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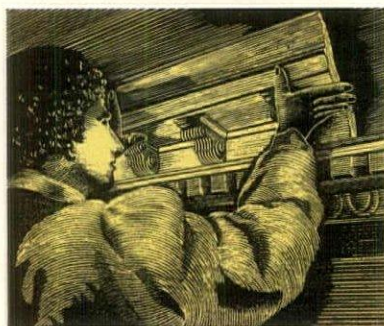
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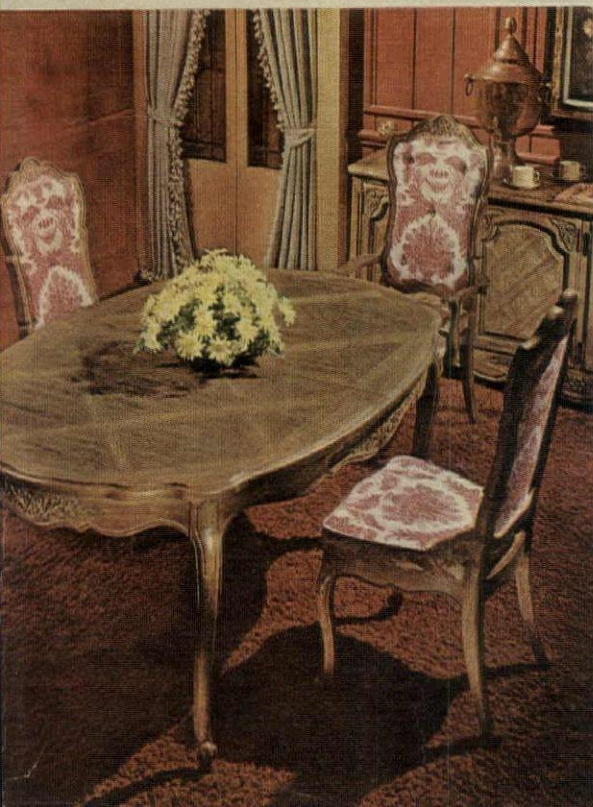
This is Chateau Provence—very French provincial, with that unmistakable “Thomasville look.” And you can see why it's unmistakable.

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See how meticulously the pieces have been fitted together in a parquet design for an interplay of light and shadow?

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Why don't you become a professional Interior Decorator?



BY JANICE TRIMBLE

It's a high-income field where a woman is in her glory. The demand for decorating services is at a peak, and opportunities are unlimited...even if you use only part of your time. You can train at home without interrupting your regular duties.

I DON'T THINK there is another profession today that offers more pleasure or greater rewards to a woman than that of interior decorating.

It is the ideal place to put your natural love of beauty to practical use. You can prepare for one of the many attractive positions available or decide to go into business for yourself.

Do you enjoy doing your own decorating? Have you ever helped a friend solve a decorating problem? Then you have the makings for success as a professional decorator.

Even if you've done no decorating, you may be one of many women with unsuspected talent in this direction—talent just waiting to be discovered.

You can now train for this work at home, in your spare time. No previous skills or experience are required for this training. Why not look into the many opportunities that interior decorating offers you?

A tremendously expanded field

It used to be that only wealthy people employed professional decorators. That's no longer true. Increasingly large numbers of homemakers now rely on the services of decorators. They know that a decorator can provide beauty and individuality—and can often save them money, too.

Your work as a decorator is varied and interesting. It frequently takes you and your clients into plush showrooms and exclusive shops filled with treasures. You move in a world of fashion, creativity and ever-new challenge.

Designing and furnishing even a single room

can earn you hundreds of dollars; larger assignments can earn you much more. Many women do extremely well in just part-time work; their own homes often serve as showcases for prospective clients.

But decorators are busy in many areas besides homes. Their talents are employed in decorating hotel rooms, business offices, building lobbies, clubs and institutions. That's why the profession has grown so enormously.

What the LaSalle Course teaches you

The LaSalle Course in Interior Decorating has been prepared by experts to give you complete and up-to-date preparation for this most exciting of modern careers. Lessons come to you by mail; they are as fascinating as the professional work itself. Much of the study material included is absolutely unique in a course of this kind. For instance, you get an attractive, simple-to-operate slide projector with color slides that show interiors as big as life on your wall. You also get professional sketching equipment, coloring materials, stencils that make it easy for you to draw room plans and furniture arrangements, and much more.

Step by step, you are shown how to develop your creative ability. You are taught the principles of color and design and the historic background of today's decoration. You are trained in the selection and use of furniture, fabrics, accessories, lighting. You learn how to achieve beautiful settings that will delight your clients and build your reputation. Even before you have finished the course, you will be able to apply your new knowledge to glorifying your own home.

At each step, you are given practical assignments which are then carefully reviewed by your instructors and returned to you. You are coached with thoroughness for your work as a professional decorator.

The LaSalle Course in Interior Decorating is backed by more than half a century of leadership in the field of adult education. More than 1,000,000 people have trained for success through home study with LaSalle.

Mail coupon for free booklet

If you are seriously interested in the new opportunities offered by a career in Interior Decorating—if you are prepared to devote a few hours of your spare time each week to conscientious study in order to achieve your goals—send for the free booklet offered in the coupon below. You may be surprised by the low cost of the course. LaSalle, 417 S. Dearborn Street, Chicago, Illinois 60605.

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Some carpets just aren't made for butterfingers.



Scandalous
by **JORGES**

"Butterfinger" is a term of endearment used to describe those among us whose fingers are not, in any meaningful sense, connected to their brain. They drop things.

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a rich, thick carpet might be bad for fumbling fingers, it's not bad for the feet.

A Jorges carpet made of Encron® polyester by American Enka, is so thickly piled, rich, soft, warm, and plushy, it's scandalous. Which, by the way, is the name. Scandalous. And to make decorating a pleasure,

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But if you happen to be one of the lovable people

whose fingers we referred to earlier, beware. You may be spending an immoderate amount of time on your hands and knees, searching for the escapee of the moment.

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From the suave and subtle cuisine of Lombardy in the north...



to the spicy, pungent flavors of Sicily in the south

Enjoy this guide to true Italian cooking, for 10 days free

as a guest of **TIME LIFE BOOKS** Foods of the World

Mention Italian cooking to the average American and chances are he'll conjure up visions of steaming pizza pies and heaping platters of spaghetti. Actually, true Italian cooking is far more varied than pizza and pasta. In fact, it is probably one of the most varied and sophisticated cuisines in the world.

The tempting diversity of cooking *alla Italiana* is yours to enjoy in *The Cooking of Italy*—introductory volume in FOODS OF THE WORLD, an exciting, beautifully-illustrated, cooking series by TIME-LIFE BOOKS.

From the region of Tuscany, you learn to cook *bistecca alla fiorentina* in the Florentine style... steak soaked for six hours in a marinade of olive oil and wine vinegar, with just the right herbs, then fast-broiled. From Sicily comes luscious *cassata alla siciliana*... pound cake layered with ricotta cheese, chocolate chips, cream, candied fruits, a dash of liqueur, and topped with chocolate-and-coffee-frosting. From Piedmont, you learn the secret of *riso al limone*... fluffy rice with fresh-grated *parmigiano* cheese and lemon juice added at just the right moment to insure perfection.

These are only a few of the culinary adventures in *The Cooking of Italy*. There are more than 100 recipes in all...from appetizers such as tangy *caponata* to desserts like the fabulous wine custard, *zabaione*... from the hearty *bolliti misti* (mixed boiled meats) to *suppli al telefono* (deep-fried rice-and-cheese balls).

Thanks to a unique series of full-color picture directions, you actually watch many of these celebrated dishes being prepared... see exactly how to proceed every step of the way... observe the special techniques that only native-born cooks could know and that recipes alone cannot show.

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Learn from the world's top food experts

Three distinguished food experts collaborated with TIME-LIFE BOOKS on *The Cooking of Italy*: Waverley Root, authority on European *grande cuisine*; Luigi Carnacina, who managed Italy's restaurants at three world's fairs; and Michael Field, an outstanding cooking expert.

Try *The Cooking of Italy* for 10 days free. Then, if you wish, you may return it and owe nothing, or keep it for just \$5.95 (\$6.25 in Canada) plus shipping and handling. You'll then be entitled to receive another FOODS OF THE WORLD volume for free examination every two months, and to keep it, if you wish, at the same low price. Detach the postage-paid reply card, fill out and mail it today—you do not commit yourself to buy a thing. If card is missing, write to TIME-LIFE BOOKS, Dept. 2301, Time & Life Building, Chicago, Ill. 60611.



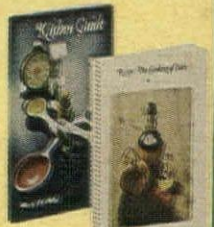
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How to turn your house on with *lighting*

BY WILLIAM BALDWIN

**Where there is no
light, there is
no beauty**

Not long ago I was in a room as dimly lighted as a movie house. I could just barely see the faces of the people sitting beside me. Most likely our hostess thought the lighting was romantic. It was merely inadequate. When it comes to lighting, there is one fundamental fact: where there is no light, there is no beauty. On the other hand, some people think brightly colored rooms must be brilliantly lighted. But flooding a room with light washes out the color and flattens all the nuances of shape and texture. Too much light is as oppressive as a bare bulb hanging down from the ceiling. The perfectly lighted room is subtly lighted.

Light is, first and last, for seeing. It's what you are trying to see that dictates the kind of lamp you buy and where you put it. For reading, for instance, the worst possible light is unfortunately the most common: a big, tall lamp with a translucent shade so the light shines right smack in your eyes. A reading lamp should be below eye level, with an opaque shade that confines the light to your book. And not too strong a light, please—that bright white page can create almost as uncomfortable a glare as the light itself.

In the dining room, the primary source of light should not be, as so many people assume, the chandelier. A chandelier is a beautiful thing, but people ruin it by putting in the brightest bulbs they can find. Then it becomes garish and distracting and very uncomfortable. Even the light reflected by the silver on the table can be a pinpoint in your eye. Ideally, the chandelier lights should be just bright enough to make the prisms sparkle. Most of the light to see by should come from soft spots in the ceiling with perhaps a few candles—again, below eye level—to give all the faces a glow.

One of the worst evenings I ever spent was in a dining room entirely lighted by spotlights focused on four or five paintings on the walls. It was terrifying to eat at that dim table with those ghastly luminous pictures staring down. What the

**Lighting pictures
is tricky.**

**Does The
Hallmark
Make It Any Better?**

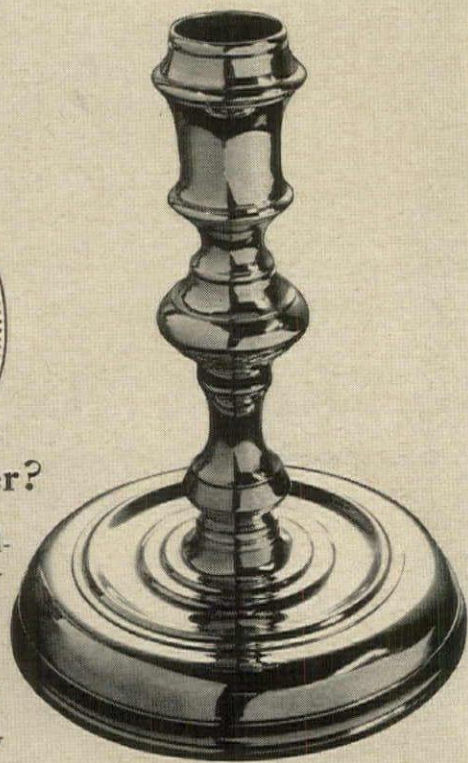


It would still be solid brass, hand-poured — and specially formulated to reproduce the mellow patina of old brass. It would still be fashioned from the original, now in the Raleigh Tavern in Williamsburg. With the Hallmark, though, you know it's so. Without it, you don't.

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hostess wanted was to be sure everyone noticed her art collection. But the light was too strong—the paintings looked like cheap, lighted glass. Lighting pictures is tricky anyway. One of the best ways is to wash a whole wall with a very soft light. Then you can rearrange the pictures without worrying about readjusting the lights. But the lighting must be extremely subtle. You should not even be aware that there is a light shining on the picture—until you turn it off.

