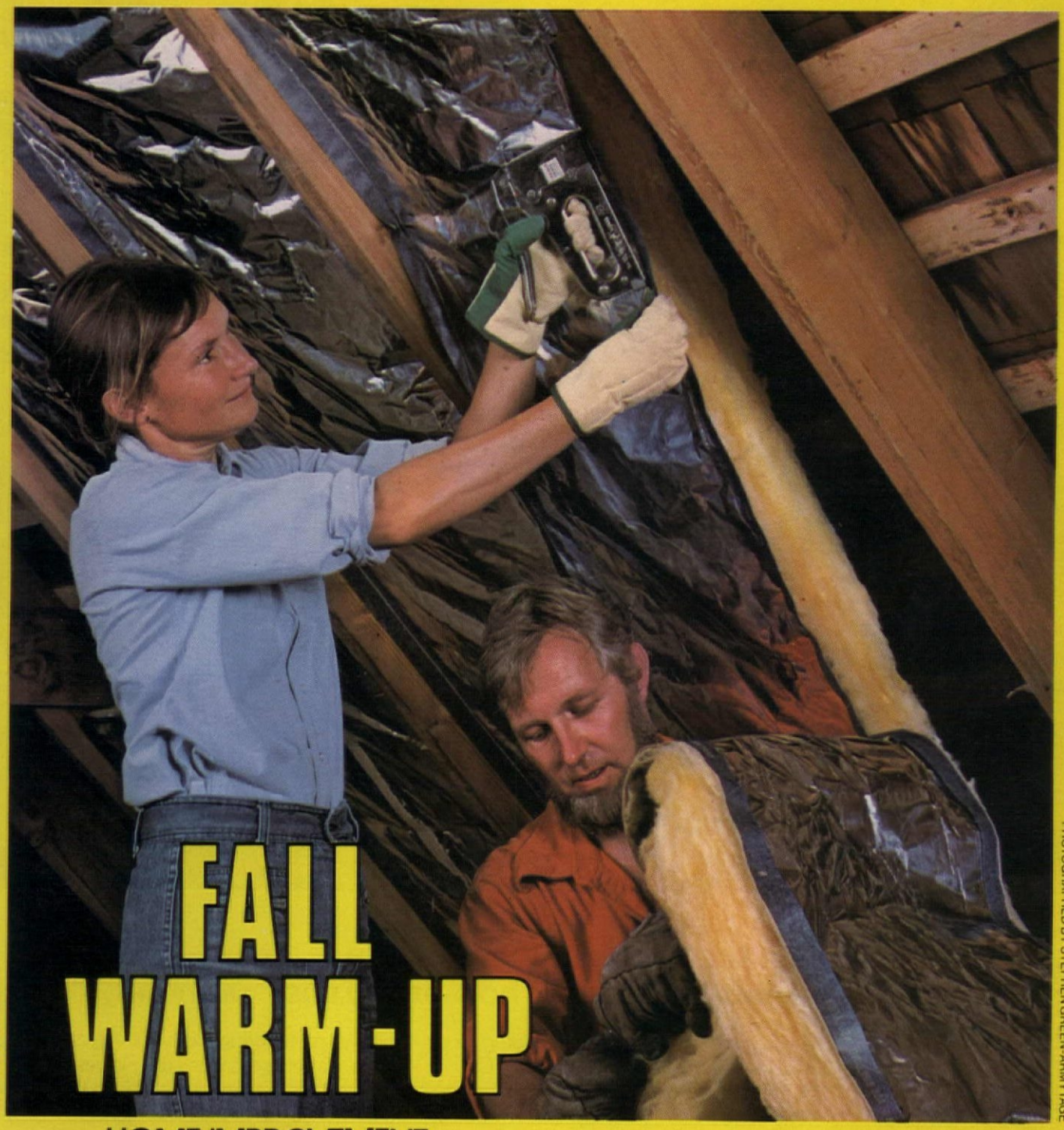
The period when children are still in the home is a good time for women to begin any retraining they may need. Many women appear to have barely taken off their aprons and dried their hands when they come looking for a job, says Cuin Hall, former deputy director of the New York Department of Commerce. He urges a realistic approach that includes retraining, updating experience, resharpening skills. Many advisory agencies urge something further: a psychological overhaul—like Womankind's Assertiveness Training—to prepare women for the stress of competition and male chauvinism they are bound to meet.

The time and effort may be worth it. Annual job opportunities anticipated by the United States Department of Labor by the mid-1980s are exciting and varied enough to tempt even the most devoted homemaker: There will be a need for an additional 16,500 lawyers, 53,000 engineers, 20,800 personnel workers, 14,300 police officers, 118,000 bookkeepers, 1,400 veterinarians, 200 meteorologists, 75,000 nurses, to mention only a few.

Many women are surprised at the positive effect their preparations for the future have on their family. "We are so much more together," is the common report. "We actually enjoy each other." As one woman put it, "If I have only an hour with my kids these days, it is going to be the best damned hour in the day." Carol Robertson's children became volunteers with her. Jennie Martin, sitting with Roger at the dining room table to do *her* homework, found she didn't have to nag him to do *his* any longer. Husband Carl often joined them with his attaché case. Arlene Mandel reports that Charlie not only wants her to travel with him, but he also gave her a set of golf clubs and 10 lessons for Mother's Day.

A new future has opened for Carol, Jennie, Arlene, and thousands of young women. At 39, according to statistics, they will be at the halfway mark in their lives. Their second half, unlike that of their mothers, can be better than the first. Their energies will be focused; their children will be through the difficult stages; with their husbands, freed from financial burdens, alone again, couples can build a new relationship.

All this and *(continued on page 114)*



FALL WARM-UP

HOME IMPROVEMENT & DECORATING GUIDE

The largest single expense in running a house is the money spent in keeping it heated and cooled. Over the past five years, the cost of fuel has virtually tripled, and it is still going up. But this cost is also the most controllable. If you follow the conservation tips in this guide, you can garner substantial savings, some right away and some over the long term. The best savings require an up-front investment, but these initial payments will be recouped over a period of time and represent fuel and money savings on a continuous basis from then on. The time to start is now.

For openers: Think of your house the way you think of yourself. When you're hot, you want to keep cool. And, conversely, when you're chilly, you want to be comfortably toasty. The simple solution to the problem of keeping warm is wrapping up. Wrap yourself up. Wrap your house up. (It will also keep your house cool in warm weather.) Our Home Improvement & Decorating Guide this season is full of ways to wrap your house to warm it up and keep it warm.—BO NILES

Insulation by CertainTeed

PHOTOGRAPHED BY STEPHEN GREEN-ARMYTAGE

Classicon Pattern No. 5016

"The second best thing about a Mannington floor is how pretty it is." Juliet Prowse

The very best thing is how easy. Damp mop cleanable, for instance. No stripping. Or special redressing. Thanks to Mannington's exclusive JT88® wear layer, when we say no-wax, we *mean* no wax. All right, but is Mannington easy on the pocketbook? Yes, ma'am. Our *most* expensive product line will pleasantly surprise you, particularly if you've done any comparing. Lots of lovely colors. Patterns to please the pickiest. Mannington. Remember us. We're the people who always say . . . elegance comes easy.

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FLOORS FOR LEISURE LIVING

HOME IMPROVEMENT & DECORATING GUIDE

A properly insulated house will use between 15 and 35 percent less fuel than an uninsulated house; nine out of 10 houses in the United States have inadequate insulation. Proper sealing—such as caulking and weather stripping—will increase your savings even more.

The first thing you have to do is evaluate your house for possible heat loss. Heat loss occurs, obviously, through any hole or crack in your house. But heat can dissipate, too, through the surfaces of your house: Wood, brick, and concrete are all porous materials and will transfer heat from warm to cool air zones. Glass is the worst offender, being clear.

Check points of common heat loss:

- Because heat rises, the most heat will escape through your attic or upstairs crawl space—and, for this reason, this area needs the most insulation to "cap," or contain, the heat inside your house.

(continued on page 81)

HELP WANTED?

There are a number of organizations you can turn to for professional advice and help. The National Home Improvement Council, 11 E. 44 St., Room 708, New York, NY 10017, has a list of accredited home remodelers. You can consult the NHIC list to see who works in your part of the country.

You can also check out the National Association of Home Builders, 15 & M Sts., N.W., Washington, DC 20005. NAHB now has two listings, one for builders, per se, and one for remodelers.

Another umbrella group is the National Remodelers Association, 50 E. 42 St., New York, NY 10017.

TAX CREDITS FOR ENERGY SAVERS

According to the energy policy set up by President Carter last spring, you'll be able to deduct 25 percent of the first $800 you spend on insulation, weather stripping, and storm windows for your home. In addition, you can deduct 15 percent of your expenses beyond the first $800—up to a total maximum deduction of $400. If you decide to install some solar equipment for water heating and/or space heating, you can take a tax credit of $2,000, but you must wait until 1978.

VELCRO® fasteners help you make this beautiful decorator pillow in less than an hour, for less than $5*!

It's the quickest way to liven-up a sofa, a bed, a whole room. It's quick, it's easy, it's inexpensive. Here's how.

1 Buy a standard 12x12-inch knife-edge pillow form.

2 Buy one 14x14-inch square of fabric, plus two 8x14-inch rectangles.

3 Buy an 11" strip of VELCRO hook-and-loop fastener from the reel in your favorite notions department.

then:

Simply zig-zag or clean-finish one long edge of each fabric rectangle. Center and stitch the loop half of your VELCRO fastener (as shown) ¼" from zig-zag edge.

Press-under the other zig-zag edge 1". Center and stitch the hook half of the VELCRO fastener close to the fold on the "wrong" side of the fabric. Close the VELCRO fastener to make a 14x14" square.

Place both squares, right sides together and stitch a 1" seam on all sides. Trim, clip corners, turn, stuff.

and presto...

Pillow slips are only one of the easy decorator looks you can create with a little imagination, a little time, and a lot of help from the versatile VELCRO fastener. You can buy VELCRO fasteners by the inch, foot or yard, right off the reel. They're available in a variety of colors. Just think of the quick-change appliques, easy-on slipcovers, variable valances, dozens upon dozens of easy-to-make projects that can turn plain into just plain beautiful.

For a free booklet filled with fashion and decorating ideas, just write: Velcro Revolution, Dept. C, 9th fl., 31 E. 28th St., N.Y., N.Y. 10016.

The world's easiest, most versatile fastener.

*Prices, naturally, will vary depending on where you live and which fabric you choose. We made the pillow shown in 27 minutes for $4.56, using a cotton fabric remnant purchased in New York City, May 1977.

Vogue Cinnamon

Vogue Champagne

Natural Stone

Tradition II Pecan

Vogue Pearl

Ranchwood Dark

Tradition II Birch

White Stone

Tradition II Hickory

Ranchwood Light

Save 10% on ten new Masonite brand panels.

Now's your chance to pick up big savings on some of the most beautiful panels we've ever offered. We're introducing four new designs in several colors—ten panels in all. And you can have your choice at a 10% savings if you buy five panels or more from the above selection, any combination. Just clip this coupon and take it to your participating Masonite brand paneling dealer. He's listed in the Yellow Pages, under paneling. But hurry. This offer expires October 31, 1977.

No. of Panels	Design	Price/Panel
____	Vogue Champagne	____
____	Vogue Cinnamon	____
____	Vogue Pearl	____
____	Natural Stone	____
____	White Stone	____
____	Tradition II Birch	____
____	Tradition II Hickory	____
____	Tradition II Pecan	____
____	Ranchwood Dark	____
____	Ranchwood Light	____
TOTAL COST of panels purchased:		____
10% discount:		____

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Address _____

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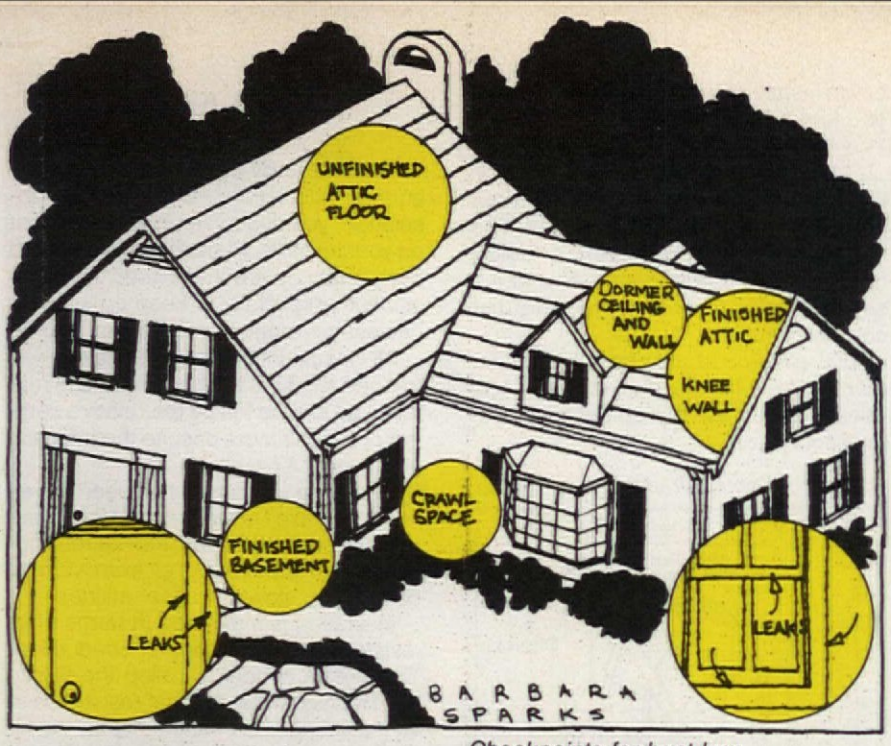
Mr. Dealer: Redeem this coupon through your Masonite brand paneling wholesaler by November 30, 1977.

Discount applies only to purchases of the 10 panels listed and shown. Tax excluded.

MASONITE CORPORATION

Tear out this ad and take it to your Masonite brand paneling dealer.



Checkpoints for heat loss

HOME IMPROVEMENT & DECORATING GUIDE

(continued from page 79)

- Heat also escapes at ground level; great heat loss can occur if your basement or foundation walls are exposed concrete.
- Exterior walls will lose heat.
- Any cracks around windows and doors, and these openings themselves, will let heat out and air in. You can test these areas by passing your hand around the edges of the door or window frame—or you can hold a lighted candle near the suspected crack. If it flickers add caulking or weather stripping.

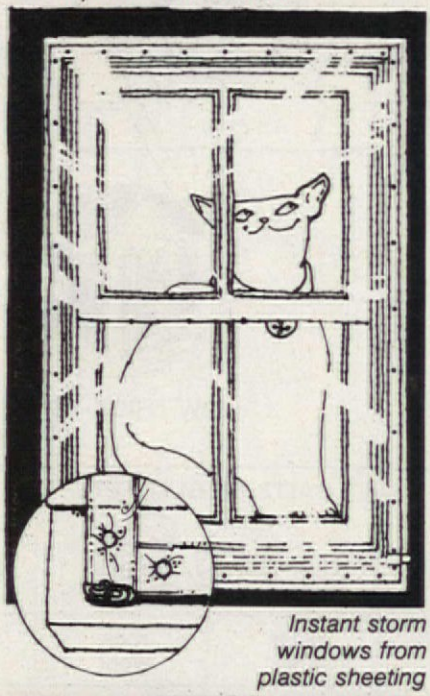
WINDOWS AND DOORS

Windows and doors are the biggest heat wasters in your house. You can lose up to a third of your heat through windows.

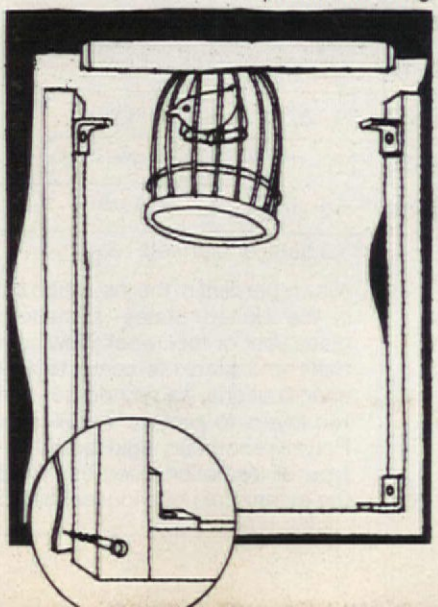
The best insulated house would, of course, have no windows and doors, but who wants to live in a box? If possible, however, reduce fenestration on the colder sides of your house—especially the north face—and add windows to the sunny side of your house—the south.

The most functional windows are double- or triple-glazed; they have an airtight seal, are usually glare-free, and substantially reduce heat loss by conduction. If you don't want to replace existing windows, you can either add storm windows, or you can easily make your own shield from polyethylene.

To do this, buy rolls of polyethylene sheeting, the thicker the better, roll under the edges, and nail or staple to the window. It is easier to attach them on the inside, especially on upper floors, but this is the less attractive solution.



Instant storm windows from plastic sheeting



You can also build storm windows by making a frame from furring strips and angle irons, and nailing the plastic sheeting to the frame. Frames should measure exactly to fit just inside the existing window. They can be screwed in place, and then removed during the summer and stored.

CAULKING

To solve the problem of heat loss that occurs through cracks and crevices around windows and doors, use caulking and weather stripping.

Caulk around windows and doors

There are various types of caulking compounds or "sealants," most of which are applied with a caulking gun. They vary mainly in terms of their durability; the more durable, the more expensive.

The more durable caulking compounds have either a butyl or polyvinyl or silicone base. You can also buy caulk in rope form that you unwind and push into cracks manually.

Most caulking compounds can only be used when the outside temperature registers over 50 degrees; some caulks must be warmed up before use, too. Check instructions on the brand you choose.

If a crack is very deep, fill it first to within ½ inch of the edge with oakum or special caulking cotton.

Before you caulk, you must be sure the surface is clean. You will probably need at least half a cartridge of caulking compound for each average-size window; you can buy caulking compounds in a 24-tube case—what you'll need for a whole house.

WEATHER STRIPPING

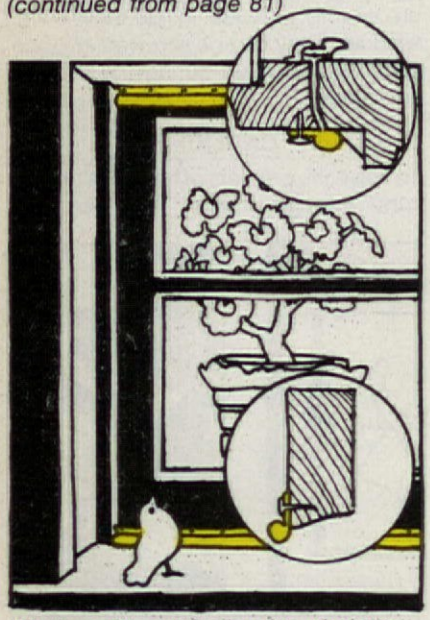
Caulking is efficient only on stationary cracks; movable cracks, such as those around the frame of a window or door, must be weather-stripped to create a tight seal against infiltration or leakage.

Weather stripping (and caulking) can save you up to 30 percent on your fuel bill. Weather stripping comes in a variety

(continued on next page)

HOME IMPROVEMENT & DECORATING GUIDE

(continued from page 81)



Vinyl weather stripping for windows

of materials: metal, which lasts the longest, rolled vinyl, which sometimes has a metal backing; foam rubber with an adhesive backing; and hair felt, which is the least durable, but also the least expensive.

Before you add weather stripping to any window, you must check to see that the window is properly aligned.

To calculate how much weather stripping you'll need, measure the perimeter of every movable pane. To install, nail the weather stripping to all the edges of the window.

Metal weather stripping for doors

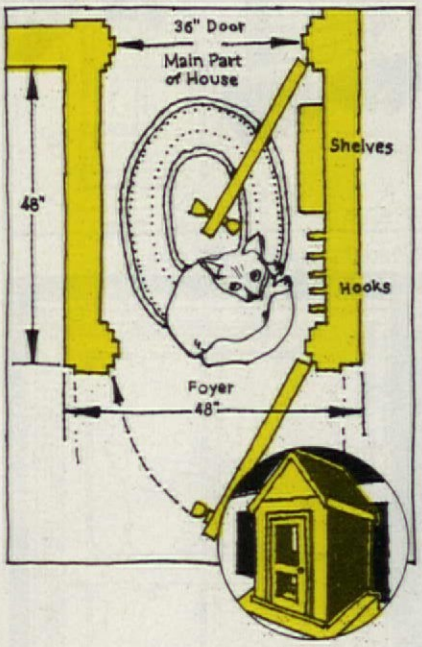
Weather stripping for doors comes in the same materials, but the pieces that fit under the door may interlock or sweep or roll slightly when the door is pushed or pulled. The interlocking types are difficult to install, and it is recommended that you hire a contractor for the job.

ENTRY AIR LOCKS

Every time you open an outside door you let cold air in and warm air out. The most efficient way to prevent a radical heat loss at the front door is to make a small entry or foyer that will keep the cold wind out.

The entry need only be a little wider than a door frame, and about 4 feet deep; you can use this space as a mini-mud room, too.

Plan for an entry air lock



INSULATION

The most energy-efficient house has adequate insulation; with proper insulation, you can save up to 45 percent on your fuel bills. If your home isn't brand new, chances are it will need some insulation, especially to keep up with the newest government recommendations.

All insulation—simply speaking—is trapped air. Air is the best insulating material, as can be felt by the relative comfort of the outdoors despite the intensity of the sun. Air protects us.

Insulation for houses has been developed to make use of trapped air in minuscule pockets, so that the natural convection or conduction of air from warm to cool will be slowed to near stillness.

Insulation is measured in terms of its resistance to convection or conduction. This measurement is called the R-factor. The higher the thermal resistance of an insulating material, the higher the R-factor, and, therefore, the more efficient the material.

Different parts of your house will need different amounts of insulation. The attic needs the most, because heat rises. Government figures and recommendations for these needs have been adjusted upward over the last year or so. New recommendations for different areas are: attic, R-30 (and up to R-38 in severest climates); walls, R-19; floors over crawl space, R-19; and floors over unheated basements, R-11 (R-19 in coldest zones). *(continued on page 87)*

HOW THICK YOUR INSULATION SHOULD BE

Type of insulation

	BATTS OR BLANKETS		LOOSE FILL (POURED-IN)		
	glass fiber	rock wool	glass fiber	rock wool	cellulose fiber
R-11	3½"-4"	3"	5"	4"	3"
R-19	6"-6½"	5¼"	8"-9"	6"-7"	5"
R-22	6½"	6"	10"	7"-8"	6"
R-30	9½"-10½"*	9"*	13"-14"	10"-11"	8"
R-38	12"-13"*	10½"*	17"-18"	13"-14"	10"-11"

*two batts or blankets required.

Ninety percent of the insulation sold in the United States is made of glass fiber or rock wool. Now some batts and blankets come to R-30 specifications, so you do not need two layers to achieve that R-value. Polystyrene-bead rigid board is a type of insulation used usually on the exterior of new houses, and often in combination with other forms of insulation used between studs on inner walls to build up to the appropriate R-value. Alone, one inch of this rigid board is equivalent to R-7, but in combination with R-11 batts plus air space and sheathing, its efficiency is increased to the equivalent of an R-30 value.

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2 **Mail:** The words "Tear Off Strip" from one Jumbo size package of SARAN WRAP with the Official Certificate to address at right.

3 **Receive:** Your 75¢ coupon by mail. Please allow 4 to 5 weeks for shipment.

Please note these additional terms:

- Offer good only in the continental U.S.
- Offer good from August 1, 1977 to November 30, 1977.

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1877-1977

(continued from page 82)

TYPES OF INSULATING MATERIAL

Blanket: Comes in rolls, to fit between joists or rafters, 16 inches or 24 inches wide. Thicknesses vary from 1 inch to 7 inches. Comes with or without vapor-barrier backing.

Batt: Comes in sections, 4 feet or 8 feet long. Widths and thicknesses similar to blankets. Also with or without vapor barrier.

Board: Made from either extruded polystyrene bead or urethane or glass fiber. Comes in 2-foot or 4-foot widths, and thicknesses from ¾ inch to 4 inches. Board-form insulation is combustible, though, and so it is mandatory to sheathe it, on interior surfaces, with ½-inch-thick gypsum board.

Loose-fill: Either poured in or blown in. Made of glass fiber or rock wool or cellulose fiber. Also, for pouring in only, vermiculite and perlite. This type of insulation needs a separate vapor barrier.

Foam: Made of ureaformaldehyde, also called "Arctic foam."

The R-factor of insulation is also based on its thickness or bulk. Different types of insulation build up their R-factor with varying amounts of material.

One specific problem with insulation of any kind is its tendency to absorb and hold moisture. To prevent this, a vapor barrier is recommended, except for plastic board materials that are already moisture-resistant. Some insulating materials come with a vapor barrier attached; these vapor barriers are usually made of foil or kraft paper. Separate barriers consist of plastic sheeting in rolls that can be cut to fit areas you will be insulating. The vapor barrier is always placed on the warm side, or the inside, to prevent build-up of condensation. In the case of old houses, when you pour in or blow in loose-fill, you can create a vapor barrier on your interior walls by giving them two or three coats of vapor-resistant paint.

HOW MUCH INSULATION

To determine your insulation needs, check your attic, outside walls, and crawl space or basement.

Attic: Is your attic finished or unfinished? You can measure the insulation you have more easily if the attic is unfinished, obviously. What you need is at least 6 inches of batting or blanket-type insulation, more if you use loose-fill.

Walls: Are your walls constructed with 2-by-4 studs behind your interior walls? If so (and they usually are), you'll need loose-fill, which must be blown in or poured in professionally. Or you can dismantle your interior walls, install batts or blankets, and replace interior paneling.

Basement: Is your basement heated or unheated? Or do you have just a crawl space, or a combination of both? In crawl spaces, you need polyethylene plastic sheets to lay on the floor as a vapor barrier, and batts or blankets that are 3½ inches thick for the walls. In basements, you can insulate the ceiling and the walls, using batts or blankets of like thickness, with vapor barrier attached.

WHAT YOU CAN DO YOURSELF

Batts and blankets are easy to handle, and so insulation projects utilizing these materials are recommended for the do-it-yourselfer. Poured-in and blown-in fill, however, are best installed by professional contractors (except in attic floors), as is foam. If you are planning on hiring a contractor, before the job begins, make sure you are in agreement on type of insulation needed, amount of insulation to be used, and method of installation.

Attic: If it has an unfinished floor, it is easy to insulate between the joists. You can use batts or blankets or loose fill plus vapor barriers.

1. Before you begin, check to see if there are roof leaks and make repairs.
2. Measure the area that needs to be insulated, which will equal .9 times the total area. Calculate the R-factor according to your climate zone (look at our map, on page 90). If you need R-30 or more, you'll have to use two layers of insulation. (Some manufacturers offer a new R-30 single-layer batt.) The second layer must be installed at right angles to the first; if you find this procedure too time-consuming, you can pour loose-fill over the first layer, or simply use loose-fill instead.
3. Lay down planks for temporary flooring, which you can move from area to area as you work. You'll need adequate lighting, too, to see your work.
4. If you are installing a separate vapor barrier, you will need staples or tacks. Roll out the polyethylene sheeting so that there is a 6-inch seam on either side; staple this seam to the joists.
5. If you are using batts or blankets, lay them in with the vapor barrier facing toward the floor or living area. You must leave 3 inches between insulation and any light fixture.

Use loose-fill or batts in attic floor

Loose-fill should come to the top of the joists; it can then be leveled with a board or garden rake.

However, if your attic has a floor, you'll have to insulate between the rafters instead. In this case, the vapor barrier of either batts or blankets will face toward you, into the attic. The insulation should be stapled to the edges—not the outside face—of each rafter.

If you are installing additional insulation over old material, or if you are using two layers of new material, be sure to slash or puncture any vapor barrier between them so moisture will not accumulate between the barriers, and the two layers of insulation will have an additive resistance effect.

In any attic installation, it is essential to maintain adequate ventilation so that no moisture or condensation will build up. Ventilation louvers can be installed in the eaves and gables.

Walls: As noted before, unless you are willing to tear away your interior walls to expose the studs and insulate between them, you will have to hire a contractor to fill the spaces between studs with poured-in or blown-in loose-fill.

If you are building a new house, it is, of course, easy to install batts or blankets before you put up your interior walls or paneling.

Crawl space: If you can get into your crawl space, lay a vapor barrier on the floor to prevent moisture build up—but put this down after installing insulation.

Insulation is installed along the walls

(continued on page 89)

Batts and vapor barrier in crawl space

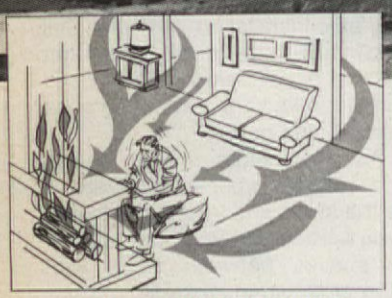
FIREPLACE OWNERS

INCREASE YOUR FIREPLACE OUTPUT

UP TO 600%

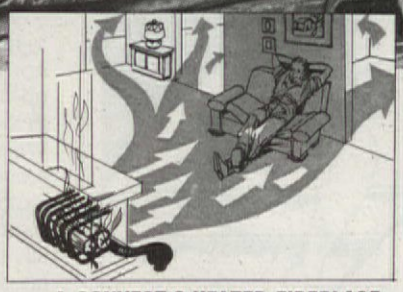
WITH Convect-O-Heater

THE MIRACLE FIREPLACE HEATER



THE PRESENT FIREPLACE

When you are up close one side of you is roasting . . . and the other side is freezing. In addition it is rapidly drawing all room air up through the chimney together with the heat generated by the fireplace. This is known as fireplace "draw". According to a University of Illinois study 90% of all fireplace heat escapes up the chimney.



A CONVECT-O-HEATER FIREPLACE

Here room air is forced through the heating chambers. The air is heated by contact with the hot metal and then circulated to all parts of the room . . . even adjoining rooms. The force of the heated air being expelled from CONVECT-O-HEATER overcomes fireplace "draw". This increased fireplace efficiency will SAVE MONEY on your HOME HEATING BILL.

Whether you use gas, oil or electric for home heating, you have no doubt experienced a significant cost increase in heating your home. CONVECT-O-HEATER can help in reducing those high home heating costs.
It is the ideal heater for cabins, weekend retreats, lodges or those hard to heat rooms. CONVECT-O-HEATER'S usefulness can be enjoyed the year around . . . for that quick warm up on those chilly nights in spring, summer, or fall.
CONVECT-O-HEATER is shipped fully assembled. Just remove it from the shipping carton and it's ready for action to begin producing FREE fireplace heat, Unit size will fit the majority of all fireplaces. Height, 20 in.; Width, 25 in.; Depth, 17 in.*
*Recommended for fireplaces up to 28 inches deep; convection tube extension available for deeper fireplaces.