In a hallway or on a staircase, the most logical place for light is where your feet are—on the floor. In one of the most attractive halls I know—walls of rough wood, floor of the same wood but whitened and polished—the light comes from a narrow cove just above the baseboard molding. You are led forward by the light, and you almost feel as if the floor is warm, actually carpeted with light. Most staircases are so dark they are just a hazard. If they're lighted at all, it's with a bulb at the top of the stairwell, forcing you to flounder up and down the stairs in an atmosphere as spooky as a haunted house. Why not light the steps along the sides, like that baseboard-lighted hallway? Or light each step by a light mounted on the underside of the tread above.

Lighting the living room is the most fun because the function of lamps is really to decorate the room with light. That doesn't mean that you run out and buy the most ornate lamps you can find. Nor does it mean having your favorite teapot made into a lamp. The great value of a lamp is as a giver of light, not as an artistic medium. Now there is a wealth of beautiful, almost architecturally designed lamps to be found. I applaud them—glowing shapes in plexiglass, chrome columns that throw light at the ceiling, wonderful sculptures with lights in them. They are beautiful in themselves, yet they begin and end as a means of giving light.

To me, the epitome of decorating with light is in a chateau in France where all the furniture is arranged as if it were objects on a table. All through the large living room are little groupings of chairs and tables and flowers lighted by slim silver lamps with the smallest possible paper shades. The light is softly spotted, silhouetting a chair against a table, casting lovely shadows. At the end of the room is a fireplace where a fire is always burning—the most wonderful light of all.

The light casts lovely shadows.



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Sometimes they begin to sound alike when you're trying to hear them on far-away FM stations.

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So RCA engineers developed improved tuners that can pull in signals from distant stations with less interference than before.

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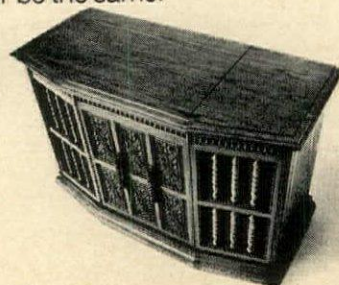
560 tests later—7 times as many as before the computer—the entire tuner is tested for optimum performance.

So the tuner you get not only pulls in stations from farther away, but also separates them better, too. To bring you Pagliacci loud and clear.

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For further details about other products featured in Super Kitchen and Super Bath,
check the Shopping Information pages.

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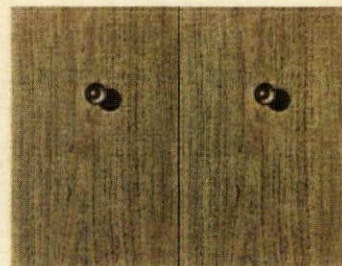


Patterns shown: Maryland Oak 349, Bittersweet 871, Gold Leather 775

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You decide to douche to stop embarrassing feminine odor.

9:04

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9:05

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9:06

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9:06

Doctor-tested Norforms begin spreading a powerful germicidal film that stops odor where it starts—internally. Yet they are so gentle, you can use them whenever necessary. Just follow the easy directions.

9:10

You begin douching.

9:10

You know you'll feel clean, fresh, odor-free for hours with Norforms.

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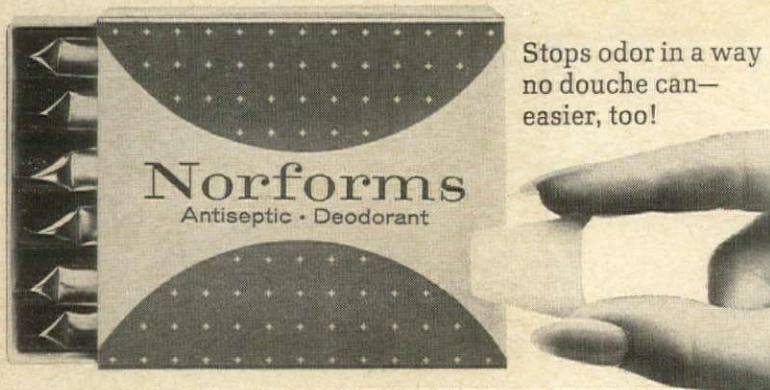
You're still douching.

9:20

You're still douching.

9:25

You're still douching...



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SOME NOTES ON

GOOD LOOKS & GOOD HEALTH

BY REBECCA WARFIELD

This Could Be

THE YEAR OF THE FACE INC.

Whenever the public eye—and it's a roving eye, always has been, always will be—settles on a certain portion of the female anatomy, that area flourishes. Women learn an infinity about it. Within recent memory, there has been the Age of Legs, of the Breast, of Lips—though all that was learned about lips in the thirties and forties was to smash on a huge blood-red mouth that wouldn't quit. But eventually it *did* quit, and the eye became magnetized by eyes, made a big thing of them and so, instead of lipstick, it was eye make-up that women wouldn't be caught on a desert island without. Then, of course, the Age of Hair mounted gradually, fountained up and overwhelmed the globe. Probably more has been learned about how to color hair, care for it, arrange it, adorn it, grow it, duplicate it during this period than in all the rest of history. Now finally the eye is wandering once more, and it seems that the face is going to be next. Not one little province of it—the eyes or the lips or the complexion—but the total conglomerate, The Face Incorporated.

Many signs point this way. Hair is going up and those concealing curtains may soon be brushed back to reveal the face as clear as day. There haven't been so many inventive creams and lotions, so many brilliant ideas for revving up the complexion, around in years. Even among the young there is a piling up of concern to hold on to the glory they have and by the not-so-young to recapture theirs (one expert who truly believes that any skin can be rehabilitated is booked solid for six months). Beginning here, a few of the developments that will be burgeoning in this Year of the Face. . . .

- Nothing stands still, everything has to change. So what's to happen on the face? Where to go? There are two areas of increasing interest: under the eyes, with much more lashes and wrapped-around eye shadow, and over the eyes, with color mounting to the brow—pale but surprising bands of color like the flags of all nations or three colors merged and muted to an iridescence.

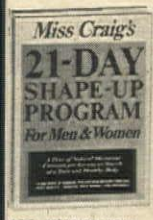
- For impatient people who want and need immediate fresh complexion results, Kenneth's Under Make-up Lift is the reward for living right. When this pale apricot cream goes on over lines or all over the face, there's a gentle pull that means the face is going up—in the line of youth. This creamy gesture tightens but not uptightens, lasts for quite a pleasant while and without any kind of dramatic letdown. On the whole, very good therapy for the morale.

- "I loathe anything powdery. Powdery places on the face always remind me of Dorothy Parker's sad Big Blonde."

Continued on page 22

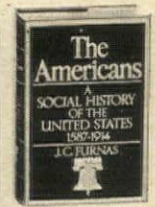


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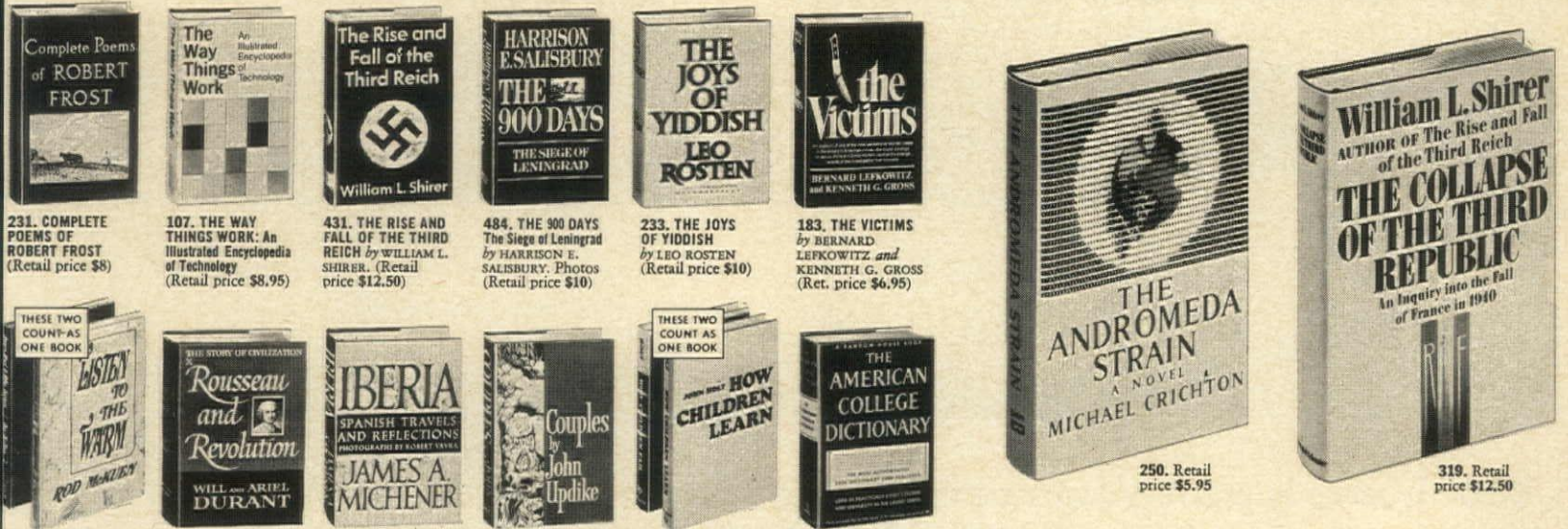


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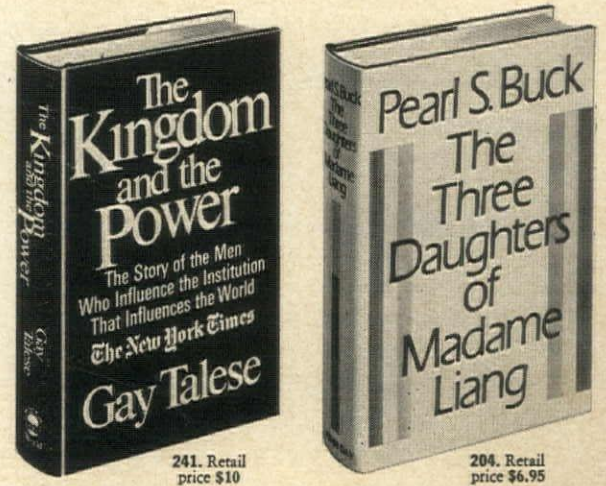
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Speaking: Way Bandy, the new young make-up director of Charles of the Ritz Salons, who is overflowing with new thoughts. One of them, his special, ingenious way of using cotton and powder so that no more comes off on your skin than you could engrave on the head of a pin. Flexible, he can use his discretion to bring out the hidden potential in any face—or his training in the theatre for such sophisticated special effects as eyebrows to match eye shadow (even when that's mauve) or white-tipped lashes that seem to float on a sea of navy blue shadow. In New York, at 461 Park Avenue he passes along his secrets in a remarkable hour of instruction.

- Where has all the dark lid liner gone? As far as the eye can see, sunk without a trace.
- Why do so many eyes look younger and lighter? Probably because of the split-up in fake eyelashes. Everybody's feathering them out in bits—a little here a mite there—and using a lot more artfulness. They're already spaced out a dozen different ways in Max Factor's grab bag box of Lashlets.
- There's usually such a letdown from the wild, mythic eyes of High Fashion to the acceptable wearable eyes we all have to settle for. There should be some connection, some way of translating the wild to the only mildly wild. An impressionist painter—Lyle Roberts at Kenneth's—manages to find lots of them. Hung up on color but seeing it in the perspective of everyday, he's giving his clients soft impressionist eyelids now—a blend of mauves and pinks and silvers and yellows, all merged so they look like iridescence on a dove's feather.
- So what's the next interesting eye shadow color that hasn't been born yet? Maybe yellow all the way from faintest lemony sunshine to canary. On the continent they're enjoying a spicy Curry now.
- The gleam that's been around on lips and eyelids is beginning to power up for the whole face scene. It will glow on cheekbones, on the forehead where the sun strikes first, anywhere the newly aware eye finds it fun.
- "I love electricity." This thunderbolt falls absolutely naturally from the lips of Janet Sartin, face-person extraordinary, scientist, inventor, optimist (she's the one who believes in the regenerated face). The treatments given are nonesuch. They involve tiny fingers of electricity for massage far more delicate than human hands, intensive periods of care and home follow-up with Miss Sartin's own thoughty inventions. More about her later in this Year of the Face.
- Lips won't be getting any darker, but a new intensity of paleness gives them a definite thereness.
- Evelyn Marshall who's one of the most beloved skin-mavens around is a nut on cleanliness and clogged pores are her *bête noire* (her own Creme Wash made of a dozen rare oils has been more copied than the Mona Lisa but never duplicated). She has an explicit guideline for putting on night creams: Never on the eyelids—it can irritate those baby blues. Never on the forehead—no good can come of this since there's only bone to reach. Never on the nose. All counter-productive.
- Are the best things in life ever free? A make-up at Estée Lauder's Beauty Spa (located in twenty stores across the country) is free. If you like, you can call up ahead of time and make an appointment for it. No tipping, no catches. Sometimes you're just lucky.