FEATURES

- **No Installation — Fully Assembled** — Just insert into your fireplace
- **Decreases Home Heating Costs** — Save on electric, gas, and oil bills
- **Ideal Auxiliary Central Heating System** — Homes, cabins, lodges, condominiums — even supplements heat output of costly built-ins
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Its heat producing ability is quick—taking only 10 to 15 minutes to begin expelling hot air into the room once the fire is started. Smoke and gases pass between the convection chambers and escape up the chimney, the heat remains in your home.

CONVECT-O-HEATER'S durable, sturdy construction permits the burning of all fireplace fuels — wood, coal, cannel coal, gas logs or other fireplace fuels.

Remember according to the University of Illinois study, 90% of all fireplace heat NOW goes up the chimney . . . CONVECT-O-HEATER captures this wasted heat and redirects it into the room

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EXPIRATION DATE

SIGNATURE

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ADDRESS

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HOME IMPROVEMENT & DECORATING GUIDE

(continued from page 87)

and bleeds out to cover about 3 feet of the floor area nearest walls. To calculate how much insulation you will need, measure walls and add 3 feet to every panel.

Use batts or blankets that are 3½ inches thick, without a vapor barrier. Using a nailing strip (a piece of wood that measures ½ inch by 1½ inches by width between joists), nail each batt or piece of blanket to band joist or header just under the floor.

Unless you have forced-hot-air heating, the crawl space will need adequate ventilation—but the vents should be shut tightly in winter so that your insulation will perform efficiently.

An alternative to insulating the walls is to lay in batts or blankets up between the floor joists, with vapor barrier facing up toward the living area.

Staple or tack up wire mesh or

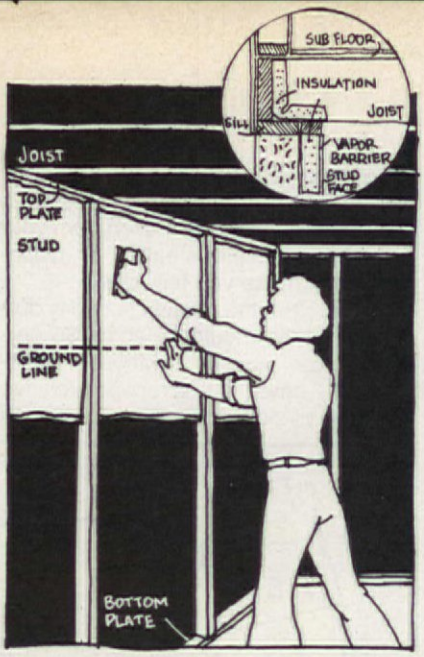
Insulate basement between floor joists

chicken wire first, then slide the batts or blankets in. The mesh will also allow an air space between the batt or blanket and the floor. If you use short sections of mesh and insulation, your work will be easier and go faster.

Basement: If there are no studs along your basement wall, you will have to build a framing system so that batts or blankets can be installed between them.

You can build a frame from 2-by-4s; the studs may be spaced 16 inches or 24 inches apart, depending on the type of batt or blanket you prefer. To calculate how much insulation is necessary, measure walls to 2 feet below ground line, and multiply by batt width.

You must check to see that no moisture is seeping through the basement walls first, and correct any existing leaks or seepage.



Insulate basement walls

After you have built your wall frame, install the batts or blankets so that they extend from the top plate of the frame to 2 feet below the level of the ground. Staple them to the edges of the studs, with the vapor barrier facing into the basement.

You can finish off the basement by installing dry wall or paneling and adding molding, if you like.

Remember to insulate the band joist and header, too.

Outer layers: Where you cannot get to the spaces that need insulation, consider layering on the outside.

You can add a layer of insulation to the exterior walls, over existing siding. Polystyrene panels are best for this; they can be affixed directly to the siding, and then new siding can be installed over this layer. New roofing can be layered, too, over old roofing with new insulation installed between.

(continued on next page)

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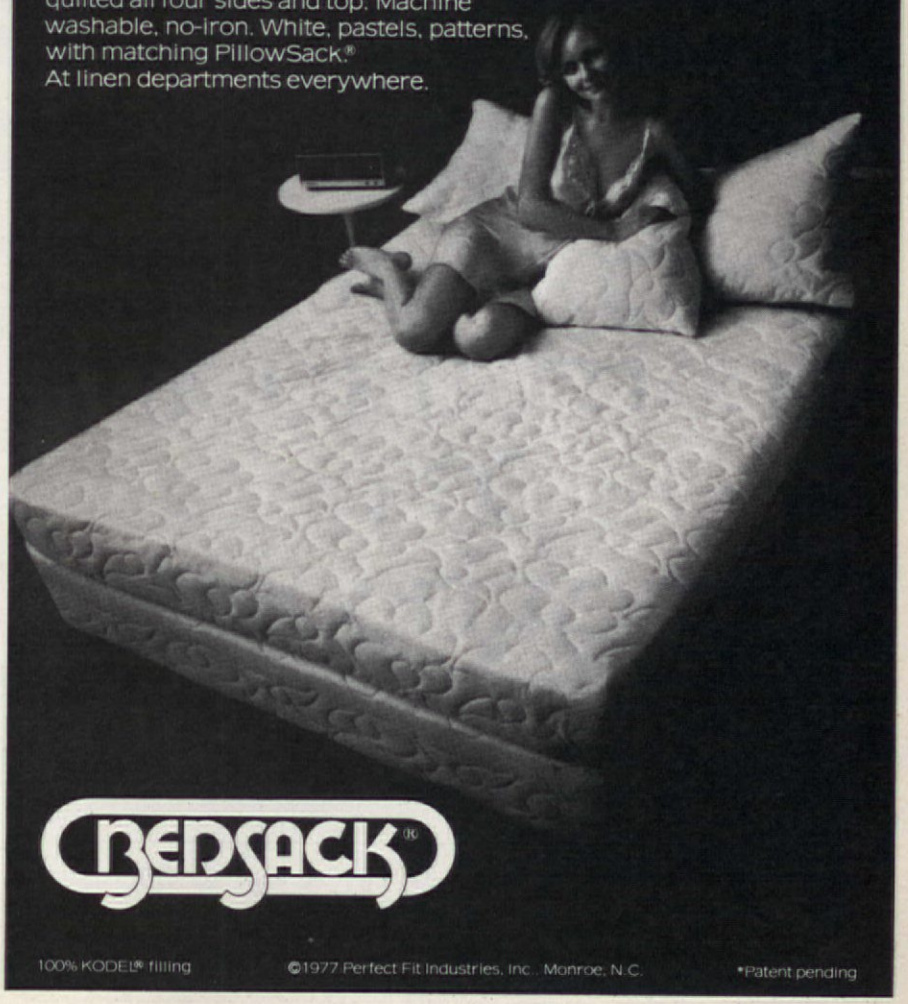

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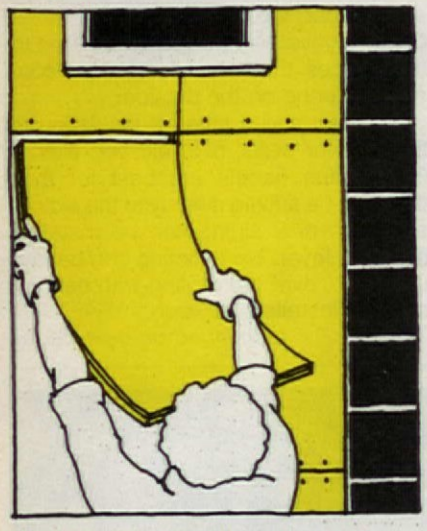
In both cases, carefully check the existing surfaces for leakage, peeling, chipping. Remove defective materials.



Insulate exterior with rigid board

You can even prepare old siding for its new layer by painting it beforehand—yet another layer for insulating efficiency.

HUMIDIFIERS

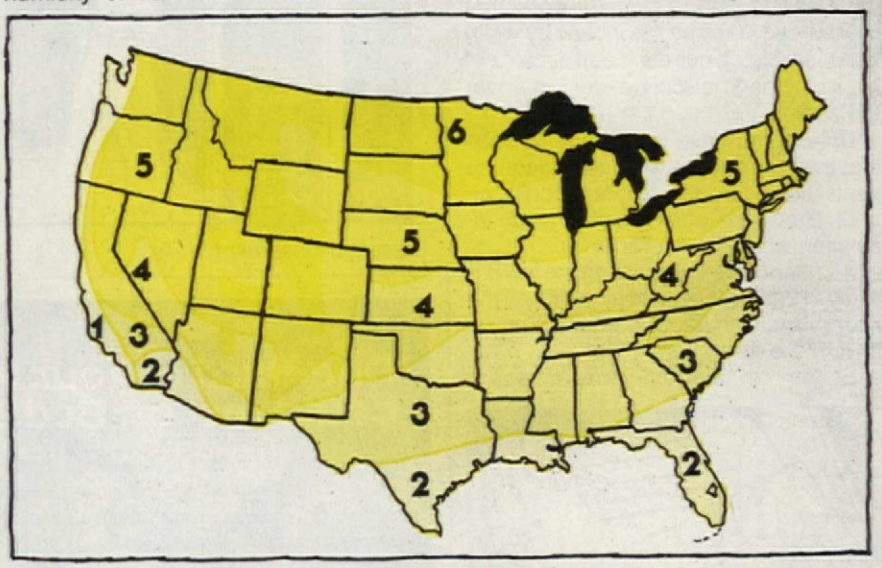
If the air in your house is too dry, it will pull moisture from everything—furniture, plaster, fabric, and even from your body. This moisture stealing, or evaporation, will make you feel chilly.

For comfort, the relative humidity during the winter should be about 35 percent; most houses, without humidification, have an average relative humidity of half that. A well-insulated house needs about three gallons of moisture added to the air each day, and a poorly insulated house needs double.

Installing a humidifier, either a central system or portable room models for the spaces you frequent most, will allow you to keep your thermostat down, save fuel, and feel comfortably warm all at once.

What to look for in humidifiers: Besides a humidistat, look for a water-level gauge, air direction control, and an easy-to-fill water reservoir. The proper humidifier should be rust-proof and corrosion-resistant. Water mineral deposits should flush away easily, and there should be no danger of water residue or build-up.

Humidifiers can be rented, as well as purchased. When you shop for one, be sure to give the exact dimensions of your house so you will get the right size machine for your needs. The size of portable models should also be determined by the sizes of rooms they will occupy.



Find the R-values for your zone:

Zone	Ceiling below roof or unheated attic	Exterior wall	Floor over unheated basement or crawl space
1	R-19	R-11	R-11
2	R-26	R-13	R-11
3	R-26	R-19	R-13
4	R-30	R-19	R-19
5	R-33	R-19	R-22
6	R-38	R-19	R-22

HEAT PUMPS

Along with the rising concern over fuel costs and energy comes a rising awareness of a "new" energy-efficient device: the heat pump.

In actuality, the heat pump has been around for about 40 years. It is, quite simply, a reversible air conditioner with heating and cooling cycles reversed.

Heat pumps usually come in what is called a "split system," or with two components (although there are portable versions, too). One is placed outside the building and one inside, because the heating and cooling mechanism makes

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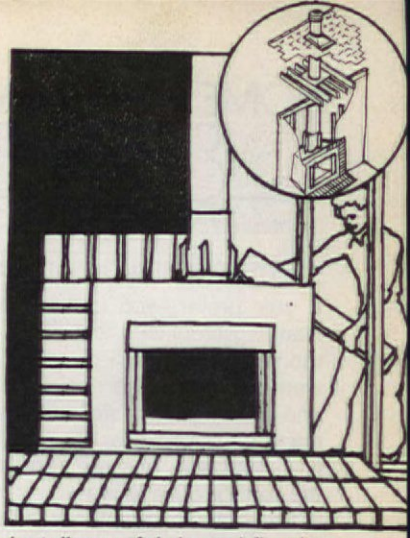
BUILT-IN FIREPLACES

Prefabricated fireplaces come in a variety of styles; those with left- or right-side openings are ideal for "island" or corner placement; some have tapered sides for fitting into corners. All can be installed on two or more floors, then vented into a common chimney chase. If you position the fireplace against a wall, you can embellish it with any number of easy-to-assemble surrounds, from painted dry wall or wood paneling to the most elaborate brick and stone mantels.

Before installing your fireplace, consider the following:



Install a prefabricated fireplace

1. Consult local building codes. Most have regulations concerning fireplaces; some don't permit certain types of construction. Should codes be ignored and a fire result, there can be problems with local authorities and insurance claims.

2. Obey the 10-foot rule. If the chimney is within 10 feet of the roof peak, the top should extend two feet above that peak. When farther than 10 feet from the roof peak, the top of the chimney should be 10 feet or more from the closest point on the roof in a horizontal direction and two feet above that point.

3. Chimney should be a maximum of 30 degrees from vertical, and any such angled sections should be no longer than 20 feet in total length. Additional support should be provided for each six feet of angled chimney.

4. Do not install combustible finishing and trim material closer than six inches from the opening of the firebox.

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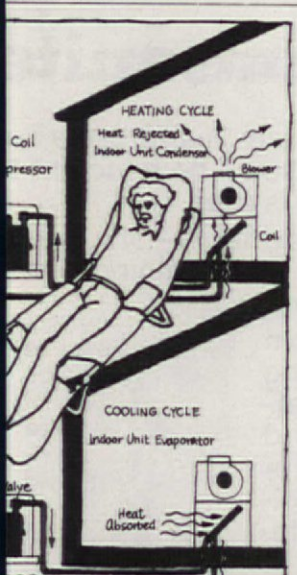


How a heat pump works

use of the hot or cold air outside, which is then translated into a comfortable air temperature inside the house.

Manufacturers of heat pumps—also manufacturers of basic heating and cooling equipment—claim a fuel-cost saving of approximately 50 percent when the machine is properly installed and used.

FIREPLACES

If you are buying or building a home in the near future, chances are that it will have a fireplace. Half of the single-family homes built in the United States today do. Maybe it's the return of the romantic spirit, or maybe it's the increasing cost of home heating fuels. Whatever the reason, we are again discovering the joys of gathering at the family hearth.

If your house doesn't already have a fireplace, you can add one to a living room, family room, bedroom, or kitchen without knocking out walls or doing any major remodeling and at a relatively low cost. According to the Fireplace Institute, a reasonably skilled do-it-yourselfer can install a factory-built fireplace for as little as $800. Most factory-engineered fireplaces are designed for "zero clearance" installation, which means they can safely be placed flush against existing walls and floor. The heavy, insulated metal fire chamber remains cool on the outside, and the insulated metal chimney is vented through the roof or an outside wall.

For heavy-duty cleaning and conditioning:

Woolite® Spray Foam Rug Cleaner cleans and conditions rugs.

Softens as it cleans.
For rugs so soft you'll want to live on them. Woolite-safe.

HOME IMPROVEMENT & DECORATING GUIDE

(continued from page 91)

FREESTANDING FIREPLACES

If you prefer, you can choose freestanding fireplaces that come in styles ranging from brightly colored Scandinavian designs to the nostalgic Victorian and Ben Franklin stoves. These units stand clear of walls, are installed on a fireproof base, and are vented through the roof or outside walls.

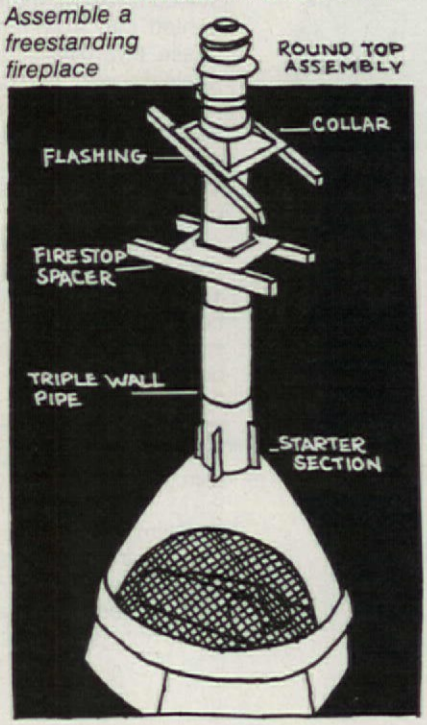
Freestanding fireplaces range in price from $400 to $800, depending on style and flue height. With this type, no construction is involved, for the fireplace comes preassembled with enough single-wall steel pipe to reach an eight-foot ceiling. From that point, standard flue components can rise to the rooftop.

Factory-constructed fireplaces come in models that stand alone, hang on the wall, or can be suspended from the ceiling. There are cone shapes, flat-top designs, full-circle hearths. Some are mounted on pedestals or legs, others may be set in a base of brick, marble, flagstone, or washed gravel for an impressive effect. The safety of these factory-built units is attested to by labels that carry the approval of major testing laboratories and verify conformity to building codes.

In April 1977, *Home Center* magazine presented this six-step guide for fireplace installation. Although the details will obviously vary from model to model, you can generally follow this sequence:

1. Place the firebox in the desired location and apply the wood framing.

Assemble a freestanding fireplace



2. Attach the starter section (the tapered piece which connects the smoke chamber to the flue).

3. Connect flue sections. This requires cutting ceiling and roof holes plus adding steel firestops at each ceiling level.

4. Secure the steel flashing to the roof.

5. Top the system out with its termination assembly and rain cap.

6. Finish the fireplace facing and trim.

INCREASING HEAT

If you find that your masonry fireplace is not working very efficiently and is not giving you enough heat, there are a variety of warmth-inducing measures you can try; some involve minor construction, and some make use of gadgets engineered for this specific purpose.

Proportions: One reason your fireplace may not project enough heat is that the opening could be too big in proportion to the flue, and the fireplace itself could have been badly designed in the first place. The back wall of the fireplace should slant forward slightly, and the side walls should splay out to deflect heat into the room. You can add a casing of brick or firebrick to give your fireplace this shape, and to concentrate the fire-producing area a bit.

Grates: A grate works better for burning logs than a set of andirons, because the air will circulate around the logs more ef-

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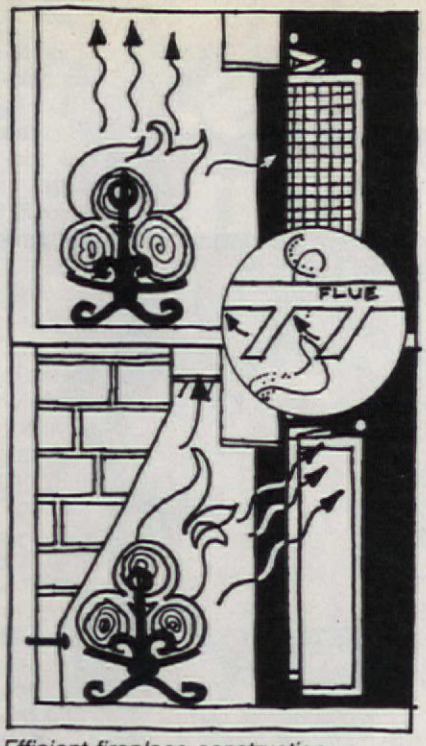
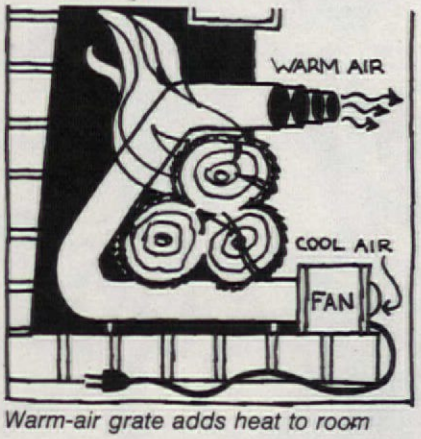


Efficient fireplace construction

ficiently. There are a number of special grates that are constructed of open pipes, plus a blower, that draw in air, warm it, and then expel it into the room. Others use water, which can then be attached to a hot-water heating system to add warmth to radiators—with less input from the boiler.

Ventilation: Because fires need a constant supply of oxygen to keep them going, they are always pulling air from the room. You need to vent the room, and often the only recourse to venting is to open a window—thereby letting cold air in and warm air out. You can construct a duct that will feed outside air to your fireplace directly, without allowing too much leakage into the room.



Warm-air grate adds heat to room

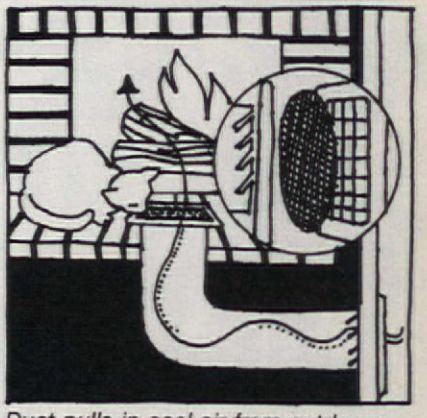
Cut a hole just in front of the fireplace in the hearth; the hole must go down through the floor into the basement or crawl space (this will not work, obviously, if your house is built on a slab).

Set a grille or register in this opening, with a louver that can be shut when you are not using the fireplace.

Below the hole, attach a duct, and then add sections to the duct until it reaches an outside wall. Cut an equivalent opening in the outside wall, and fit the opening, on the exterior, with another louvered cover. A cap or shield over the exterior opening will inhibit entry of small animals, insects, and water.

After using the fireplace, remember to shut all cold-air ducts and the damper.

Another gadget that will give you more hot air for your fire is the heat exchanger.



Duct pulls in cool air from outdoors

A heat exchanger is a device that circulates fresh air, picking up the heat from the warm gases present in the chimney

(continued on page 95)

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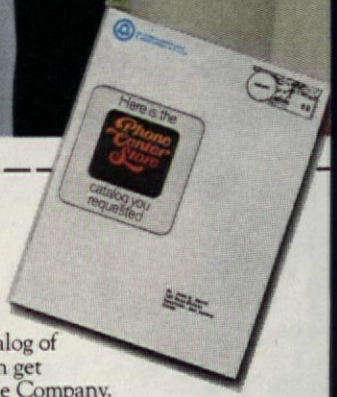

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(continued from page 93)

or flue. The heat exchanger is installed in the chimney or flue; gases pass over it and warm the air blown through the exchanger itself.

Screens: You should place a screen or shield in front of the fireplace so that no sparks pop out into the room. Better yet, you can make an asbestos snuff box to place over the embers. This will contain warm coals and ashes and will protect your rugs from possible fire damage.

Screens prevent chimney drafts

WINDOWS

Because windows are one of the major sources of heat loss in any house, you really should think about insulating them from the inside as well as the outside. Even with insulating glass or storm windows, some heat will escape. There are many ways you can treat your windows that will add warmth to your rooms. You can use shades, blinds, draperies, shutters, screens, or panels—or a combination of these.

SHADES, DRAPERIES, BLINDS

According to study by the Illinois Institute of Technology, window shades can reduce fuel costs by at least eight percent; newest shades have an insulating backing that increases their efficiency.

Window blinds, too, have such a backing; draperies, when lined, have always been good conservators of heat. Draperies work best, however, if they are "capped."

WINDOW CAPS

You can make a cap for your window with a piece of fabric lined with soft plastic. Cut fabric and plastic to the width of the window, in any valance-like pattern of your choice. Tack or staple the fabric cap to the top of the window frame so that it covers the top of the draperies.

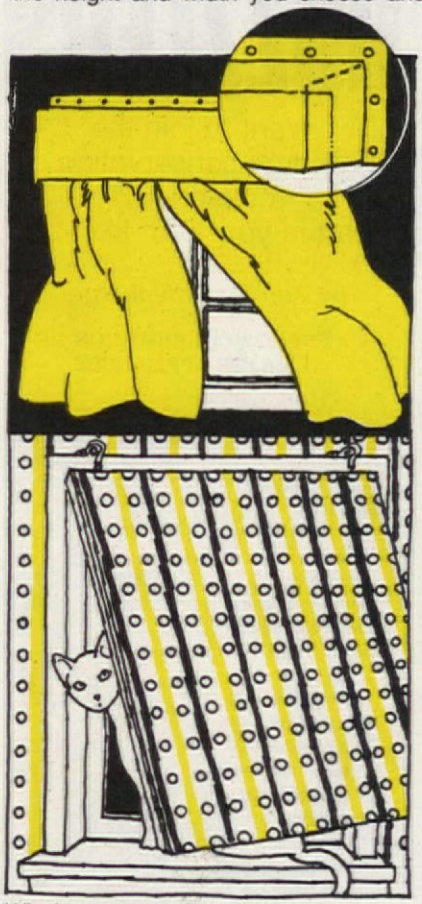
A regular valance will act as a cap, too, if fabric is stretched from the top edge of the valance back to the top of the window frame and secured.

Fabric and valance caps will trap and redirect the flow of hot air back into the room; heated air can also be contained within the room if the sides of your draperies are tacked along the side edges of the window frame. Not only will heat be retained inside, but cold air will be kept from leaking into the room.

INSULATION SCREENS

Panels of rigid insulation board make an effective screen against drafts. If you use this board, however, you must sandwich it between thin panels of gypsum board to conform with fire prevention regulations.

To make a screen, cut the boards to the height and width you choose and



Window cap and insulating screen hold in heat

connect them with piano hinges that are the same length as the panel. If you want three or more panels, the hinges should be connected in opposite directions, to set up an accordion configuration. To enhance your screen, you can staple on fabric to match slipcovers, or wall covering to coordinate with wallpaper, or whatever you like.

Insulation panels work well when they are cut to fit snugly into the window frame. In this case, after making your gypsum sandwich and covering the panel with whatever decorative covering you choose, attach eye hooks to the top of the panel—and cup hooks to the window frame to hang your panel.

FLOORS

Once you've warmed up your windows, consider de-chilling your floors.

RESILIENT FLOORING

A foam-filled or foam-backed resilient sheet flooring is a good choice for basements or high-traffic areas, such as kitchens, children's rooms, or recreation areas. With installation kits and accompanying instructions, even laying down sheet flooring is no difficult task.

CARPETING

Carpeting, too, is easier than before for the handyman to install; there are special carpet tapes that adhere to the periphery of the room, to which carpeting is attached. If you wish to carry your carpeting up over the baseboards, or over platforms, professional installation is recommended.

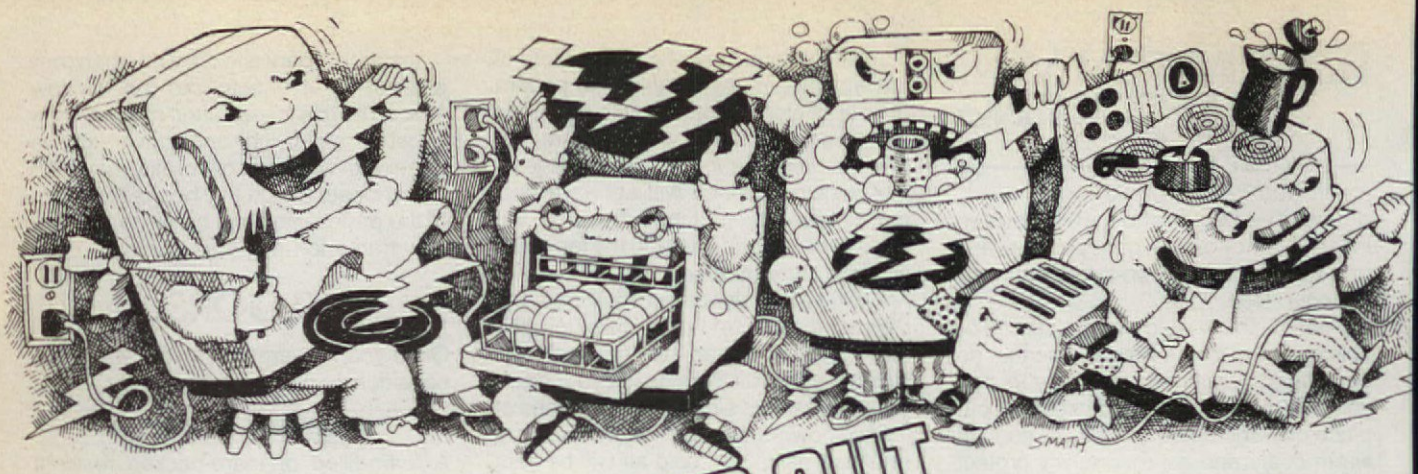
Because there is a certain amount of air infiltration at the junction of wall to floor, bringing wall-to-wall carpeting, especially the flat-woven commercial types, up over the baseboards creates a good air seal.

How to lay carpet squares

For the easiest carpet installation you can do yourself use carpet squares. These are foam-backed and self-stick, and go down the same way as tile.

First calculate the center of your floor, and then mark off a grid—one line perpendicular to another—to set up a 90-degree starting point for the first tile. Set the first tile in this "elbow" and then lay the others down along the two straight lines you have drawn. All other tiles radiate from these lines to the outer walls.

Carpet tiles can be used to cover a whole floor, or just set off an area.□



STAMP OUT ENERGY GUZZLERS

Want to join the energy-conservation movement? Start in your own kitchen.

by Ann Scharffenberger

Do you have a house full of energy guzzlers? Homes are responsible for 20 percent of national energy usage and, after heating and air conditioning, major appliances are the largest consumers. Don't panic. No one is asking you to give up your frost-free refrigerator or self-cleaning oven. In fact, energy considerations have inspired a whole new line-up of conservation-minded appliances—refrigerators, ranges and ovens, dishwashers, washing machines, and dryers—that can help you streamline home-energy consumption.

Consumers will soon have a little help in comparison shopping for new appliances. The President's energy program has called for energy labeling on new appliances and although the precise formula has not been worked out, expect some kind of uniform labels explaining energy consumption and life-cycle operating costs by early 1978. Meanwhile, look for new appliances with energy-saving features and learn to use the ones you have efficiently.

REFRIGERATORS

Frost-free models use almost twice as much energy as models with manual defrost. If you're buying, consider whether the savings are worth the extra work.

Energy-saver switch: Many manufacturers of new refrigerators, refrigerator/freezers, and freezers, such as Whirlpool, Sears Kenmore, General Electric, and Kelvinator have added a special energy-saver switch to new models. Most refrigerators require a heating system to eliminate water condensation around the door. On dry days when water condensation is less of a problem, just turn this switch to low. Some models, such as those by Amana, Admiral, and Gibson, have eliminated the extra heating elements altogether by redesigning the motor of the refrigerator itself to save energy. It's estimated that these devices can achieve energy savings of about 10 percent per month depending on the model.