Continued on page 28



A lot of things have changed since the 50s. For changes in ranges, see Caloric.[®]

New Caloric[®] Ranges
give you every modern cooking convenience—
plus self-cleaning!

Ranges have a way of slipping quietly out of date. How about yours? Isn't it time for a new Caloric Gas Range? It's the one that turns everyday cooking to fun and makes exotic cooking a delight!

With an Ultra-Clean™ broiler/oven, you can let yourself go completely. Because sizzle and spatter and dripping don't matter. Caloric's Ultra-Clean really is joyously, automatically, *totally* self-cleaning!

Wherever cooking adventures lead you—whatever the condition of your broiler/oven when you've finished—just set a dial and move a latch. Your Caloric broiler/oven will get itself shiny-bright in less than two hours.

If yours is a double-decker model, the sides, bottom and back of the upper oven slide right out to be cleaned in the lower broiler/oven.

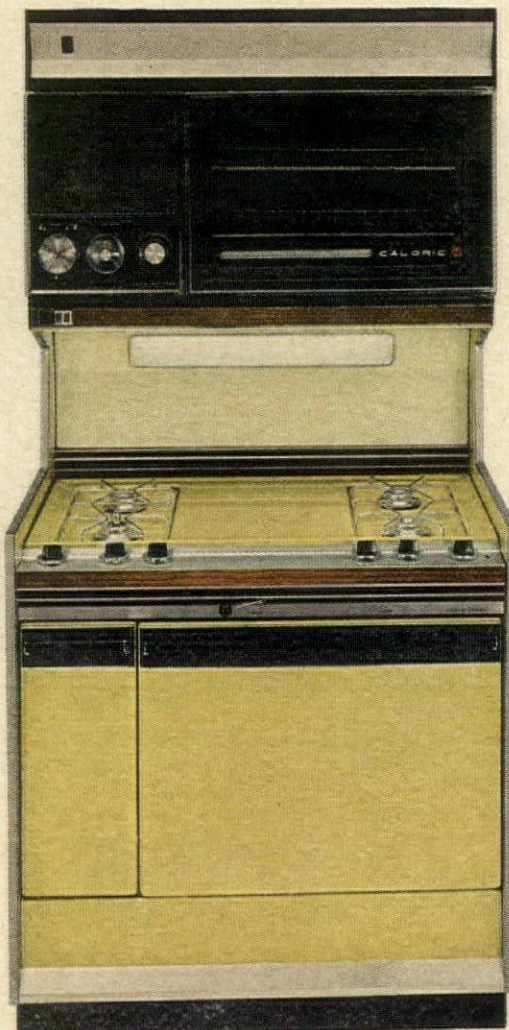
Cost per cleaning? Less than 5¢.

And wait'll you try Ultra-Ray[®], Caloric's exclusive, patented infrared broiler that char-broils meats with deep-going radiant heat to tender, juicy perfection! Extra big capacity, too. And up to 30% faster broiling.

Let your Caloric dealer show you the range ideally suited to your needs—in olive, copper, gold or white—with the features you want.

All Caloric Ranges have these great features:

Elegant, modern styling. Plus Caloric built-in quality—where you can see it and where you can't.



Caloric Model H410S—36-inch, 4-burner Double-Decker Gas Range. Shown Above With Optional Hood Model 2H36

- Exclusive, patented, waist-hi Ultra-Ray infrared broiler. No stooping.
- Tri-Set[®] no-guess top burner controls. *Click, click, click*—low, medium, high.
- Top burner surface at “lady-level” height.
- Keep-warm oven system. Holds food at serving temperature.

Many Caloric Range models have these:

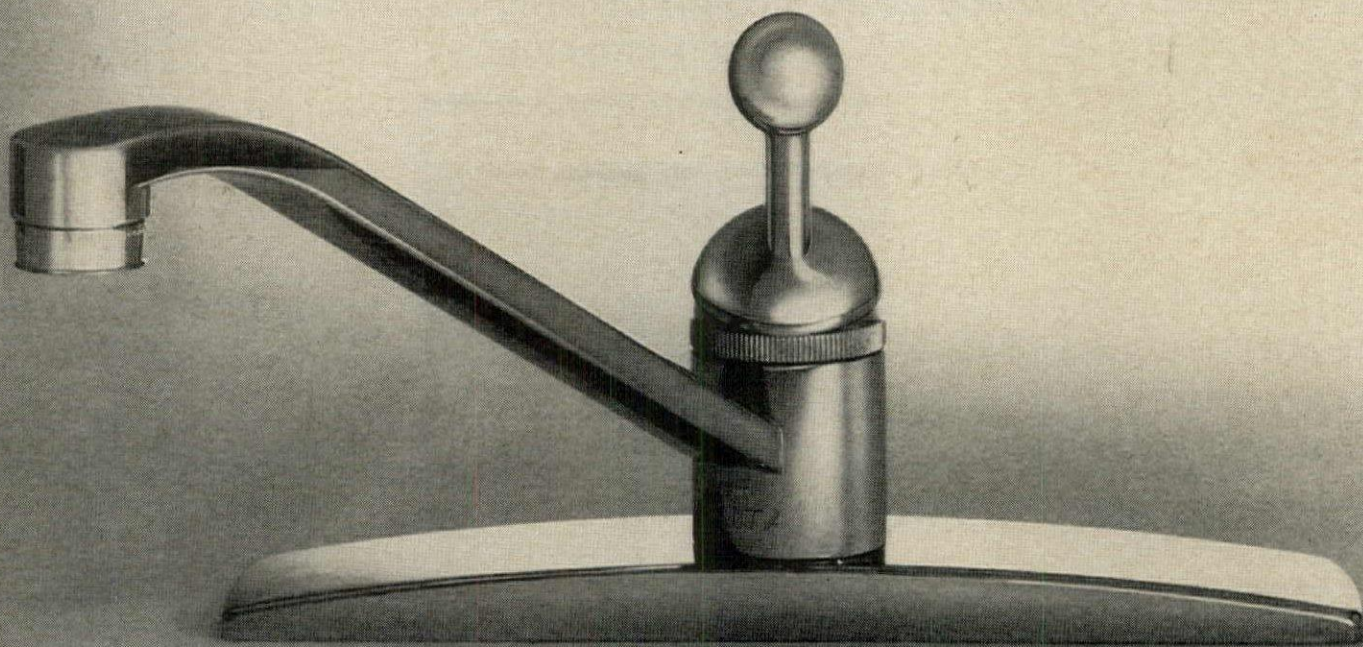
- Ultra-Clean self-cleaning broiler/oven.
- Removable upper-oven panels for convenient cleaning in lower broiler/oven.
- Thermo-Set[®] burner-with-a-brain. Makes every cooking utensil automatic.
- Automatic meat probe. “Supervises” roasting for you. Roast is done just the way you want it, then it's kept serving hot till you're ready.
- Timed Cook & Keep-warm oven system. Cooks... then keeps foods serving-ready for hours. Thaws frozen foods. Heats up leftovers.
- Rotisserie. Speeds roasting. For example, you can roast a 20-pound turkey in just four hours.

When it's time to change, think: “Caloric Range!”

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A smooth, easy-to-clean PYROCERAM® surface that brings you Counterspace Cooking. (Because it's sealed, grease and spillovers have no place to hide.)

Turned off, the entire Counter That Cooks is usable counterspace. When it's turned on, it's a cook-top.

Hidden just beneath the surface are four electric heating elements. Each cooking area is indicated by a handsome sunburst design.

When the heat is on, the sunburst glows yellow. (See it under the saucepan?) The others not in use

stay cool and safe.

But the real proof is in the cooking. The Counter That Cooks comes with a complete set of PYROCERAM Cookmates which are flat and polished to provide perfect contact with the cooking surface. This means that on any of the four thermostatically controlled cooking areas, the heat is distributed so evenly you may never use a double boiler again.

Like any counter, a wipe with a damp cloth makes fast work of most spills and cooking spatters. (That's something to think about next time you try to clean your old-fashioned stove-top.)

And that's how The Counter That Cooks takes cooking out of its rut.

Corning promises that for one year from the date of purchase any deficiency which occurs will be corrected free of charge, including parts and labor. Free parts will be provided for an additional two years.

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THE AGE OF ASTROLOGY. It had to happen. A young psychiatrist, Dr. Joan Shalack, dedicated to the better understanding of self, decided to merge the idea of the energies of the planets and the kinetic power of perfume to arrive at a new kind of communication system. She has worked with perfumers for a year, with other psychiatrists, too, and they have invented one overall scent, Totizo, that sounds like that funny talk from outer space but means Total Zodiac as well as a perfume for each of the elements—fire, water, earth, and air—so that three signs of the zodiac are expressed in one perfume. For instance, Tavica, the earthy element's own fragrance is for the signs of Taurus, Virgo, and Capricorn. All the perfumes have charm, are untough, and have a nice diplomatic quality. A quarter of an ounce is \$32.50; a full ounce is \$100, and they are at Henri Bendel's in New York.

THE ERA OF MAKE-BELIEVE. Does she or doesn't she? Is it or isn't it? Half the fun is not being sure. The Carolina Soap & Candlemakers have just invented a great little puzzler—Cake in the Oven house spray. Warm, delicious, enveloping, like the real thing, it makes people laugh out loud. Is it a white cake or chocolate? Was the imaginary dog that belonged to the Madwoman of Chaillot small and white or large and brown? Exactly. Cake in the Oven spray is \$1.75. In New York at Nancy's Fancy, 900 First Avenue.

NEW THIS MONTH IN THE STORES

POLLY BERGEN: From the Oil of the Turtle line a new couple—The Facial Two: Deep Cleansing Foam (ribbony, silky, pale green) and Moisturizing Foam (creamy and pale pink). \$8.50, Bonwit Teller; I. Magnin; The Boston Store, Milwaukee.

MAX FACTOR: Portable face powder brush. As easy to carry as a lipstick and a death knell to the powder puff, \$1.00. . . . Cabochon Compacts—for Geminesse translucent powder, cases heaped with pearly or turquoise or corally stones. \$12.50 at Altman's; Carson, Pirie Scott; J. L. Hudson.

EVERLYN MARSHALL: Eye Traveller—an extraordinary feat of organization. In a white enamel case smaller than a pack of cigarettes, everything to make eyes with: Brush on Brows, Eye Liner, High Lights, shadow, three sable brushes each shaped in some thoughty way. \$10 at all Saks Fifth Avenue Stores; Henri Bendel, New York; Van Cleff, Oklahoma City; House of Allen, Los Angeles.

PRINCE MATCHABELLI: Packaged for presents particularly Valentine presents, a purse flacon of deep, musky Beloved and light winning Windsong. In Art Deco boxes, each \$3.75. Due January 19 at J. L. Hudson, Frederick & Nelson, Bullock's.

REVLON: Transparent Blushing Gel in four rouge-like colors and one no-shade for glossing the complexion. \$5.00, Bonwit Teller. . . . Natural Wonder Natural Plexiglass Pales—transparent colors in seven subtle shades with such names as Peaches & Gleam, Lo-Cal Cola and Pinking Sheer, \$1.50, Bloomingdale's. . . . Natural Wonder Frosted Water Paints—three colors—such as blue sky blue, green, and silver—in a box, \$3.00. . . . A chest of Ultima II skin care essentials for dry skin, \$8.50, Lord & Taylor.

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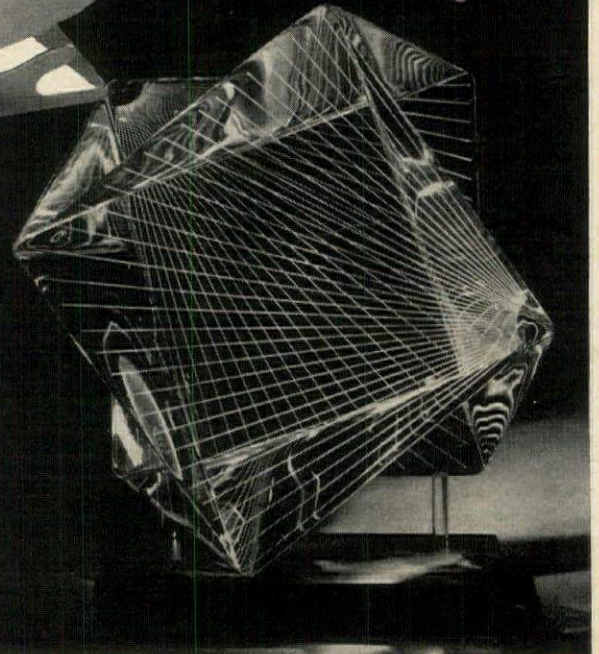
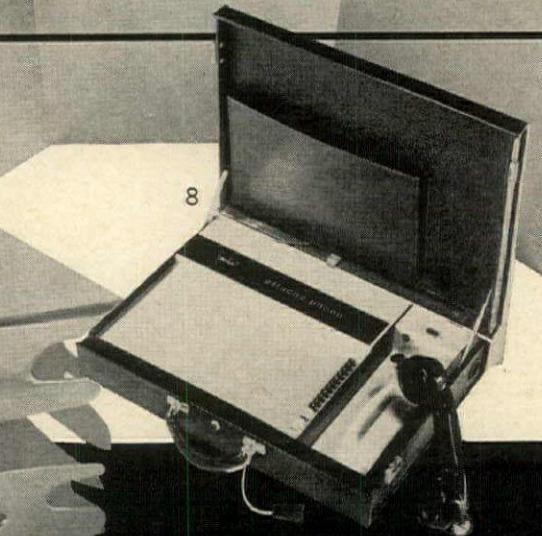
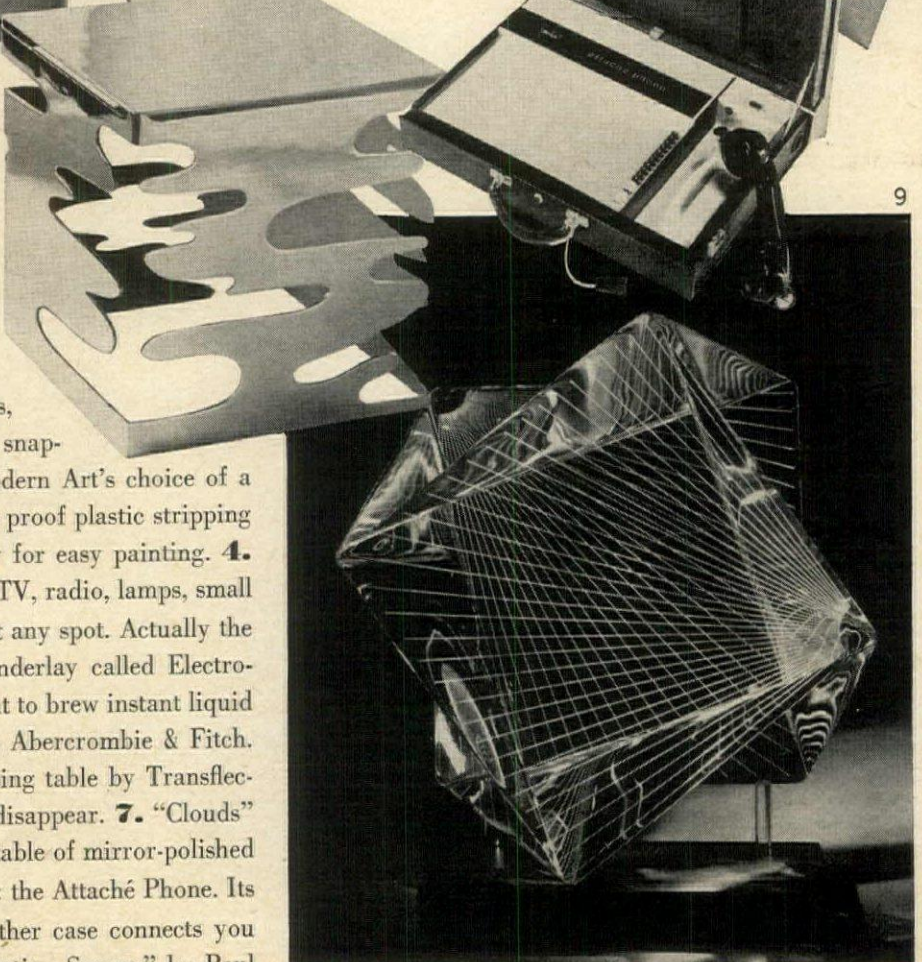
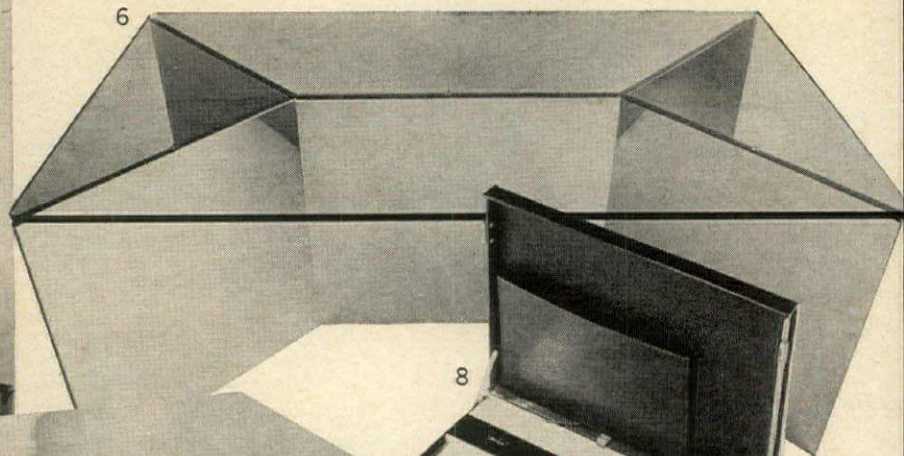
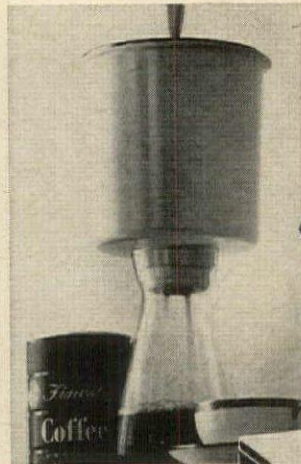
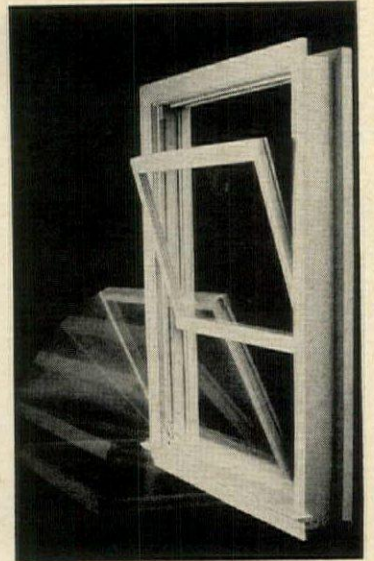
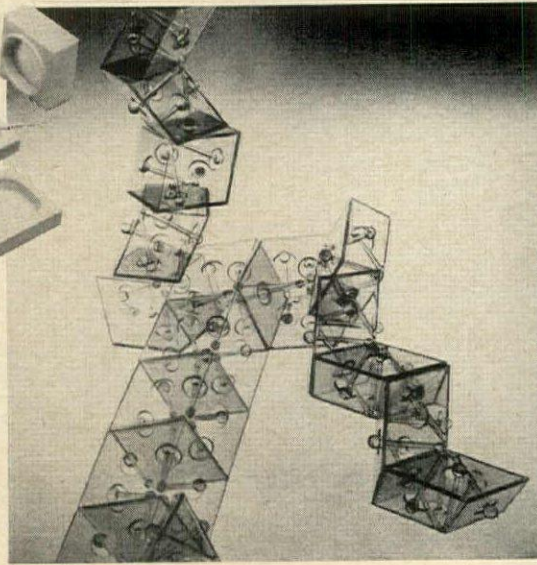
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WHAT'S NEW FOR LIVING



1. Cubed, unisex desk set designed by couturier Pierre Cardin consists of white ceramic stackables that hold little everythings from matches to make-up. Top is a mini-domino game. **2.** A zero object, existing just for its looks, is what Charles Perry calls his Perrygons. These plastic snap-apart-clamp-together hexahedrons are the Museum of Modern Art's choice of a toy for all ages. **3.** Double-hung windows set in new rattle proof plastic stripping tilt at a touch for indoor washing or snap out completely for easy painting. **4.** "Magic Carpet" supplies enough electric power to operate TV, radio, lamps, small appliances when you poke a small pronged probe into it at any spot. Actually the low-voltage current is conducted by a new laminated underlay called Electro-Comm System. **5.** Cold-water coffee maker works overnight to brew instant liquid coffee that you can keep in refrigerator for weeks. From Abercrombie & Fitch. **6.** Mirror-shiny stainless steel base of a glass-topped dining table by Transflections, Ltd. reflects its own reflections until table seems to disappear. **7.** "Clouds" is the soft-sounding name of a 16-inch cut-out cube coffee table of mirror-polished chrome on steel. **8.** Current ultimate for keeping in touch: the Attaché Phone. Its 16 pounds of miniaturized telephone equipment in a leather case connects you with an operator almost anywhere in the world. **9.** "Rotating Square" by Paul Schulze is one of Steuben's new "studies in crystal," all modern sculptural forms.

Shopping information on page 112.

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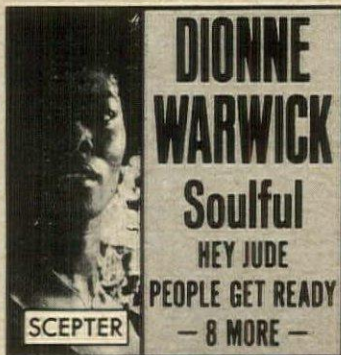
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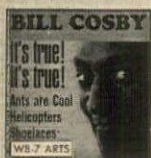
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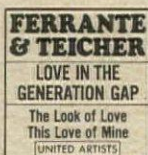
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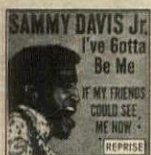
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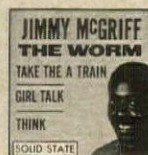
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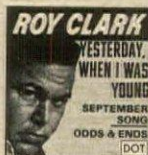
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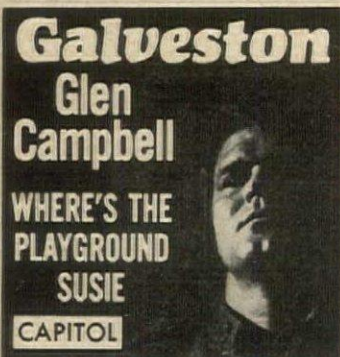
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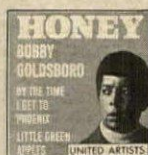
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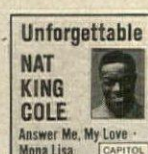
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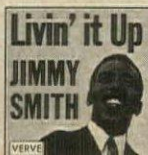
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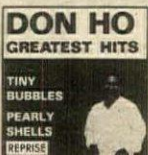
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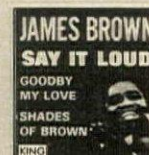
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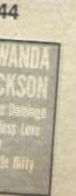
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Notes for the hostess

BY MARY MOON HEMINGWAY

Granted midwinter is not drear over all of the country, there is often **a post-holiday letdown that begs to be lightened and brightened.** No matter the climate, now is the time to give an elegant party, a formal dinner, an elaborate high tea. Now is the season to bring out fancy recipes. What better time to use a few orchids as a centerpiece, to fill a fireplace with light from candle globes (those fat wax-filled globes that come in dulcet colors and burn for hours), to pass cigars and brandy, to have an entertainer—pianist, guitar player, accordionist—and let everybody sing.