More insulation: Another way that new refrigerators and freezers run more efficiently is through added insulation. Amana has increased the insulation around both refrigerator and freezer compartments of its 2-PLUS-2½ models. Sears' own Kenmore brand has added more insulation and improved the door seal in its #67771 series.

Chest-type freezers use less energy if you are purchasing a separate unit, though they are less convenient. Some of the new upright freezers, like General Electric's models, save energy through a special compartment that delivers ice directly through the door, eliminating the need to open the freezer door every time you need an ice cube.

ENERGY CONSUMPTION OF MAJOR APPLIANCES

	average wattage	est. kwh consumed annually
Food preparation		
Dishwasher	1,201	363
Oven, microwave (only)	1,450	190
Range		
with oven	12,200	1,175
with self-cleaning oven	12,200	1,205
Food preservation		
Freezer (15-21 cu. ft.)		
chest type		
manual defrost	—	1,320
upright type		
manual defrost	—	1,320
automatic defrost	—	1,985
Refrigerators/Freezers		
manual defrost, 10-15 cu. ft.	—	700
automatic defrost, 16-18 cu. ft.	—	1,795
automatic defrost, 20 cu. ft. & up	—	1,895
Laundry		
Clothes Dryer	4,856	993
Iron (hand)	1,100	60
Washing Machine (automatic)	512	103
Washing Machine (non-automatic)	286	76
Water Heater	2,475	4,219
(quick-recovery)	4,474	4,811

Courtesy of Edison Electric Institute

DISHWASHERS

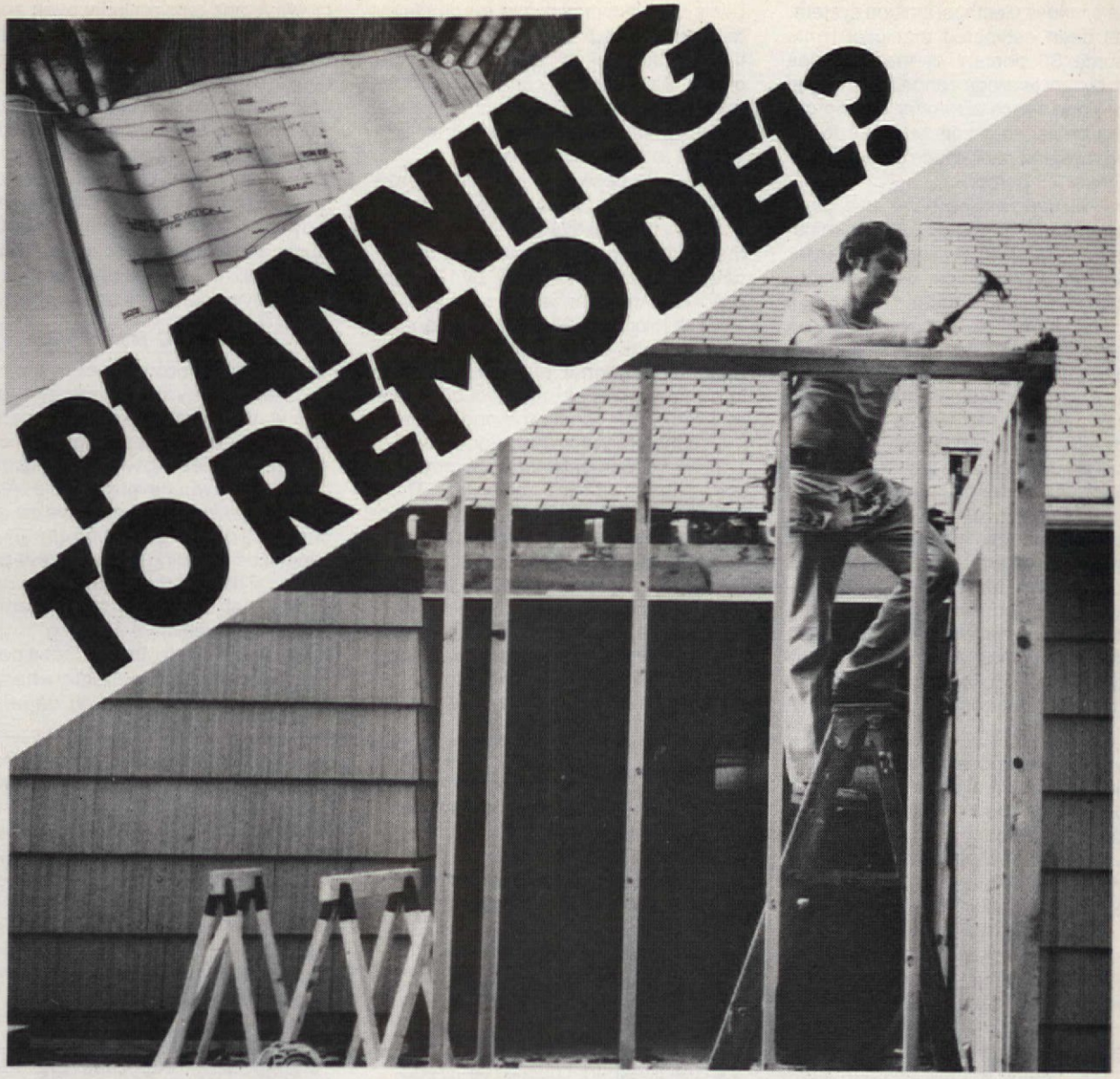
The short cycle: Dishwashers have been accused of being both energy- and water-wasters. The truth is, according to the California Water Service Company, washing dishes the most conservative way, by hand (filling the sink twice), requires five gallons of water, while operating an automatic dishwasher the most conservative way (on short cycle), requires only seven gallons of water. Washing dishes by hand with the tap running uses 30 gallons of water, while running the complete dishwasher cycle uses only 16 gallons of water. But dishwashers do use a lot of energy.

Room-temperature drying: Since much of that energy goes toward heating the water—81 percent, according to G.E. statistics—using a short cycle will save both water and energy. Many of the new dishwashers have a special energy-saving control that allows you to shut off the heating element and let dishes dry inside at room temperature.

Special features: These controls can save an estimated 30 to 50 percent of energy consumption. Some machines, such as KitchenAid, Kelvinator, Gibson, and Kenmore, have a fan that runs even when the heating element is off to give drying an extra boost. KitchenAid has also reduced the wattage of the drying element to save energy. Whirlpool machines include a series of buttons that allow you to regulate heat during the washing and rinsing cycles.

OVENS AND RANGES

Pilotless ignition: If you're buying a new gas range, be sure that you choose a model *(continued on page 98)*



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ENERGY GUZZLERS

continued from page 96

with a pilotless electrical ignition system. It has been estimated that pilot lights consume 30 percent of the total gas used by an average range. Some gas ranges and ovens also offer an energy-saving broiler that converts gas to infrared rays and can reduce cooking time by almost 35 percent.

Conventional ranges have also been redesigned with energy use in mind. When buying a range—and this goes for all appliances—consider whether higher-priced models with special features will cost more, or actually save on energy bills in the long run. For example, self-cleaning ovens do cost more initially. According to General Electric statistics, they only consume 15 cents' worth per cleaning and consume less in overall energy because they're better insulated. Also, setting the self-clean cycle right after cooking, while the oven is hot, will use less energy.

Convection ovens: One energy-conscious system for cooking is a convection oven. Convection ovens operate by recirculating hot air through the oven cavity many times per minute. Many foods can be cooked in a convection oven at temperatures 50° lower than in a conventional oven and cooking times can be reduced up to 30 percent. Tappan's Convectionaire gas range claims to save as much as 50 percent on gas fuel compared to conventional gas ovens. Jenn-Air has come out with the first "Selective-Use" electric range that can be switched back and forth from convection to conventional oven.

Microwave cooking: The real energy-saving news in terms of meal preparation is the microwave oven. According to the American Home Appliance Manufacturers Association (AHAM), by 1985 one out of two American families will be cooking with microwave—and saving energy dollars. Today's new microwave ovens operate on normal 110-volt household current. They cook many foods in one quarter of the usual time and it is estimated that they save between 50 and 75 percent in electrical energy. Microwaves are no longer strictly a luxury item. There are new inexpensive countertop microwave ovens that cost only $200 to $300.

According to a study by Magic Chef, the typical American family of four who uses a microwave oven 80 percent of the time and a conventional electric oven the rest of the time will save around $25 per month on electricity bills, depending on the city. Magic Chef also did a comparison study of energy required to prepare different dishes in both the microwave and conventional oven and for some meals, especially those that can be prepared entirely in one dish, electric ovens are actually more efficient. The best energy solution seems to be a combination of microwave and conventional cooking. Magic Chef, Caloric, Amana, G.E., Roper, and Litton all make combination ranges with microwave oven on top and conventional oven on the bottom. Roper and Litton also make single ovens that combine conventional electric and microwave cooking in one process.

WASHING MACHINES

Short cycles, cold rinse: In the laundry, the best way to save energy is to use your washing machine and clothes dryer efficiently. The largest consumption of energy is for heating water, so wash on a colder cycle whenever possible. A cold water rinse is just as effective as a hot one, uses one third as much energy, and minimizes wrinkling in permanent-press fabrics. The new machines have flexible cycles that allow you to program the most energy-efficient washing.

Water-level controls: For those people who live in parts of the country where water saving is *(continued on page 103)*

TIPS TO SAVE ENERGY

- Use appliances during off-peak hours. More and more utility companies are offering lower rates during those hours.
- Bigger isn't always better. In buying appliances, consider smaller or compact models. They are less expensive, take up less space, and save on energy and water.
- When buying, consider models with energy-saving features, and look for energy-efficiency labels. In general these appliances cost more, but the energy saved makes the cost worth it in the long run.
- To get the most out of your appliances, read the owner's manual carefully.

REFRIGERATORS/FREEZERS

- Check doors to be sure they are properly sealed. To do this, close the door on a dollar bill. If it slips out easily, it's time to replace the gasket.
- Clean motor housing and compressor coils with a vacuum at least once a year.
- Defrost manual-defrost models when frost is ¼-inch thick. Frost build-up uses more energy and can rob you of space.
- Avoid unnecessary opening of doors.
- Let foods cool before refrigerating.
- Keep freezers at least two-thirds filled. Frozen foods keep temperature uniform and conserve energy.
- Locate refrigerators and freezers out of direct sunlight and away from heat-producing appliances.
- Don't set refrigerators and freezers colder than is necessary.

DRYERS

- Clean lint filter regularly.
- When possible, separate light and heavyweight garments for faster drying.
- Don't overload.
- Check exhaust duct or vent regularly to be sure that airflow is not obstructed.
- Vacuum lint from motor housing several times a year.
- If you use dryer fabric softeners, it may be necessary to wash filter several times a year to prevent clogging.

OVENS/RANGES

- Double up on cooking. Use the oven to cook three meals at once and freeze two.
- Don't use your oven or cooking service for things small appliances can do more efficiently. For example, it costs three times more to toast bread in the oven than in a toaster.
- Be sure to use flat-bottomed pans—aluminum and copper are better heat conductors than stainless steel—and match pot and burner size to help prevent heat loss. Use lids to save energy.
- Check oven gaskets in the same way as refrigerator gaskets and replace when faulty.
- Avoid preheating whenever possible. There's no need to preheat for broiling and roasting. Otherwise, 5-8 minutes should be sufficient.
- Don't be a peeker. Oven temperatures drop 25-75° every time you open the door. Use a timer.

DISHWASHERS

- Wash full loads.
- Pre-rinsing wastes water and energy. New machines are designed to remove even heavy soil. (If you have to rinse first, use cold water.)
- If machine has no air-dry cycle, stop it after the final rinse to save energy (follow manufacturer's instructions).
- Load properly so dishes won't have to be rewashed.
- Clean filter screen once a year.

WASHERS

- Wash on coldest possible cycle and always use a cold rinse. Pretreat heavily soiled garments—collars, cuffs, grease spots, etc.—to give colder cycles a boost.
- Wash full loads only, but don't neglect to sort clothes. Don't overload in an effort to save energy.
- Save water by washing permanent-press clothes on a regular cycle. This can result in water savings of one complete fill per load. The dryer will remove wrinkles.

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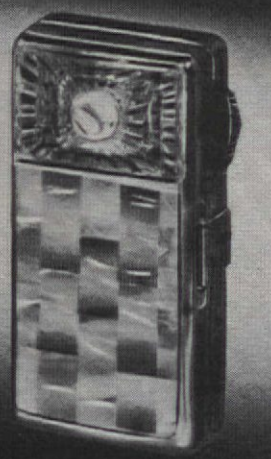

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ENERGY GUZZLERS

continued from page 98

a major concern, many of the new washers have water-level controls that allow you to minimize water consumption when washing smaller loads. G.E. machines have a special basket for small loads or delicates that fits over the agitator for a 10-minute mini-cycle.

Sudsavers: Another water-saving feature is a sudsaver, which transfers soapy wash water to an auxiliary tank after the wash cycle and returns it to the machine for subsequent wash loads. You simply add about half the required detergent for each subsequent load. Sudsavers can save up to 28 gallons of water for every three loads.

Designs for conservation: Usually, agitator-type washing machines tend to use more energy and water. Speed Queen washers, however, employ a single stainless steel drum that consumes only 8 gallons of water on a low water-level setting and 16 gallons on high. Maytag has introduced a new line of water- and energy-saving front-loading machines. White-Westinghouse's front-loading washers promise to consume 36 percent less water and 35 percent less electricity than agitator-type machines. Whirlpool has recently introduced the first microprocessor-based washing machine that lets you program the optimum cycle with a tiny computer.

CLOTHES DRYERS

Avoid overdrying: With time-control dryers that are set for a specific number of minutes and auto-control dryers that are set for a degree of dryness, watch out for overdrying. It wastes energy. Electronic-control dryers measure moisture and shut off when clothes are dry.

In addition, many of the new gas dryers such as those from Speed Queen, Gibson, and G.E., feature pilotless electric ignition to save energy.□

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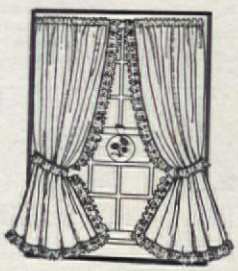
Eyeglass pressure on your ears . . . until Zylons all you could do was take your glasses off!
Now soft Zylon temple covers can **cushion your earpieces**. Just put them over the backs of plastic or metal frames—and no more pressure. That's a guarantee! Long wearing and invisible—frame colors show through. Instant comfort for only $1.00 per pair, $2.23 for 3 pairs, or $3.23 for 5 pairs. All orders include postage. **FREE** catalog with order.

Stewart Lindsey

Dept. AH977
240 Kinderkamack Rd.
Oradell, N.J. 07649

Sterling patterns

Active, inactive, obsolete sterling flatware pieces are available at 40-75% off manufacturer's suggested price. Send pattern name and manufacturer or ask for free pattern identification booklet. For prompt, personalized service, write: Walter Drake Silver Exchange, AH26 Drake Bldg., Colorado Springs, CO 80940.



Cozy!

You'll adore these 50% cotton and 50% polyester curtains with 2" ruffles of Irish lace to add friendly warmth to any window. Natural or white. 90" wide per pair. 45", 54", 63" long, $16.50 per pair. 72", 81", 90" long, $19.50 per pair. 10" x 80" valance, $6.75 each. Please add $2 p&h per order. Free Catalog. Country Curtains, Dept. AH9, Stockbridge, MA 01262.