How often are you invited to a dinner party where fish is the main course? Not very. And more's the pity now that fresh fish is available all over the country all of the year. Even my husband, not a great fish aficionado, loves the **Swedish fish dish** we first enjoyed at the Faculty Club at the University of Lund. Basically, this is poached white fish—haddock does very well—handsomely set forth on a platter garnished with lemon slices and chopped parsley. Accompanying the fish are boats of melted butter, chopped hard-cooked eggs, grated raw horseradish. And you could, of course, include a mustard sauce. For vegetables, tiny boiled potatoes and wilted fresh spinach. In addition, I like thinly sliced cucumbers that have been marinated with sugar and vinegar. For dessert, something light: fresh pineapple chips, perhaps, or orange sections sprinkled with the grated zest of the fruit for zip.

Wintertime brings to my mind: glitter. Silver and **crystal and sparkle** wherever I can use it. Georg Jensen has brought over from Sweden some Boda glass delights—fat glass rings, mercury lined, and glass mushrooms, both mirrored and clear, that can be used lying flat or upended, in all kinds of silvery permutations. Wonderful alone, marvelous with flowers for a spectacular party table.

Have you thought:

Of setting out **three punch bowls**, suitably iced—one filled with Bloody Marys, one with daiquiris, and one with bull shots—as cheer for a large luncheon party instead of the complications of a bar? Surely everybody likes one of these drinks, and you'll have no bottlenecks.

Of serving **cheese for company breakfast?** Swiss, muenster, Gouda, whipped cream cheese—all are so satisfying with Swedish rye bread.

Of putting a few pretty glass **canisters filled with nibbles** in the guest room? For contents: nuts, raisins, tiny crackers.

Of the utter frivolity of filling glass bowls with a layer of **blueberries and dollops of vanilla ice cream topped by cotton candy** or homespun sugar?



You don't have to get a new home to get a great new room like this.

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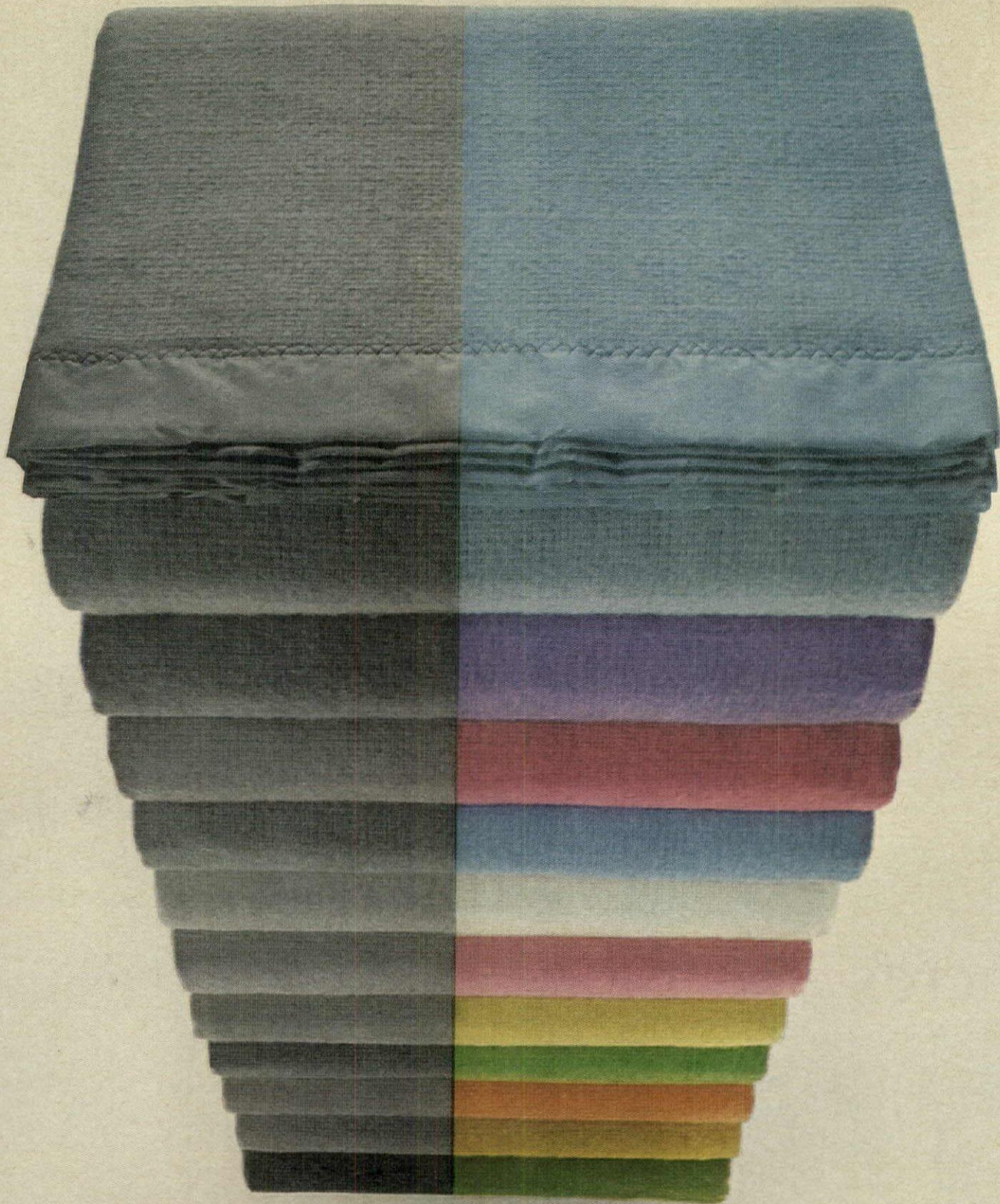
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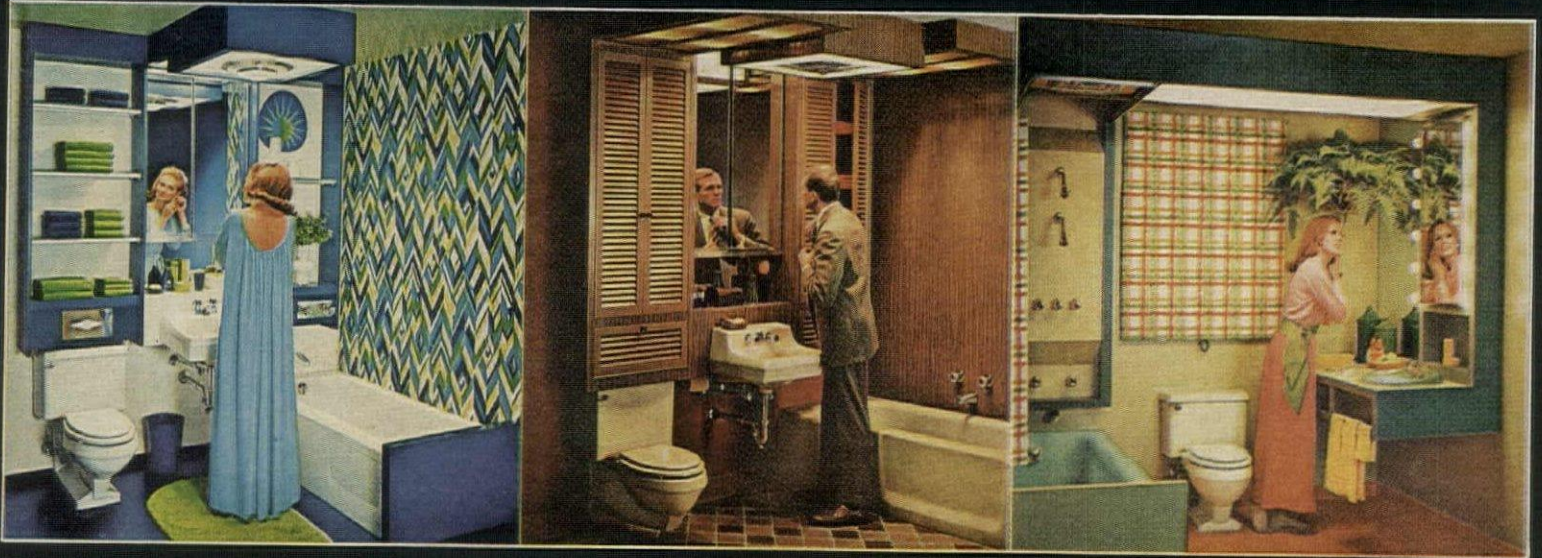
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Questions
& answers
antiques

BY LOUISE ADE ROGER

Please tell me something about the origin of my epergne. The figurines are marked "sterling," and the initials "WMF" are on the base. A jeweler suggested that a dagger belongs in the hand of the figurine holding only part of a handle.

C.G.—San Francisco, Calif.

The design of your etched glass and silver centerpiece suggests German or Austrian influence, the "sterling" mark on the figures indicate it was made in America. It dates around 1870-1890. We have been unable to identify the maker's mark. Your jeweler is correct—the figurine should hold a small dagger.



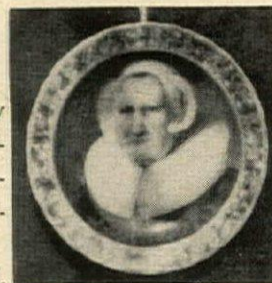
AMERICAN EPERGNE



WATCH HOLDER

I've spent fifteen years searching for information about my singing bird watch holder. You pull the side lever and a bird pops up, spins around, flaps his wings, and sings. The watch is removable. The case has the number 800 on the underside. Can you tell me anything about it? J.E.K.—DeKalb, Ill.

Your decorative case with the singing bird and timepiece is German in origin, probably dating around the end of the nineteenth century. The metal is silver—the 800 indicates that out of 1000 parts, 800 are silver.



DELFT PLATTER

Enclosed is a picture of my delft platter and the markings on its back. Is it possible to give me any information about it?

V.V.—Rumney, N. H.

The mark is that of the faïence factory De Porcelayne Fles (The Porcelain Bottle) of Delft, founded in 1655 by Wouter van Eenhoorn and Quirinus Aldersz van Cleynoven. Although the oldest delft pottery in existence, it first used a bottle as its mark in 1795 when Johannes and Dirk Harlees became the owners. Your mark is a modern one, less than one-hundred years old.

Continued on page 44



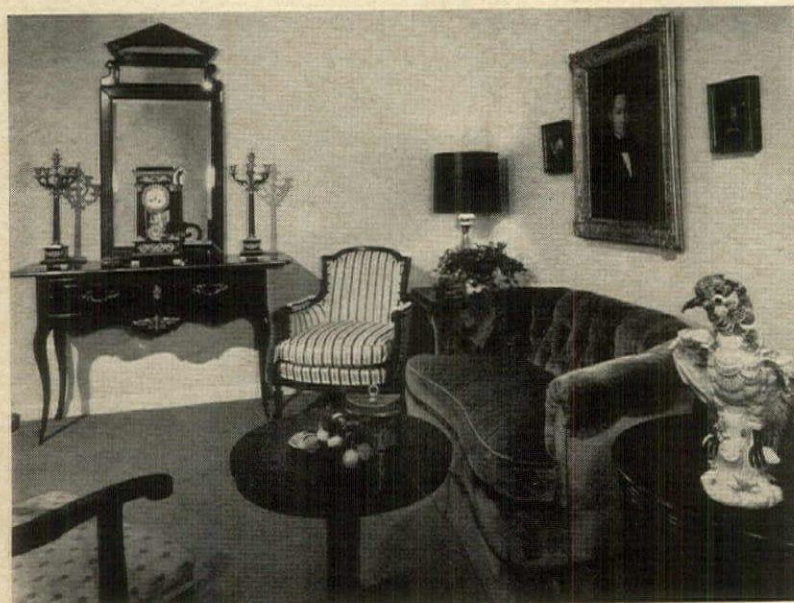
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Do you enjoy beautiful things? Indulge yourself in a visit to the Knapp & Tubbs' galleries. Here you'll find beauty in every nook and corner. The loveliest of furniture by American, English and European craftsmen. Documented antiques. And marvelous accessories. Just ask your interior designer or furniture dealer for your introduction. Then come and be inspired.



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ANTIQUES

continued from page 42

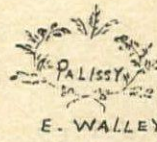
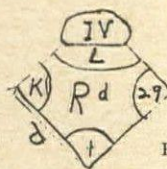
I bought these figures at an antique shop in Los Angeles. I have had many inquiries about their age and origin. Can you help me?

M.M.C.—Santa Barbara, Calif.



ITALIAN GROTESQUES

Your grotesque figures are of Italian origin. They derived from the blackamoors that served as candlestands. Figures such as yours were popular about 1880-1900 and were found in entrance halls of private homes. The tray was used for calling cards.



ENGLISH CHINA

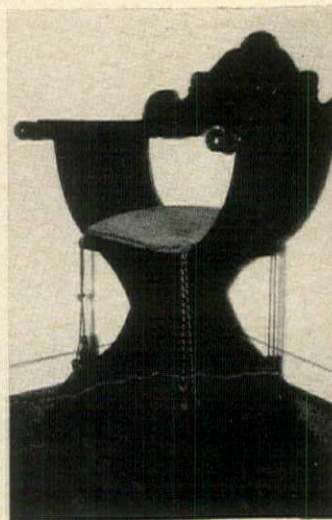
These marks are on my heirloom china, the cups of which have no E. WALLEY handles. What do the marks mean?

W.A.G.—Chattanooga, Tenn.

According to the marks, your china was made by Edward Walley at his Villa Pottery, Cobridge, which was active between 1845 and 1856. The registry marks indicate that your pattern, "Palissy," was registered at the London Patent Office on November 29, 1856.

I can find little information about this type of chair except in the encyclopedia and even that doesn't fully describe it. What can you tell me?

A.C.L.—Rockville, Md.



SAVONAROLA CHAIR

Your chair is a copy of a distinctive type of sixteenth-century Italian Renaissance folding chair of X shape called a Savonarola. It is probably of European origin, perhaps Italian, and dates from the late nineteenth or early twentieth century when this style was revived for libraries and entrance halls.

We bought this pair of oil lamps twenty years ago in Mountainburg, Ark. The photograph shows the component parts. Can you identify it further?

R.O.—Shreveport, La.



EMPIRE LAMPS

The chimneys and bases of your oil lamps are typically continental, most likely of French manufacture dating around the time of the Second French Empire, 1852-1870.

"Hippy" Hips?



DO "HIPPIY" HIPS SPOIL THE SLEEK LINES OF YOUR FIGURE? Does it take a tight girdle to control the lines of your waistline, tummy and thighs? The space age fashions of the 70's don't make allowances for these areas. No need for you to, either. Not when you can reduce the size of your hips, waistline, tummy and thighs with Relax-A-cizor!

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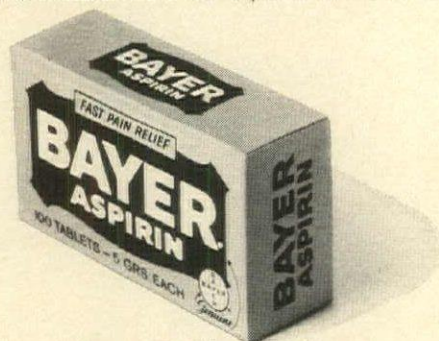


COLD OR FLU?

Do what doctors say to do: 1. Rest. 2. Drink fluids. 3. Take aspirin for the aches and fever. You see, doctors know aspirin is the best pain reliever and the best fever fighter there is to help

you through a cold or the flu. And what's the best aspirin you can buy? You know it's Bayer. Because Bayer is the only leading advertised pain reliever that makes all its own aspirin. With care

and half a century of experience no one else can match. And Bayer is the only one of these pain relievers that's 100 percent aspirin. No wonder Bayer works wonders.



Bayer works wonders

LIVING WITH ART

How to collect primitive art

BY NAN R. PIENE

Ever since I was a child, when I used to watch my father put together a small yet choice group of wood masks, shields, cult figures, ceremonial stools, and ceramics from African, Oceanian, and pre-Columbian cultures, it has seemed to me that collectors of primitive art are a uniquely enthusiastic breed. The gallery owners and private dealers who find and sell primitive sculpture and the museum curators who document and exhibit it are an obsessed lot, too. So much so, in fact, that unlike connoisseurs in many branches of art, they are democratic. If you do your homework, you are welcome into the club even if you have nothing or a few hundreds rather than thousands to spend.

One thing is sure: compared to modern and contemporary art, primitive art remains, despite recent rises, a bargain.

Individual prices depend so much on quality, condition, rarity, and what may just have come on the market because an old collection was sold, that it is difficult to generalize. The range may be from \$75 for a small, undistinguished carved hook from the Sepik River region in New Guinea to \$50,000 for one of the six existing life-size, bead-encrusted royal figures of the Fan of Bekom, in the Cameroons. But works of excellent quality and considerable size can be obtained in the \$1,000 to \$5,000 range.

It is quite reasonable to begin by walking into a gallery and saying, "Look, my budget is \$400 for something good. What's available?" The enthusiasm—usually genuine—of a dealer may lead one to spend \$800, but it can nearly always be paid in installments. Then as you build up a collection, perhaps specializing in the art of one tribe or region, it is more challenging to determine for yourself what is good.

In recent years, since primitive art has been recognized not only for its dramatic force but for its extraordinary quality and subtlety, there has been considerable squabbling among experts about the validity of the term "primitive." Yet the misnomer hangs on. Usually it means the traditional art of primitive peoples *before* the time of continuous contact with Europeans.

The three major areas of primitive art are: Africa—chiefly the western half of black or sub-Saharan Africa; Oceania—for example, New Guinea and the islands of Melanesia and Polynesia; and North America—particularly the habitats of the Northwest Coast Indians and the Eskimo of Northern Alaska.

Usually pre-Columbian, the art produced in Mexico, Central America, and Peru before the voyages of Columbus, is categorized and collected with primitive art, too. But scholars also squabble about this. The highly sophisticated civilization of the Mayans, whose elaborately inscribed architecture rivals Egyptian accomplishments, can hardly be called primitive.

Collected originally by eighteenth-century navigators and stored for decades in ethnological museums, primitive artifacts emerged as art thanks largely to Gauguin, then Kirchner, Picasso, Brancusi, and other pioneer modern artists who were fascinated by the nonnaturalistic forms. In the U.S. the status of primitive art was given a final leg up in 1957, when Governor Rockefeller founded New York's Museum of Primitive Art at 15 West Fifty-fourth Street. Space is limited there, so in 1973 the Museum will be transferred to a new building at the Metropolitan Museum of Art. Last summer's exhibition at the Met, "Art of Oceania, Africa, and the Americas from the Museum of Primitive Art," comprised of

1,000 pieces from the Governor's collection, was a foretaste of the transfer. The heavily illustrated catalogue of that show is a good survey for beginning collectors.

Another excellent illustrated primer for beginners is a paperback, *Primitive Art: Its Traditions and Styles* by Paul Wingert (Meridian Books, \$3.45). In addition to sorting out the characteristics of the art of major regions in relation to the social customs that inspired the works, this book contains a useful list of further reading.

Douglas Newton, Curator of the Museum of Primitive Art, advises beginners not only to read but also to look at originals as often as possible. In New York, in addition to the changing temporary shows at the Primitive, the best places to look are the Brooklyn Museum (particularly for African sculpture), the Museum of Natural History (for its large group of Northwest Coast Indian objects), and the Museum of the American Indian, Heye Foundation.

Other important collections around the country include the vast Melanesian, Polynesian, and African holdings at the Chicago Art Institute, the Peabody Museum at Harvard, the Smithsonian Institution in Washington, which has great stores of American Indian material, the University of Pennsylvania Museum in Philadelphia, the Lowie Museum of Anthropology

Continued on page 111

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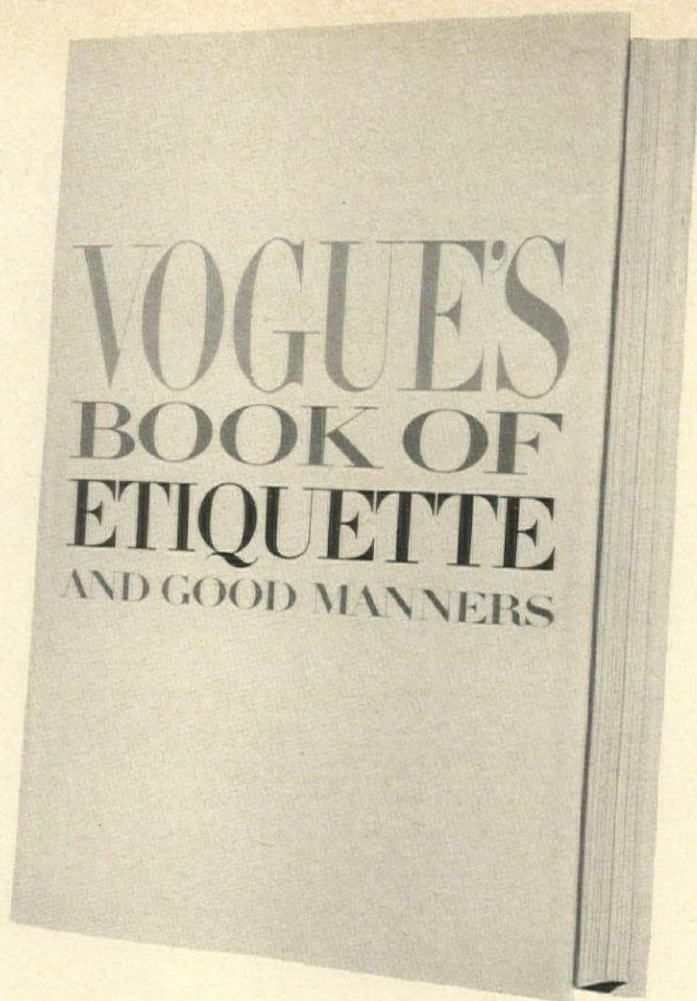


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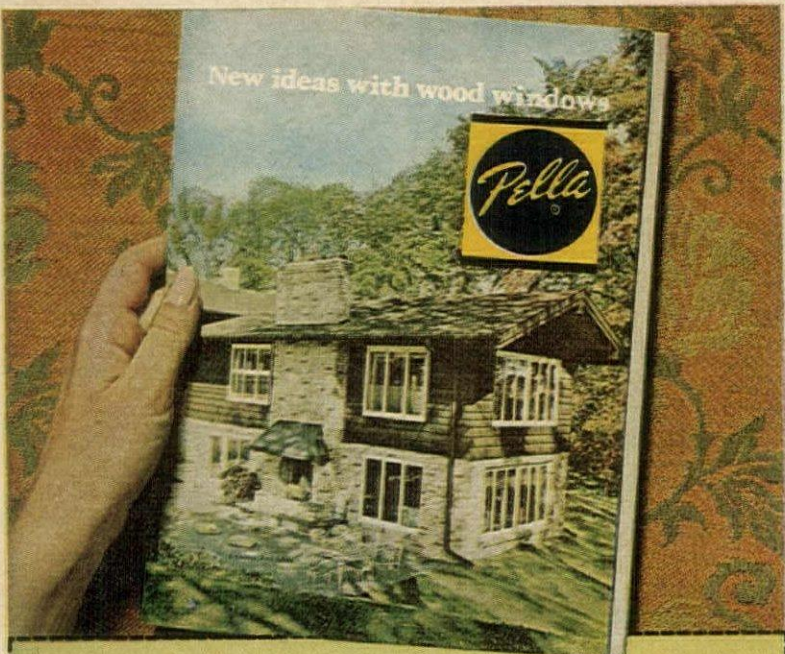
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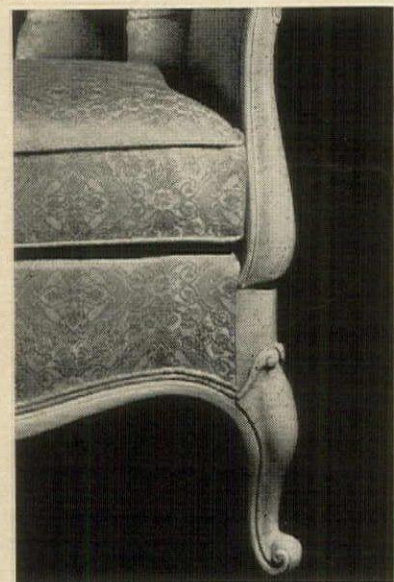
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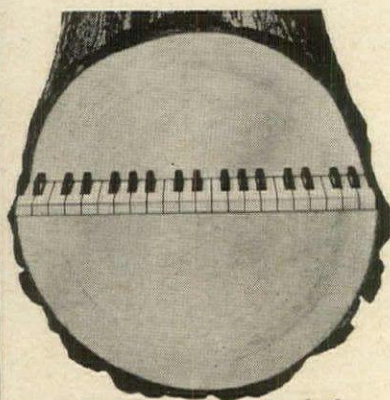
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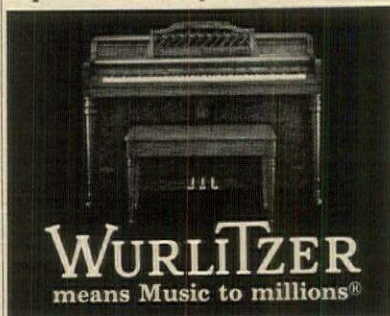
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Notes of a happy housekeeper

BY MARY ELIZABETH FALTER

This is the season for candles, and I do love their warmth and friendliness. But none of the candles I buy ever seem to fit my candlesticks and candelabra. Some have holders too small to receive the candle (for this problem, I shave the base with a rotary potato peeler), and others are too big to hold the candle securely. I used to wrap the ends in messy strips of folded paper, but now I have a better device. At our local Candle Shop I found some **candle adapters** that are worth many times the twenty-five cents a box costs. These little cups of finely pleated foil about an inch deep fit over the end of a too-small candle and make it fit the holder. There is also a special adhesive that will anchor the candle to the base or can be used to stick a fat decorative candle to a saucer or plaque. Candle Shops, I've discovered, tend to be full of goodies, and they seem to be springing up all over the country.