Women's cavalier boot

It's pants perfect in glove leather with a no-seam vamp and topped with adjustable buckle strap. Ribbed sole. 1" heel. Brown, black, white, navy, wine, bone, camel, red. Also in suede: brown, black, navy, camel. 6-10½N, 5-10½M, 5-10½W. $22 plus $1.50 p&h. Vicki Wayne-A9C, 600 S. Country Club Rd., Tucson, AZ 85716.

RED BARN SAMPLER

Early American scenes come to life in easy-to-do cross-stitch samplers. Framed size 10" x 10". Each kit includes stamped natural Belgian linen, bright colored floss, and simple instructions.

Red Barn Kit (shown)	$2.50
Covered Bridge Kit	$2.50
Old Mill Kit	$2.50
Little Red Schoolhouse Kit	$2.50
Lighthouse Kit	$2.50
Spirit of '76 Kit	$2.50
Minute Man Kit	$2.50
Pilgrims Kit	$2.50
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Frame, mahogany finish, 10"x10"	$1.50
Frame, maple finish, 10"x10"	$1.50

PLUS 75¢ POSTAGE & HANDLING
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Bring back memories of yesteryear with miniature wooden music box that cranks out nostalgic tune "The Entertainer". Sliding panel doors, rotating musical cylinders and matching bench—just like the original player pianos! A great collector's item 4" x 5". **$9.99** plus $1.00 postage.

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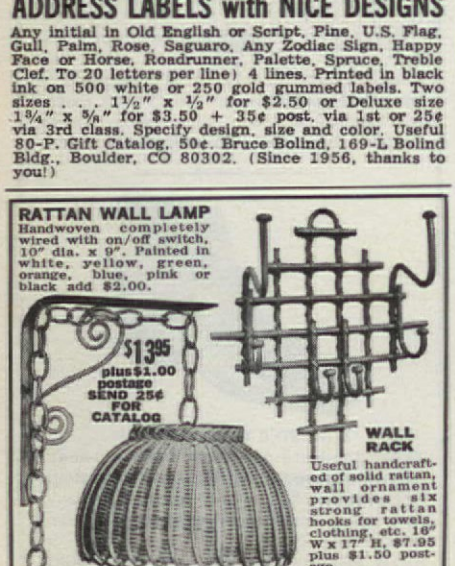
RATTAN WALL LAMP

Handwoven completely wired with on/off switch, 10" dia. x 9". Painted in white, yellow, green, orange, blue, pink or black add $2.00.



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Useful handcrafted of solid rattan, wall ornament provides six strong rattan hooks for towels, clothing, etc. 16" W x 17" H, $7.95 plus $1.50 postage.

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New **Twin-Rest Seat Cushion** gives blessed relief to sensitive areas. Fights fatigue and soreness. Avoids siderocking and maintains balance because each half inflates separately with contact-free center space. Unlike embarrassing "ring cushions", it fully supports each thigh independently. Deflates for travel. Ideal for car, home, office, sports, wheelchair. Handsome vinyl 16 × 17" — **$6.95**. Green percale zipper cover — **$2.49** extra. Order from this ad, we'll pay postage, ship promptly. NJ residents add 5% tax.

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Box AA, New Providence, NJ 07974

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QUALITY PRODUCTS SINCE 1951

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A lovely cardigan of washable Orlon acrylic with a hand-crocheted look. Light in weight, yet comfortably warm on chilly evenings. Has pretty shell stitch; scalloped rib trim; easy shoulder; ¾ sleeve. Choose White, Black, Pink, Beige or Lt. Blue. Sizes 32 to 46. $8.98 plus 95¢ postage.

FERRY HOUSE Dept. H-977 Briarcliff Manor, N.Y. 10510

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Kid-soft polyurethane on nylon with foot caressing bonded lining. Resilient rubber-like sole and 1½" heel. COLORS Black, Brown, Navy, Red, Caramel, Bone, White. Sizes: S 5-5½, M 6-6½, ML 7-7½, L 8-8½, XL 9 & 10. **$12** Plus $1.50 P & H

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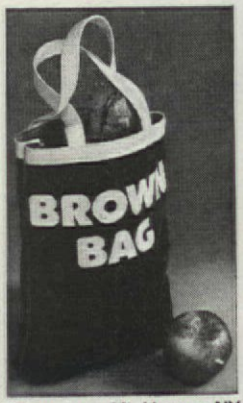

Tote treat

Brown-bag it with this chic brown twill tote in which to stash your sandwich and what have you! Vinyl waterproof lining and handles of rugged webbing. 7 x 1¾ x 11". $4.98; 2 for $9.50. Add 60¢ for p&h. Lillian Vernon, Dept. A9E, 510 South Fulton Ave., Mt. Vernon, NY 10550.

Stitch instead of snack!

"Do up" this cute needlepoint and keep pounds down! Hang where the urge to nibble is tempting. Holy Cow kit: 7½x9" design on canvas, Paterna Persian wools, needle, backing, magnets, instructions. $5.95. 8x10" wood frame, walnut finish, $2.50. Add 75¢ p&h. Classic Corner, 12 A Water St., Bryn Mawr, PA 19010.

Bath reader

When it's "Think tank" time, one can come up with some of the greatest ideas while reading in the bathroom! This solid pine reading rack can keep 10 magazines neat and handy and, of course, 2 rolls of tissue right at your finger tips. 18"Hx11¾"Wx4½"D for your wall. Fully finished antique satin. $12.95 plus $2 p&h. Yield House, A79X, No. Conway, NH 03860.

THE MOST ASTOUNDING ***Waist and Tummy Reducer*** OF ALL TIME!

IS PRODUCING FANTASTIC 'TRANSFORMATIONS' LIKE THESE ...IN JUST 3 DAYS...WITHOUT DIETING...IN JUST MINUTES A DAY!

Astro-Trimmer™

GUARANTEED TO REDUCE YOUR WAIST AND ABDOMEN 4 TO 8 INCHES IN JUST 3 DAYS OR YOUR MONEY BACK!

AFTER
Jim Morgan...5" off waistline in just 3 days.

AFTER: Dawn Foli...her incredible results in just 3 days.

Jim Morgan—*"Remarkable results from a remarkable product. With the Astro-Trimmer I actually reduced, firmed and tightened my waistline 5 inches—from 33¼ to 28¼—in just 3 days—without dieting. Not only has my appearance improved tremendously—the inches stayed off—but I also seem to have much more energy than before."*

Dawn Foli—*"I love having a trim figure and I hate to diet. So the Astro-Trimmer was like a dream come true. I used the Astro-Trimmer for just 10 minutes 3 days in a row and lost 4½ inches from my waist and 5¾ inches from my tummy—and I didn't have to diet for a minute—the inches simply disappeared and never came back!"*

HERE IS HOW IT WORKS:

Dawn wraps the Astro-Belt completely around her waistline, before hooking the Astro-Bands to a convenient doorway. She is then ready to perform one of the pleasant, marvelously effective Astro-Trimmer movements—just about 10 minutes.

Now Dawn simply relaxes a few moments with her Astro-Belt in place. Her Astro-Trimmer movements have triggered the Astro-Belt's incredible inch-reducing effect which goes on working even as she relaxes.

After her brief period of relaxation, Dawn removes her Astro-Belt. Already her figure has taken on a new look—already her waist and tummy are tighter and inches trimmer. Dawn lost 4½ inches from her waist and 5¾ inches from her tummy in just 3 brief ten minute sessions.

Startling discovery—thousands of users are finding the Astro-Trimmer to be the most sensationally effective and the most fun to use slenderizer of all time. It is a marvel of ease, comfort and efficiency—and a pure joy to use. The Astro-Trimmer's totally unique design consists of a double layered belt: a soft nonporous inner thermal liner which wraps completely around your mid-section producing a marvelous feeling of warmth and support—and a sturdy outer belt that attaches you to the super duo-stretch Astro-Bands which you hook to any convenient doorway. These duo-stretch bands enhance your slightest movements and transmit their effect—greatly magnified—directly to the inner thermal liner of the belt to produce an absolutely unequaled inch-reducing effect. In fact, for sheer inch loss, the Astro-Trimmer is supreme. Try it for yourself—at our risk—just slip on the belt, hook it up, stretch and perform one of the easy-to-do movements in the instruction booklet and watch the inches roll off. Men and women from 17 to 70 are achieving sensational results from this ultimate inch-reducer. Results like these:

Laurie Jensen—*"It was easy and so much fun. The Astro-Trimmer totally transformed my figure—took 3½ inches off my waistline and 5 inches off my tummy in just 3 days—and best of all, the inches stayed off."*

Fred Masters—*"No matter what I tried—dieting, exercise—I was never able to get rid of the roll around my mid-section. Then Astro-Trimmer came along and reduced my waistline 6 full inches—from 38½ to 32½ inches—in just 3 days without dieting."*

Denise Dean—*"Was amazed! After just 3 days on the Astro-Trimmer program I lost a total of 9 inches!"*

Jim Morgan BEFORE

Dawn Foli BEFORE

How many excess inches can I lose with the Astro-Trimmer? How many excess inches do you have? Look what Jim and Dawn did in just 3 days. Many users lose 2 or more inches from their waists and 2 or more inches from their abdomens the very first day. Not everyone will do this. The degree of inch loss will vary with individual body response. However, this matchless body shaper melts excess inches off the waist, abdomen, hips and thighs with such amazing speed that if your waist and abdomen aren't a total of 4 to 8 inches trimmer after using your Astro-Trimmer for just 3 days and if you don't lose these inches without dieting and in only 5 to 10 minutes a day, you may simply return your Astro-Trimmer and your money will be refunded.

No risk—no obligation—money back guarantee. So-called "waist trimmers" and reducers are now being nationally advertised for from $19.95 to $49.95. Yet the sensational new Astro-Trimmer which trims and slims excess inches far faster, far more effectively than anything we have ever seen—is being offered for only $9.95 with a complete money back guarantee. If you are not satisfied that the Astro-Trimmer is the fastest, the most effective waist reducer you have ever used, it will not cost you a penny. So if you want a trimmer, more ideally proportioned body—right now—send for your Astro-Trimmer today.

ORDER NOW FOR A SLIMMER, TRIMMER WAISTLINE THIS WEEK!

Astro-Trimmer™ P.O. Box 3140, Dept. AH-3, Monterey, Ca. 93940

Please send me ___ Astro-Trimmers along with complete easy-to-use instructions. I understand that if I do not lose a total of from 4 to 8 inches from my waist and abdomen in just 3 days I can return my Astro-Trimmer and receive my money back. **I enclose $9.95 for each Astro-Trimmer plus .90 each for postage and handling.** ☐ **Check** ☐ **Money Order** ☐ BankAmericard ☐ Visa ☐ Mastercharge **No COD's accepted. PLEASE CHARGE TO MY:**

Charge Account No. _____ Exp. Date _____

Woman: Waist Size _____ Man: Waist Size _____

Name _____

Address _____

City _____ State _____ Zip _____

PAT PEND

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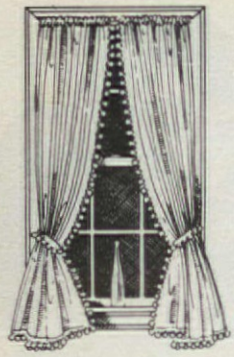
COUNTRY CURTAINS

Ball Fringe on Permanent Press—Natural or White



Country Curtains are a tradition...years of old-fashioned quality and conscientious service to thrifty homemakers. Sturdy, specially-made ball fringe on our 50% cotton/50% polyester blend... like real muslin but truly carefree. Natural or white. 90" wide per pair.

TIERS	20", 25"	6.50 pr
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TIEBACKS	45", 54", 63"	10.00 pr
	72", 81", 90"	12.00 pr
VALANCE	10" x 80"	3.50 ea

SEND FOR FREE CATALOG

Please specify natural or white. Check, money order, Mastercharge, BankAmericard. Sorry no COD's. Mass. res. add 5% sales tax. Postage and handling: under $10 add $1.10, $10 and over add $2.00. Satisfaction guaranteed.

COUNTRY CURTAINS
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STAIR-GLIDE® stairway lift lets you ride up and down stairs effortlessly, with fingertip control. Installs in 2 hours, is UL listed, runs off of household current, and will not mar walls or stairs.

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America's largest selling stairway lift.

Write for free color brochure and name of dealer nearest you.

American Stair-Glide Corporation

4001 East 138th Street, Dept. AH-97
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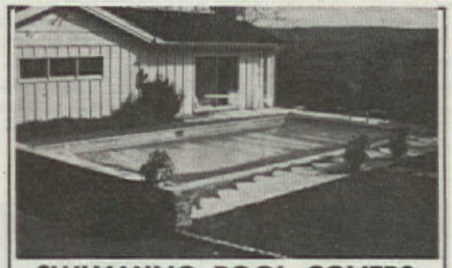

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Easy to handle, new plastic mesh pool covers. Will last for years. Supplied with grommets. Keep trash, leaves, animals out of your pool. Ideal for above and below ground pools. Cover sizes (not pool sizes) and prices, prepaid:

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20′ x 36′ 49.50	24′ x 44′ 69.50
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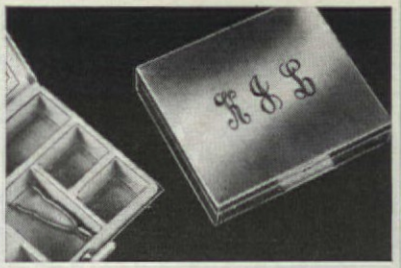

Pierced earring case

Sleek brass case keeps your pet pairs of drops 'n studs together and untangled. Has 7 velvety compartments in two sizes, plus tiny tongs to pick up your earrings with tender loving care. 2¾"x2½"x½". Print 3 initials engraved. $5.50 plus 35¢ p&h, or 2 for $10.50. Bolind, Dept. AH9, Boulder, CO 80302.

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Have them bronze-plated in solid metal as a forever memory! $3.99 a pair. Also, portrait stands (shown). TV lamps, bookends at big savings. Send no money. For details, money-saving certificate, postpaid mailer, write: American Bronzing Co., Box 6504-J1, Bexley, OH 43209.

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There's no worry about wandering if your dog or cat has an Identification Tag to assure its safe return! Stainless steel disc hooks securely to animal's collar. Engraved with pet's name, your name, address and phone number. $1.25 each. Holiday Gifts, Dept. 2109-7D, Wheatridge, CO 80036.

Throw away extra pillows!

Foam-Slant gives an even, gradual slope for more restful, healthful sleep. Light, buoyant foam wedge is 27" long. Washable zipper cover. Order 4" high for 2-pillow users, $15; 7½" high for 3-pillow users, $17; extra high 10" is $20, or 12½" at $23. Better Sleep, Dept AH9, New Providence, NJ 07974

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Go on a shopping spree through the inspiring, gift-filled pages of Miles Kimball's new, all color, 196-page catalog. Shop in armchair comfort for toys, decorations and housewares to satisfy all on your gift list! 2000 gift ideas to make your living easier! Write for this unusual and intriguing free catalog. From Miles Kimball, 276 Bond St., Oshkosh, WI 54901.

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Expand-A-Bar practically gives you a second closet because it lets your closets do "double duty." No tools or installation—just hang bar from existing closet rod! Adjusts from 15" to 28". Holds skirts, shirts, etc. $4.98 each; 2 for $9.50. Add 75¢ p&h. Ferry House, Dept. H97, Briarcliff Manor, NY 10510.