I've just about decided that **the only way to keep the refrigerator organized** is to make permanent resting places *inside* for all the containers that are in constant use. I found a new tall one designed especially for celery and green onions and a smaller one for delicatessen dill pickles (both Freezettes made by Republic Molding Corporation). They're made of heavy, dishwasher proof plastic and match the pint- and quart-size boxes I use for leftovers. I keep them in action most of the time, but when they're empty I just wash them and put them right back in their places in the refrigerator—no hunting through the cupboard to find them or juggling things around in the refrigerator to make space for them.

Now that the panic over getting Christmas presents on their way has abated, I must call Emery Air Freight to pick up the extra clothes Mother has decided she needs in Florida. We've been using Emery for just about all our shipping during the past year—Christmas included—and with excellent results. Not only do **they come to the door to pick up** the shipment, **they deliver to the door**, and in most cases, the very next day. Emery claims to deliver anywhere in the world as fast as planes can fly, with no bogging down during the holidays. The cost is nominal if you bear in mind the great convenience, also that the bigger the shipment, the lower the proportionate cost. We even used Emery to ship our vacation luggage because we wanted to drive the little sports car instead of the station wagon. If you can't find Emery Air Freight listed in your telephone directory, chances are the main air carrier in your area will accept freight for them, since they have affiliations all over the world.

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For ten years we've looked for ways to improve our famous pots. And all we could find to change was the colors. Only the pots have remained the same. There's not a curve or an edge we could change and in good conscience call an improvement. We seem to be stuck with a classic.

More classics (more than seem likely) can be found in Dansk's latest catalog of 498 things for the tabletop. For your copy send 10¢ to Dansk Designs Ltd., Dept. S, Mt. Kisco, N.Y. 10549.

DANSK DESIGNS LTD.



editors' EYE

on people and things

January, 1970. A new year, a fresh decade, bringing with it commemorative events and new concepts that will affect your living in the house and the garden.

Japan's Expo '70, opening March 15 with a panorama of diverse, avant-garde architecture and cultural exhibits—all connected, happily, by a foot-saving conveyor belt. In charge is Japan's leading architect, innovative Kenzo Tange. One highlight: the African village pavilion of umbrella-shaped tree forms canopied with artificial leaves.

Rembrandt's most significant works—sixty-nine of them plus paintings and drawings by twenty of his followers have been gathered together by the Art Institute of Chicago in commemoration of the 300th anniversary of the painter's death. You may see them at the Minneapolis Institute of Arts through February 1, then at the Detroit Institute of Arts through April 5.

Your personal environment will be more and more under your control in the seventies. Already you can clean it, scent it, regulate its temperature and sounds, reduce its more unattractive aspects. For instance...

Portable air cleaner that says happily, unobtrusively, "Right in the room with you. Smokeeater," a plug-in, television-size friend, whisks air clean of impurities. Models from \$110 to \$400 take care of a room or whole house. By Regal, Inc., 210 Race Street, Philadelphia.

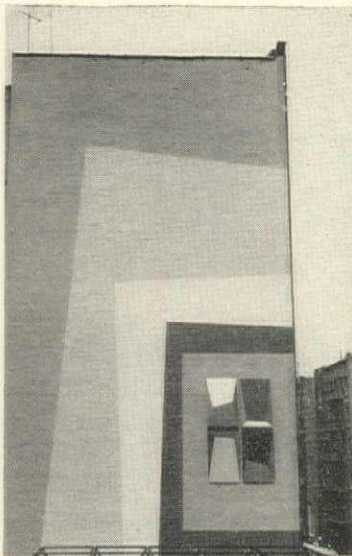
An air scenter a foot long that renders your air absolutely perfume-fume. "Scentrol," a new electrically operated device from Honeywell, can be incorporated in a central system or mounted on the wall, contains a fan that distributes a chemical counter-agent to kill odor particles before they can annoy. With mint, orange blossom, floral bouquet, or mountain air scents, it costs \$49.95 plus installation.

Acoustical perfume—the pleasant sound that drowns out unpleasant noise—now comes on a record called "Environments." On one side, the soothing roar of "The Psychologically Ultimate Seashore," on the other, the lulling twitter of "The Optimum Aviary," both playable at any speed. By Syntonic Research, \$5.95 at your local record shop.

A sociable thermostat that can go wherever you go about the house because it's wireless. "SpaceTemp 100" is as big as your hand, makes you comfortable by sending electronic signals to a receiver attached to your furnace. About \$90, by Kimco Labs, 5721 Eighteenth Avenue, Brooklyn, New York.

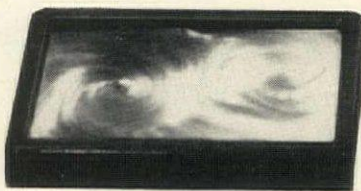
Putting down trash is the specialty of the Trash Masher, an electric compression device small enough to fit under a kitchen counter. In four minutes, it reduces the contents of four garbage cans to one, sprays them with an odor preventive. About \$230, by Whirlpool, 460 West Thirty-Fourth Street, New York.

Pour it as you like it, the newest seamless flooring. You can have just about any color you want and a wide choice of marbled or confetti designs. The prices are about the same as for good vinyl flooring, and the name is Desert Marble, by Research Labs, 2145 South Grand Avenue, Santa Ana, Calif.



Signs of the seventies—outdoor graphics painted on a giant scale on city buildings. In New York, they've been perking up pedestrians by the thousands. Here, a mural by Tania in Park No. 4, Bryant Avenue.

How to pamper plastic, the seventies' own material: treat it to pink liquid International Silver Polish to mask scratches, then buff it with antistatic cloth, the kind you find at record stores.



The kalliroscope picture—a new union of art and technology. Brainchild of Paul Matisse, grandson of the famous painter, the kalliroscope picture, framed and matted, resembles a painting, contains a pearly, crystal-filled liquid that transforms heat and movement into constantly changing patterns of light and shadow. In a choice of six colors, a 3-by-5-inch pocket viewer goes for \$15, the stand for \$10; a new 5-by-7-inch model will cost \$50. At Brentano's stores across the country.

Superstar among antique shows, "the Winter Antiques" sponsored by East Side House at New York's Seventh Regiment Armory, comes a little late this year—January 23 to February 1. Its prestigious loan exhibit will be a collection of nineteenth-century furniture and paintings from no less than the Metropolitan Museum of Art, which is celebrating its centennial.

Food for body and mind can be relished simultaneously at The Library, a combination library, bar, and restaurant at 2475 Broadway, New York. Dark paneled and dear to the hearts of West Side artists, it's lined with atmosphere and books. Tables are illuminated by green-shaded library lights, and the food is excellent. Open for lunch or dinner and a short hop from Lincoln Center for an after-theatre stop.



Flip-over lids: an ingenious new concept in enameled cast iron created for cooking over an open flame. The cover of each saucepan, casserole, or baker removes to become a skillet or baker itself. In delicious orange, sunny yellow, flat black, by Dansk Designs, Mount Kisco, New York.

Those way-out wallpapers that some of the more adventurous decorators have been using come from Quadrille, a small showroom in a brownstone at 320 East Fifty-first Street, New York. Off-beat color combinations, including almost subliminal white-on-white and black-on-black, and unexpected design coordinates are what make Quadrille's creations special.

40 DECORATING IDEAS *to make the most of your house*

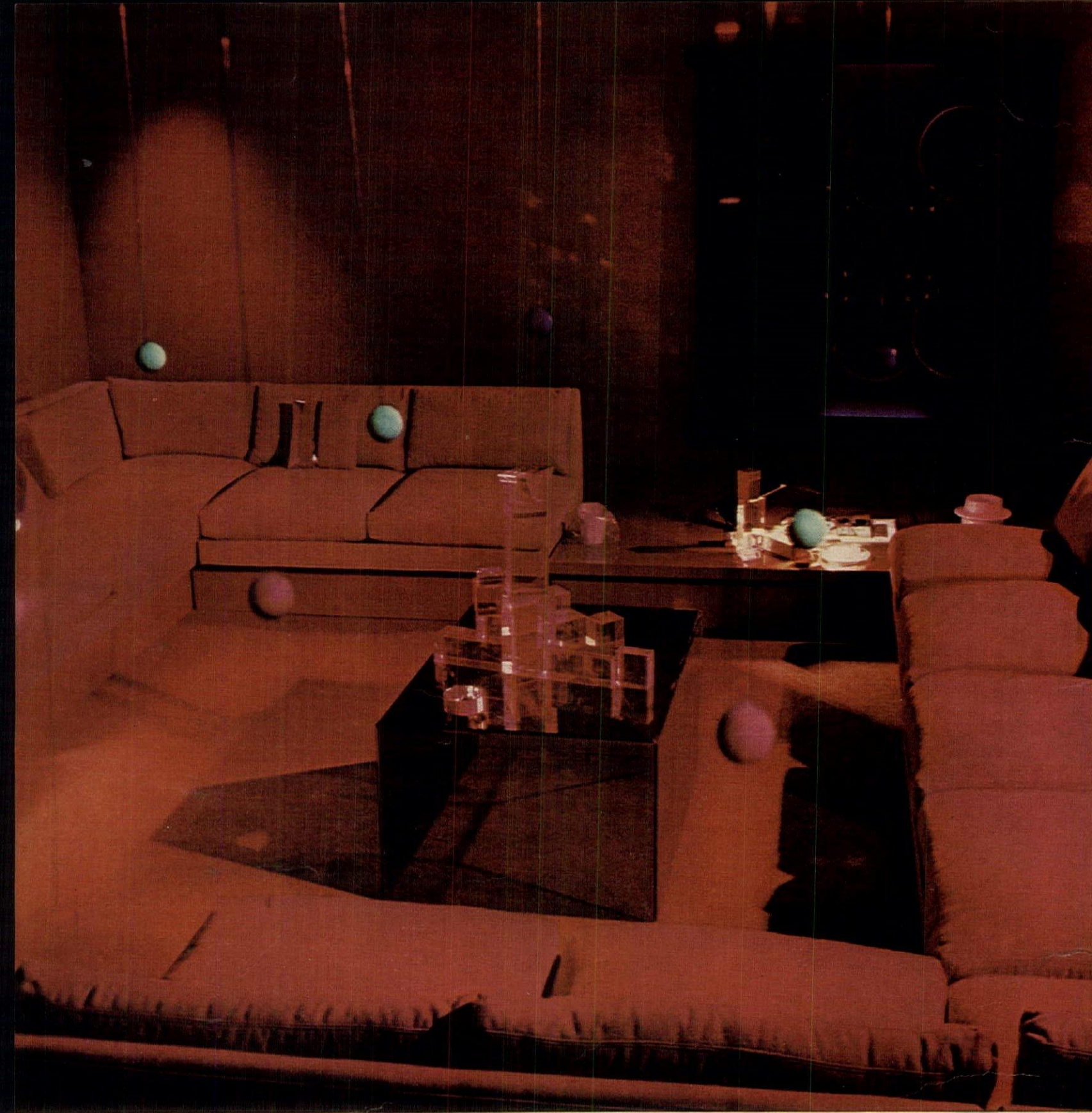
As one interior designer has put it so aptly, today everything “up tight” is literally out of sight—that is to say, fading fast from the scene. *In sight* is the relaxed, less rigid look in decorating, the no-holds-barred attitude toward mixing contemporary with traditional. Now you can try anything. Experiment with opposites: soft leathers with hard shiny metals, nubby textures with velvety surfaces, blaring colors with barely-there colors. Try using light to create a dark, rich room. Or compose a room like a painting. You’ll find these ideas and many more in the rooms full of decorating looks we love on the next seven pages. With all this new freedom of thought and the enormous wealth of things to carry it out comes the pleasant obligation of thinking for yourself. For you who are ready for a change, who want to make a personal statement, we have just two words: read on!