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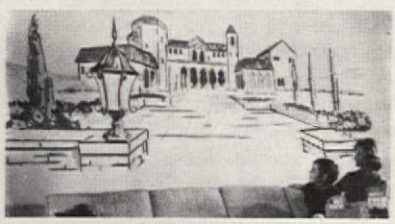

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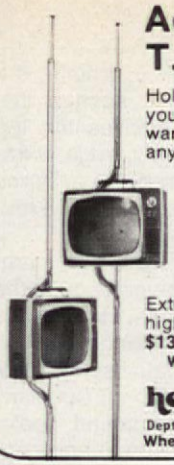
It's simple for you to paint a wall mural with an easy do-it-yourself paint-by-the-number kit. Has all you need! Color catalog of murals, 35¢. Plus free certificate for a $7.95 mural of your choice with the purchase of other mural of $14.95 or more. Or, use certificate as a $5 discount on any $14.95 mural. Write "Magic Murals", Dept. AH-709E, Box 8500, Fountain Valley, CA 92708.



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Now improved to help you KEEP DRY THE FEMININE WAY

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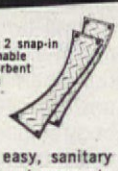

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STARTING UNDER

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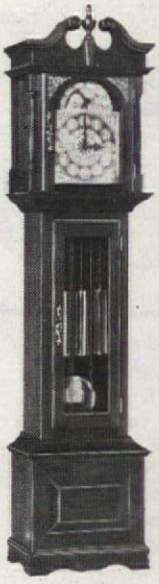
(including West German movement)



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BEAUTY BATHS

continued from page 56

—or unscented—bath oil; a luffa, the mildly abrasive, organic sponge that stimulates skin and removes the top dead-skin layers; a bath sponge; a fragrant bubble bath in powder or gel form; and an après-bath moisturizer. The routine for a relaxed bath:

The beauty bath and water: It's warm water that will calm nerves and soothe aching muscles and joints, so resist the temptation to let bath water get too hot. Some cultures prefer baths stinging hot (like the Japanese and Finns), but many American doctors recommend cooler temperatures. Submersion in hot water can cause the skin to become dehydrated as well as being a soporific for some people. If bath water gets too steamy, add a sufficient amount of cold water for balance. Skin temperature is measured at approximately 67 degrees, so run bath water to about 85 degrees for comfort and safety. Never let water get above 90 degrees. Hard water: When hard water and soap interact, the result is itching and irritation from soap particles that cling to skin. An insoluble residue will also form on the tub. (The "hardeners" in hard water are salts and minerals—calcium and magnesium.) To pamper your skin in hard water, add a cup of common cornstarch as the bath is filling up—one to two cupfuls is fine. The cornstarch acts as an emollient and diminishes the harshness of hard water on your skin. A note of caution: Get in and out of the tub carefully. Cornstarch tends to make the surface of the tub slippery.

Smoothing down: Soaking in warm water will temporarily soften those prime rough-skin areas, like elbows and feet, but when re-exposed to air, they'll dry and roughen up again. And all-over body skin texture can often get dry or develop the look of "goose flesh"—those tiny bumps that tend to appear on buttocks, upper arms, and thighs. Allow time in the bath to smoothe down to a new softness (while stimulating circulation and promoting cellular growth) with either a luffa or synthetic sponge combined with a liquid cleanser or mild bar soap. This light scrubbing with an abrasive sponge involves the sloughing off of the keratin (dead skin) layer and produces a slight irritation of tissues—good for you in this case.

Keratin tends to plug the oil glands, forming blackheads, or, to those predisposed to it, keratosis pilaris—those small mounds of dead skin cells that accumulate around hair. Light dermabrasion peels off that keratin layer, and allows the oil to come out freely. For those with oily skin, try all-over body cleansing with an abrasive sponge to help remove excess surface oil. If you have dry skin, work on rough spots only and don't use for total care.

Skin softeners: Bath oils, whether commercially made or whipped up from your own ingredients, are a luxurious plus for the relaxed bath. All bath oils that are sold in stores have a balanced formula, that is, an emulsifying agent that causes the oil to break up into droplets and disperse throughout the water. Bath oil has the quality of penetrating the skin, a necessity for dry-skin sufferers. To make your own, mix together some mineral oil along with an emulsifying agent, for example, a mild liquid detergent, and a few drops of your favorite cologne. For sensitive skin, purchase oilated oatmeal, which will soothe irritated areas. Again, move cautiously. The tub will get slippery with the addition of any kind of oil.

More comfort for dry skin: Salt! A cup of salt in your bath water will hydrate skin and aid symptoms of painful cracking and dryness. No one has yet solved the mystery of why salt helps problem dry skin, only that a five-minute soak does it.

And finally: All you'll need is five to ten minutes of soaking time to feel totally cleansed, refreshed, invigorated. Finish off with a luke-warm shower (20 seconds or so is fine) to rinse off any excess soap or bubbles. Pat, don't rub, skin dry. Apply a moisturizer to face and body, and reapply to especially dry spots.

After your beauty bath, you'll be ready to face the day refreshed and renewed. It's so simple.—C.B. ABBOTT

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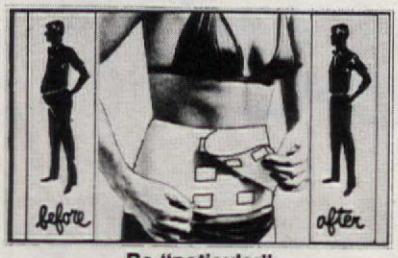

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WHAT DO YOU WANT TO BE?

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they will be healthier and happier too. Dr. S.B. Gusberg, professor and chairman of gynecology and obstetrics at New York's Mount Sinai Hospital, believes that an involved woman can ignore old menopausal myths. "She will be as healthy and probably happier than she has even been—physically and psychologically," he claims. "She doesn't need tranquilizers and estrogen. She needs something to do." A frequent speaker to medical groups on this subject, he adds rather cynically, "Unfortunately, it is easy for a doctor to give a woman a pill and difficult for him to understand her loneliness."

WHERE TO START

Now that you know that you want to work and you have prepared your family for the change, here are some suggestions to get you started on your job hunt:

For information about women's self-help organizations and counseling and personnel services in your community or a bibliography of books to assist women entering the work force, write to the **Women's Action Alliance Inc.,** 370 Lexington Ave., New York, NY 10017 (212) 532-8330, which serves as a national clearing house for resources for women.

Catalyst, another nonprofit organization, has 150 local resource centers offering job referral and placement services. For these locations or for booklets on opportunities in specific fields and self-guidance career-planning manuals write **Catalyst,** 14 East 60 St., Box A, New York, NY 10022 (212) 759-9700. Other sources of assistance are your local YWCA, church, and public library.

To seek volunteer work, you can offer your services to the organization of your choice, or look in the white pages of the phone book for a volunteer center in your community. The **National Center for Voluntary Action,** 1214 16 St. N.W., Washington, DC 20036 (202) 467-5560, also has information about local volunteer programs.

If you are interested in furthering your education, contact the community college, university, or high school in your area. As well as having a program of study to suit you, they may operate an employment center or a women's center.

More and more women are learning that they owe their children more than a mother, their husband more than a wife; they owe them a human being as unique as they are. Fulfillment for that human being can grow from crib to college and into the full, long years beyond. Author Davis writes, "When the kids walk out the door, they do not lock it. It is open—open sesame for the woman inside."□

BUSINESS BEGINS AT HOME

continued from page 63

regularly for your business or employment." (For additional information, send 35¢ to the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402, requesting Internal Revenue Service Publication #587, "Business Use of Your Home.")

Recognize your professional standards. Don't cut corners in areas that will detract from your ability. Beverly Harper, president of a Philadelphia, Pennsylvania, communications consulting firm advises: "When working at home, be doubly concerned with the image you're projecting, and compensate for lack of extensive facilities in other ways. For instance, concentrate on image through graphics. Your letterhead, business cards, and brochures are often a client's first impression of you. They should be exciting and very professional."

Don't overlook major accessories. A good typewriter is essential if you have heavy business correspondence. If most of your work is done by phone, talk to your local telephone sales representative to find out what is available in the way of extra services, devices, and sophisticated equipment to suit your requirements. In addition, you will need a reliable answering service or automatic answering machine.

Consider renting or leasing special equipment or furnishings; it's all tax deductible. Or check for bargains under the "merchandise offerings" section of your local newspaper. A good filing cabinet—and an organized system to go with it—will complete a home office. (See page 64 for suggestions on office equipment for your home.)□

ANYPLACE ROCK GARDENS

continued from page 54

tially buried in the surrounding soil as though left behind by a retreating glacier, will provide a suitable site for a planting.

WHERE TO LOCATE?

For the best effect, all rocks, whether built into outcrops or scattered on flat or gently sloping land, should be placed so that the area is attractive even when not softened and partially concealed by the plants. Several groups of rocks of varied sizes and shapes usually look better than individual stones evenly distributed over the area—but this is a matter of taste, and one man's work of art may be another's rock pile.

A rock garden may be as extensive as several acres or may be so limited in size that it could be covered by a small tablecloth. It may be in sun or shade depending on the plants grown, but if it is in a wooded area, the trees should be thinned and trimmed up high to allow air circulation and light for the plants below.

A rock garden need not imitate nature; it can be formal and obviously artificial. Such a garden may consist of a retaining wall or a freestanding rectangular bed of soil raised above ground level by enclosing walls of closely fitted stones with soil used in between in lieu of mortar. In such wall gardens and raised beds, plants lace the crevices between the rocks of the walls as well as gracing the bed on top.

If the rock garden can be diverse in form, how does it really differ from any other garden?

There is no doubt that the rocks themselves play an important role, and their placement as an attractive component of the garden is essential. But it is the combination of rocks and the plants that grow among them that makes such a garden more than just a pile of stones.

WHAT TO PLANT?

The easiest plants to grow in a rock garden are those that grow among rocks in their natural habitat, and the sturdy, thrifty wildlings, usually quite low in stature, that have survived harsh conditions of drought, extreme temperatures, high winds, meager nourishment, and a short growing season.

Rock garden plants are those accustomed to a lean diet and excellent drainage, and these conditions must be duplicated as nearly as possible if they are to remain in good health outside their native haunts. Meadow plants and the hybrids developed from them have no place in such a setting nor do the glorious annuals created by seedmen. They do not thrive in rock-garden conditions and their lush foliage and opulent blossoms are as out of place as a woman in a ball gown at a country picnic.

For more information, consult the American Rock Garden Society, 3 Salisbury Lane, Malvern, PA 19355. The organization has an international membership, a quarterly Bulletin, a slide library, and a seed exchange.□

Since childhood Laura Louise Foster, lecturer, writer, and illustrator, has been interested in native wild flowers and has had gardens, but it was not until her marriage to H. Lincoln Foster that she learned about rock gardens. Together they have designed and built many gardens professionally, and have explored for plants in many of the mountainous areas of the United States, Great Britain, Europe, and the Middle East. Many of these plants now grow in the seven-acre garden the Fosters have created and maintain at their home on a wooded hillside in northwestern Connecticut.

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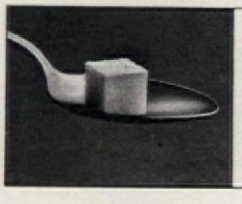
LOSE up to 4 inches off your stomach

all without a moment of torturous diet — without a moment of brutal, punishing exercise — without battling your willpower or fighting off gnawing hunger!



LIKE 4 HOURS OF WILL-POWER IN ONE TINY, TASTELESS CUBE

AMAZING "WILLPOWER-IN-A-CUBE" makes you master of your appetite instead of its slave . . . gives you INSTANT CONTROL OF HUNGER — LIFETIME VICTORY OVER FAT!

Most significant of all, as long as you follow this medically proven "Coffee-Off" lifetime slimness program, you actually become **totally immune to fat build-up for the rest of your life** — even if you've been hopelessly overweight for all your adult life.

NOW A LIFETIME OF SLIMNESS WITHOUT A MOMENT OF GNAWING HUNGER!

How can medical science make this lifetime dream come true? It's simple. Because one of America's leading weight-loss specialists has finally found a way to take ordinary coffee or tea . . . and convert it into a wondrous new kind of fat-fighting aid that SHUTS OFF EVEN A RUNAWAY APPETITE ON COMMAND! Yes, medical science has finally found a way to take ordinary coffee or tea and actually force hunger to STOP on the spot . . . make excess pounds and inches disappear from sight so fast . . . that in just 10 days time you will simply refuse to believe your bathroom scale — and in just a matter of weeks you may actually need a brand new wardrobe!

VITAL NOTICE:

Before starting this program, consult with your physician to be sure you are in normal health and your only problem is obesity. Individuals with high blood pressure, heart disease, diabetes, or thyroid disease should use only as directed by a physician. As a matter of fact, we ure you to show this entire program to your own family physician and see if he doesn't agree that this Lifetime Road To Slimness including the few minutes of nightly toneup the doctor highly recommends is by far one of the most medically sound, fully sensible approaches to the problem of obesity.

*ALSO NOTE: People who dislike coffee or tea may use "FULL-STOP" slim-cubes in clear bouillon for the same LIFETIME SLIMNESS results.

BEST OF ALL — NO CRAVING, NO SLIDE-BACK — YOU STAY SLIM FOR GOOD ON THIS LIFETIME SLIMNESS PROGRAM!

The secret is a medically-proven formula, (that to the eye looks just like an ordinary sugar-cube) . . . BUT, when activated in coffee or tea . . . enters your system and automatically SHUTS OFF YOUR APPETITE — SHUTS OFF THAT DRIVING URGE FOR FOOD — SHUTS OFF GNAWING HUNGER for hours at a time! Actually kills your desire, your craving, your appetite for food from meal to meal! So much so in fact, you aren't lured or tempted by even the most mouth-watering food. Not by ice-cream . . . not by cake . . . not even by the most luscious steak. In a nutshell . . .

YOU'RE SIMPLY TURNED OFF FOOD FOR HOURS AT A TIME

The name of this doctor's wondrous "Coffee-Off" way to Life-

TURNS A CUPFUL OF COFFEE (or tea) INTO HOURS OF "LIQUID WILLPOWER"

(completely flavorless — affects only your appetite — not your taste.)

time Slimness is "FULL-STOP", because thats just what this medically-proven slim-cube formula does — **brings gnawing, run-away appetite to a dead FULL STOP right in its tracks!** Yes, according to medical experts just one "FULL-STOP" slim-cube in a cup of coffee or tea turns off your appetite INSTANTLY as if it suddenly went to sleep. You simply have no desire to eat for hours on end . . . even if all your life you've been cursed with a non-stop appetite. In fact, so effective is this "willpower-in-a-cube" you may actually have to consciously remind yourself to eat — which the doctor insists on — in order to prevent TOO MUCH WEIGHT-LOSS, TOO FAST!

Now, just think what this great new development means, if all your life you've had to battle your appetite and struggle with your willpower!

Doctor's "LIQUID-WILLPOWER" DEVELOPMENT Ends Torturous Diet!

It means that instead of battling those mealtime pangs of hunger . . . fighting that maddening urge for food . . . you simply reach for a "FULL STOP" slim-cube instead of fattening food and "sip your appetite to sleep" with this doctors amazing 3-cups-a-day "Coffee-Off" way to AUTOMATIC WEIGHT-LOSS. Because just like water turns off thirst, incredible "FULL-STOP" slim-cubes switch off hunger AUTOMATICALLY all day long! Down goes your appetite — down go the calories — and down goes your weight . . . with a rush!

LIFETIME CONTROL OF YOUR APPETITE FINALLY YOURS — MEANING YOU ARE NOW JUST DAYS AWAY FROM YOUR FIRST STEP TO LIFETIME SLIMNESS!

So if you want to SIP YOURSELF SLIM with this doctor's amazing coffee development . . . if you want to melt away pounds and inches STARTING THE VERY FIRST DAY . . . if you want to try this exciting medically-proven concept that combines both a doctor's scientific development and his full-satisfaction eating program that makes lifetime immunity to fat not a hope but a living reality . . . then take advantage of the no-risk offer described below! Yes, act now on guarantee of full satisfaction or money refunded in full (except postage & handling). Simply return within 10 days.

Remember — this is the last ad for a reducing product you will ever need to read in your life. If you drink coffee . . . or if you drink tea . . . then there is simply not a reason in the world to ever again be embarrassed by a single pound of overweight fat. So why not take the FINAL STEP and get rid of all those excess pounds and inches FOR THE REST OF YOUR LIFE. Act now!

JUST 3 CUPS A DAY HELPS MELT FAT AWAY as you sip yourself thin cupful to cupful with Doctor's LIFETIME SLIMNESS program for AUTOMATIC WEIGHT-LOSS!

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MAIL NO-RISK COUPON TODAY

Mead-Wilson Pharmacal, Dept. JCU-35
Caroline Road, Philadelphia, PA 19176

Yes, I want to lose weight fast and permanently with this doctor's amazing program featuring "FULL-STOP" Slim-Cubes. Please rush the offer I have checked below. If not delighted, I may return it in 10 days and you will refund the full purchase price (except postage & handling).

☐ (#019) Full 21-day Supply only $6.95 plus 35¢ postage & handling.
☐ (#027) Full 42-day Supply only $11.95 (Save $2.00) plus 50¢ postage & handling.
☐ (#035) Full 63-day Supply only $14.95 (Save $4.00) plus 65¢ postage & handling.

Total amount enclosed $_____ PA residents add 6% sales tax. Check or money order, no CODs please.

CHARGE IT: (check one Exp. Date_____)
☐ BankAmericard ☐ American Express
☐ Master Charge
BANK NUMBER ___ ___ ___ ___

Credit Card #_____

Name_____

Address_____ Apt. #_____

City_____ State_____ Zip_____
5530

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GENUINE REDWOOD PATIO TABLE...ONLY $4.95!

REDBOOK has found a beautiful new table that has hundreds of uses . . . yours at an unbelievably low price! Ideal for elegant patio entertaining . . . barbecues . . . picnics . . TV table . . . plant stand . . . for the kitchen, den, bedroom, etc. You'll enjoy using this Patio Table for years and years.

This lovely new Patio Table has a genuine Redwood top that weathers beautifully and, of course, will never rust. The sturdy metal, golden tubular legs have a unique "instant fold" feature that lets you set up table in seconds. Table top measures 15½" x 15½" and stands 18" high.

Take advantage of the special discounts by ordering several of these Redwood Patio Tables . . . for use in your home as well as outdoors.

REDBOOK REDWOOD TABLES, Dept. RW-11
51 Bank Street, Stamford, Conn. 06901

Please send me the following REDWOOD Patio Tables:

____ One (1) Patio Table at $4.95 (Plus $1.00 for postage, packing and handling).

____ Two (2) Patio Tables for only $9.75 (Plus $1.75 postage, packing and handling).

____ Three (3) Patio Tables for only $14.50 (Plus $2.50 postage, packing and handling).

I enclose (total amount) $_____.
(Please make checks payable to Redbook Magazine)

NAME _____
(Please PRINT Clearly)

ADDRESS _____

CITY _____

STATE _____ ZIP _____

Conn. Res. Add 7% Sales Tax

Plant Now... Step Back... and Watch Out!

Imagine! A Magnificent Shade Tree That Soars Up to 2 Stories High *IN JUST ONE YEAR!*

— and keeps on zooming to a towering 30, 40, 50 — even 60 FEET OR MORE in less time than most trees even nudge themselves a few feet off the ground!

That's the kind of wonder-results reported by U.S. Government Landscapers . . . Botanical Gardens . . . and University Plant Scientists on what is undoubtedly the most fantastic shade tree ever introduced in America . . . the incredibly beautiful Ulmus Pumila . . . perhaps the most spectacular super-hardy, super-growing, shade tree in all of nature!

A ROOF-HIGH TOWER OF BEAUTY IN JUST ONE SINGLE YEAR!

Yes, one of the most exciting introductions by U.S. Plant Science — this sensational super-growing shade tree actually grows higher than even a full-grown English Hawthorne IN JUST ONE SINGLE SEASON! Actually grows higher than even a full-grown Star Magnolia IN JUST ONE SINGLE YEAR! In fact, it grows so fast, so quick, you can literally measure the difference in height from week to week!

PLANT NOW — REACH OUT AND TOUCH ITS LUSH GREEN BRANCHES FROM YOUR SECOND STORY BEDROOM WINDOW — BY NEXT SUMMER!

Who says you have to spend a small fortune for a beautiful shade tree — and then spend half a lifetime waiting for it to grow? That's the way it used to be — BUT NOT ANY LONGER! Not since we've finally tracked down the one single tree in all of nature that hoists itself so high, so fast you can literally measure its incredible rate of growth week by week . . . or for even more dramatic proof, take a yardstick and measure the difference in feet month to month!

GROWS MORE IN JUST ONE MONTH THAN MOST OTHER TREES GROW IN AN ENTIRE YEAR!

Yes, here is a dream come true . . . everything you've ever hoped for or wished for in a tree. Here is a miracle of nature that hoists itself higher than even the most treasured weeping willow . . . that reaches out wider than even the most graceful English maple . . . that lifts its symmetrical branches over your grounds and gardens with a splendor, and beauty that few trees can match!

SPECTACULAR BEAUTY ALL 4 SEASONS OF THE YEAR!

Yes, here is one of those rare gifts of nature that not only thrusts itself to towering heights in record time . . . that not only drapes itself in lush green foliage from Easter time to way past Labor Day . . . but for a real "magazine cover effect" lavishes its branches with delicate clusters of beautiful flowers starting in spring . . . and then in fall and early winter transforms its colors, and in the dead of winter its graceful branches make a startling contrast against a snow-covered landscape! Meaning: you get a spectacular show of changing beauty ALL 4 SEASONS OF THE YEAR!

GROWS IN VIRTUALLY ANY SOIL — REQUIRES NO SPECIAL CARE — SOARS INTO A MASTERPIECE OF LUSH, GREEN BEAUTY IN JUST A MATTER OF MONTHS!

Best of all, unlike most trees that demand constant pampering . . . the only thing you do when you plant this super-growing wonder-tree is water it and enjoy it. That's why leading botanical gardens . . . landscape artists . . . garden editors . . . can't stop raving about its indescribable beauty . . . its delicate flowers . . . its trouble-free care. Is it any wonder that leading experts have hailed it in the most glowing terms . . . recommended it again and again for home-owners who want a stunning display of both beauty and shade . . . and with practically no more work than a couple of sprinkles a week; or return within 90 days for full refund (less postage & handling) . . . on iron-clad guarantee of full satisfaction.

Here's a luxury sight you don't have to wait half a lifetime growing — a matched pair of showpieces, so strong and sturdy you can actually sling a hammock between them.

Picture your patio bathed in the cool, fragrant beauty of this show-stopping miracle-tree from early spring to the first snows of winter.

How's this for a natural archway in front of your driveway — twin towers of beauty in less time than you ever dreamed possible.

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MAIL NO-RISK COUPON TODAY

AMERICANA NURSERY SALES, Dept. JETC-46, **Caroline Road, Philadelphia, PA 19176**

Please rush me the Super-Growing Shade Tree(s) indicated below:

- ☐ 1 for only $3.95 plus 35¢ postage & handling
- ☐ 2 for only $6.90 (SAVE $1.00) plus 50¢ postage & handling
- ☐ 4 for only $10 (SAVE $3.80) plus 75¢ postage & handling
- ☐ 10 for only $20 (SAVE $6.90) plus $1.50 postage & handling

If after receiving my order I'm not delighted, I may return it within 90 days and you will refund the full purchase price (except postage & handling).

Amount enclosed $_____ PA residents add 6% sales tax. Check or money order, no CODs please.

6400-600 Not available in Calif. and Ariz.

On orders over $6, you may **CHARGE IT!** (check one) Exp. Date _____

- ☐ BankAmericard
- ☐ American Express
- ☐ Master Charge

BANK NUMBER ____ ____ ____ ____

Credit Card # _____

Name _____

Address _____ Apt. # _____

City _____ State _____ Zip _____

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X-RATED ICE CREAMS

I loved your "Adult Ice Creams" in the June issue. It's a refreshing way to serve alcohol to my guests and eliminates the risk of intoxication. The Harvey Wallbanger and Lemon Anisette are great. I hope to try the others soon.

Jeanne Clay Miller
Cleveland, OH

Please, no more recipes incorporating unwholesome ingredients like assorted glamorously named kinds of booze. I know you are striving for "relevance." If so, why don't you seek alternatives to the already-too-prevalent use of alcohol and other drugs in our American homes?

Eleanor Convers
Gibsonia, PA

CHOLESTEROL CONTROVERSY

"The New Healthier Foodstyle" (June) really makes me mad. I get so sick everytime I pick up a magazine and there's something in it about the bad cholesterol diets that we Americans eat. Why don't more people write about the danger of smoking and alcohol instead of constantly writing about dairy products?

According to an article in Hoard's Dairyman *(April 25, 1977), in 1930 there were only 7.9 deaths from coronary heart disease per 100,000 living people. In 1973 the mortality from coronary heart disease was 327 per 100,000. People all used butter, margarine wasn't available then, and egg consumption was double what it is today.*

Mrs. Clarence Peters
Wey, WI

SOME LIKE IT HOT

Your recent issues seem to be laced with an overtone of sexuality in order to sell your magazines. I will refer specifically to one article entitled "Barrel of Fun" (June). While this type of activity certainly does go on and can, I am sure, be a wholesome thing if treated in the proper perspective, I do feel that the very title coupled with the picture numbered 6 on page 38 does not carry the wholesome image which I thought your magazine upheld. I do not wish to see something which may be acceptable in California portrayed as a national, socially accepted pastime.

Mary F. Macomber
Kittery, ME

We find the attitude toward nudity and social bathing expressed in "Barrel of Fun" very refreshing, but unfortunately not all that common. We, as members of a family social nudist organization, certainly appreciate the truth in people dropping their inhibitions with their clothes, being unashamed of their bodies, and becoming closer with each other as a result.

Even though you were printing the comments of a psychotherapist, Constance Courey, such a viewpoint is rarely expressed in a family-oriented magazine. Certainly, one cannot dispute the therapeutic value of hot tubbing whether nude or not, but such relaxing closeness with other people, especially without clothes, results in healthy minds and attitudes as well as healthy bodies.

Eddie and Nancy Fannon
South Bend, IN

FUELISHNESS

In the June "Home Front News" you furnish free "advertising" for Winnebago's new helicopter-based mobile home. According to Newsweek, *this gas guzzler requires 75 gallons of gas per hour. I would hate to tell my grandchildren that I wasted a precious, finite resource, leaving none for them, simply because I could afford it.*

Mrs. William Hamann
Dickenson, ND

A MOTHER'S INSTINCTS

Thank you and Richard F. Koubek for "A Father's Instincts" (June). After reading how a single father copes with rearing a child, my mind is put at ease and I'm no longer at nerves' end worrying whether my ex-husband can take care of two children. My first summer alone without my children, I was doomed to worry–until I read and believed his article. Thanks, Mr. Koubek, for speaking out.

name withheld by request

CORRECTION

In the July Home Front News Ms. Fix-it column, "Lighting Up," an unfortunate typographical error was made. Before you begin any electrical work in your home, circuit breakers should always be turned *off*, not on.

READER RESPONSE

In May "Our Readers Write" asked the question: "How do you select a school or day-care center for your child?"

Last fall I took a course on Early Childhood Development. A course like this would be very helpful to anyone interested in choosing a day-care center. Some centers emphasize play while others stress learning situations; at still another there might be a combination of learning and free play. What kind of snacks do they serve: Sugary cookies and watery juice or fresh fruit and milk? Some centers are elaborately furnished with F.A.O. Schwarz equipment, while another might have homemade but adequate equipment.

Mary A. Green
Hyannis, MA

Our agency offers an information and referral service to assist parents in the difficult task of finding high-quality care for their children. Our booklet "Family Guide to Child Care" assists parents in determining for themselves what is the best situation for their own child through a series of questions to ask and important things to consider. Copies are available for 35¢ and a self-addressed, stamped envelope.

Sandra Lambert
Day Care and Child Development
Council of Tompkins County, Inc.
329 North Geneva St.
Ithaca, NY 14850

I am not yet a mother, but I am a teacher of young children in a day-care center. I believe that I work in an ideal center for my child. The first thing to look for is quality not quantity. If the center is crowded with children of all ages, your child is not being related to on a one-to-one basis, but as part of a group.

Does your child have his own room with a locker or a hook with his name on it, so he can call it his own? Is there time put aside from play for planned activities with each other and the teacher? Does the center have parent-teacher conferences to let parents know how their child is developing?

It's important that a child have a routine in his day so that he may feel more secure with himself and with his peers. When you arrive with your child in the morning, is the teacher glad to see your child or does she look like she feels another headache coming on? Does the room look happy and gay, and does it have many inviting things for children to play with?

Remember, the center needs to suit your child first, then you, for him to have a happy and educational experience in a day-care center.

Carolyn Cunningham
Keller, TX

Address letters to: *Our Readers Write*, American Home, 641 Lexington Ave., New York, NY 10022. Be sure to include your signature and address.

Friendship Birch
*Birch Veneered Plywood Paneling 1/4"

What could be more natural? New Firelight™ Birch* paneling.

Turn an extra room into an extra-ordinary place to be yourself.

Make it bright and breezy. Make it honest. Make it easy with new Firelight™ hardwood plywood wall paneling.

Georgia-Pacific Corporation,
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There's nothing artificial about the distinctive wood grains of real birch. Yet Firelight paneling costs only slightly more than printed panels that merely look like hardwood.

Harmony Birch

Serenity Birch

Put your imagination to work. For a fresh new look, easy-to-install Firelight paneling is a natural.

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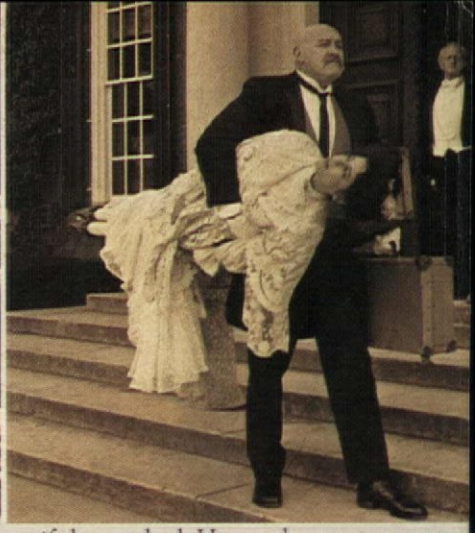

While visiting her uncle in 1907, Miss Phillips assumed that her uncle would not be put out if she smoked. Her uncle was not put out

You've come a long way, baby.

VIRGINIA SLIMS

Slimmer than the fat cigarettes men smok

Fashions: Bill Haire for Friedricks Sport

16 mg. "tar," 0.9 mg. nicotine av. per cigarette, FTC Report Dec.'76

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