Living with the things you love . . . the flavor of an English country house in a New York brownstone . . . all put together by a collecting designer, Mario Buatta, in the sitting room in which he receives his clients. An eighteenth-century blue-and-white porcelain collection on shelves makes a pattern on glazed yellow walls. One-of-a-kind antiques mix happily with porcelain; bumpy cotton with striped sateen, glazed chintz, velvet. Together, the elements—put together by a man with his own idea of assembling furniture and objects—make a very personal statement.

Glazed yellow walls
The English country look
Porcelain hung as art
Dark, dark floors
Straw basketry
Lacquer
Potted flowers
Tabletop still life







VAN CUYLENB

Decorating with light
The dark, rich room
Light sculptures
Banquettes
Conversation square
Magenta with red
Crystal collection

DECORATING IDEAS
continued

Above: A dark, rich room that invites ease and pleasure, an environment that transcends tradition reveals this bright concept: decorating with light. Lamps, strategically placed in the dark, play on kinetic light sculptures; terra-cotta-lacquered tables connect magenta-covered banquettes to form an accommodating square. On tabletops, chunky collections of crystal shapes gleam like stalagmites in a cavern. By interior designer Barbara D'Arcy, at Bloomingdale's. *Opposite page:* Silver, wrapping up a room like a shiny, new space-age present. Inside, interior designer Dennis Brockman has placed oversize furniture here and there like sculpture, covered in the natural suedes and velours, soft against more of silver's harder relatives: a chrome-and-leather chair by Marcel Breuer, plexiglass table-stools, a white sculpture of a table. All against brown carpeting.

Silvery paper walls
Oversize furniture
Bold arrangement
Rich, natural color
Soft, velvety fabrics
Shiny surfaces





The David Hicks look
The all-white bedroom
The big, beautiful bed
Tiled bedroom floor

The signature of interior designer David Hicks, muted for serenity's sake in a white bedroom that lets the big, beautiful bed predominate, permits the opposing textures of whipped-cream-rich embossed cotton and icy-white glazed tile floor.

Right: The same designer's feeling for graphics, strong and fully awake in the living area, shows in the use of bold geometric fabrics. Giving them full play, the neutral sensuality of brown tones in fur rugs and cork walls, in buttery leather-and-chrome chairs shaped in squashy squares. Over the fireplace—whose blue stone frame intrudes as a sudden, pleasing shock—hangs an oil by English artist John Rudge.

Beautiful browns
Fur rugs
Cork walls
Buttery leathers
Graphics
Geometries

DECORATING IDEAS
continued





MASSEY REPORTAGE PINTO

The patterned ceiling
Antiques with graphics
Two dining tables
Rich, gleaming woods
Charcoal gray and white

The overscaled, patterned ceiling brings drama to a large space and provides the exhilarating contrast of antiques in a graphic modern setting. Like chessmen carefully placed on a giant board: French Provincial cane dining chairs with brown alligator seats; two separate dining tables; a stone sculpture from Central America; a wallful of Goya bullfight engravings. Little else was needed in this large dining room in the apartment of Mr. and Mrs. Alfred Ruttenberg to set off the strong checkerboard of charcoal gray and white wood over walls and ceiling—footnoted by a highly waxed, dark parquet floor.

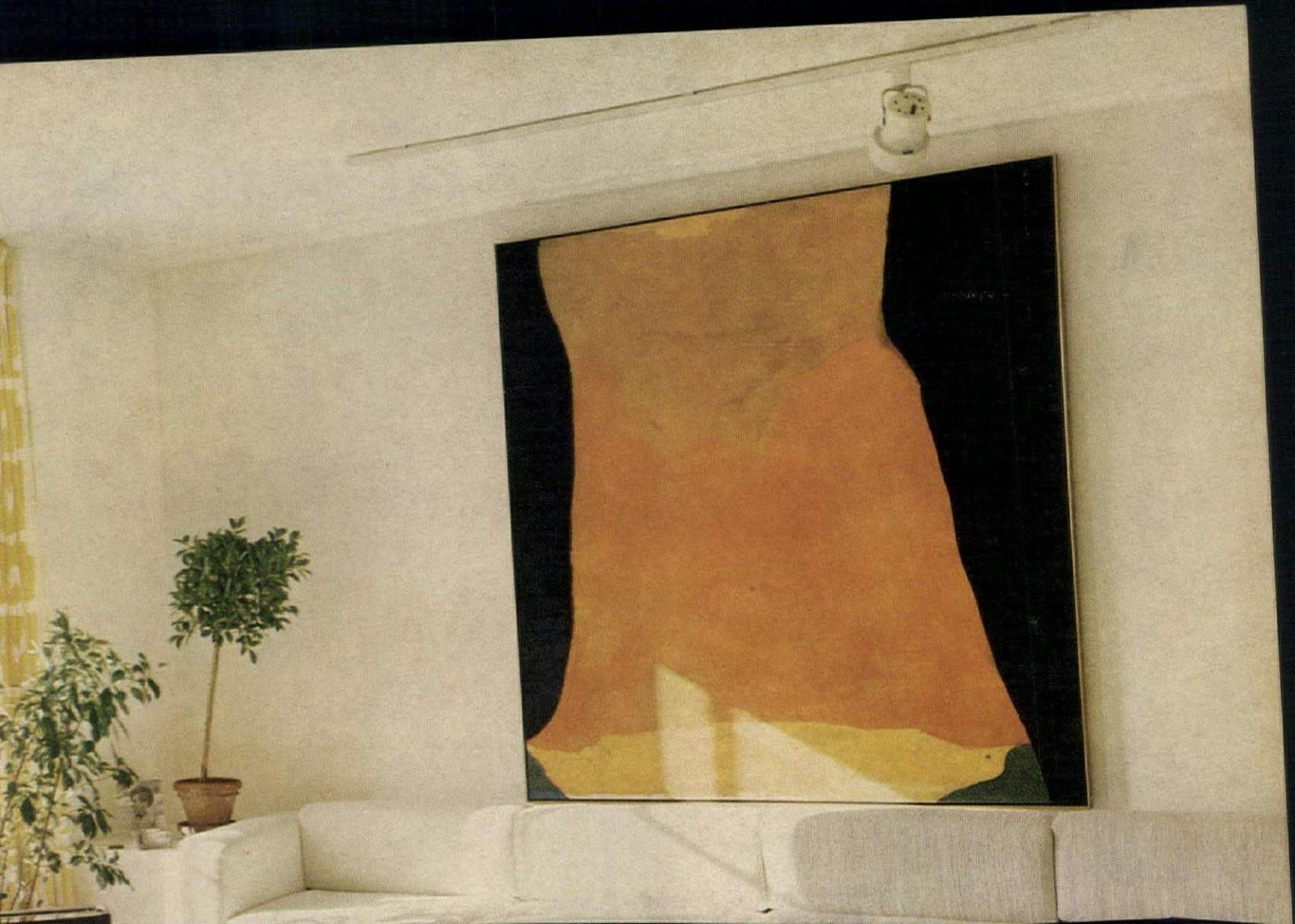
DECORATING IDEAS
continued

A few bold brush strokes of color in an almost achromatic setting can create a room with the clarity of a modern painting. In designer Yann Weymouth's New York living room, the composition is straightforward and linear: massive, puffy banquettes and sofas enclosed in shiny white-lacquered frames. Slashed against the white background—the snap of blue corduroy covers, the sun yellow of curtains. Tall greens are reminders of the outdoors. Painting, Helen Frankenthaler.

A room like a painting
Massive furniture
Lacquer-framed sofas
The feeling of outdoors

MASSEY

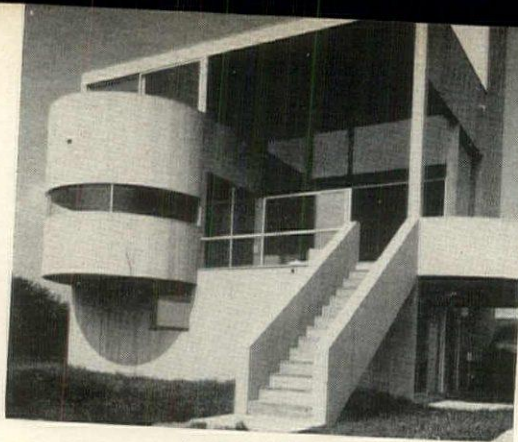




How architect
and owner
create

THE PERSONAL HOUSE

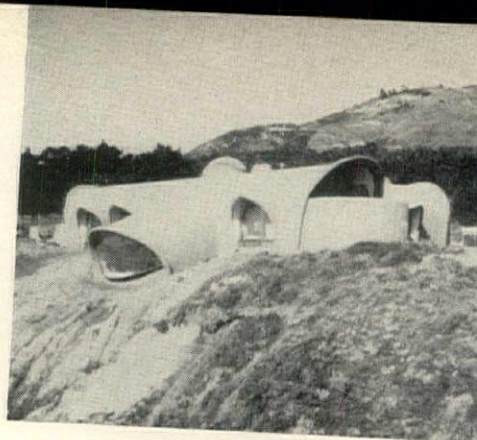
Today, houses
are self-



**1. A HOUSE OF
CYLINDERS AND CUBES**

Mr. and Mrs. Kenneth Cooper, the young parents of four daughters, are avid travelers, but their adventurous summer house on Cape Cod (pages 66-67) is constantly drawing them home. Says Mrs. Cooper: "Now that the girls are all in their teens, we wanted them to have a house that was fun. We like to move

The architectural team of Gwathmey and Henderson, whose houses have won several architectural awards, explain their thinking in designing the Coopers' house: "Principally, our idea was to make the very most of the incredible site—a rounded promontory jutting out into the bay. You're



**2. LIVE-IN
SCULPTURE**

A sculptress herself, Mrs. June Foster Hass worked so closely with her architect that her house of curved walls and pointed arches overlooking the Pacific (pages 68-69) actually assumed the nature of sculpture. "I didn't want a house of sticks that would rattle in the wind," she says. "I wanted

The slow process of building on a precipitous site induced architect Mark Mills to design Mrs. Hass's house for Gunitite construction rather than stones and mortar. "With labor costs as they are," he explains, "you can't have men piling up stone and fussing with rounded corners. The basic design of the house



3. MANY-LEVEL LIVING

On a closely built San Francisco hillside, a redwood house of seven levels (pages 70-71) gives a couple with three small children an abundance of light, privacy, and glorious views. "When you walk into the house," says the head of the household, "it seems to burst open on you. Even I still catch my breath with surprise. Most of the windows face east, and the house is spectacular at sunrise. For the first time in my life it's easy to get up in the morning. The central courtyard is open to the sky almost every sunny day, and because the walls around it are white, the entire house has a Mediterranean feeling. Perhaps my favorite detail is the automatic roof that slides open when you click a switch. It only cost about \$1,000, yet it gives us so much pleasure. I think the reason the house works so well is because we never fiddled with the architect's plans once we had approved them."

Architect Peter Winkelstein, of the firm of Marquis and Stoller, who was in charge of building and planning this house, explains that the family wanted it to look as unpretentious as possible. "It's their style to underplay and understate," he says, "and the other houses on the block were small. Our only dispute was about placing the windows. They felt the view demanded total exposure. Our point was that if the view were wall-to-wall, it would soon seem commonplace. Now they're glad that the windows each frame a different vista. At some time during the day, direct sunlight comes into every room. Yet when the estimates started to come in, the rolling skylight in the roof of the courtyard was almost vetoed. The extra ventilation it supplies is helpful in keeping the very sunny house from getting too hot. The court is a natural sound amplifier—the family always has music playing and it is carried everywhere."



4. THE SOARING SHED

On a small site near the new university campus at Santa Cruz, California, a young sociology professor, Dennis McElrath, and his photographer wife decided to build a house that would have a distinctive character (pages 72-73). "It was an important decision for us to build a house," says Mr. McElrath. "We wanted one that would take advantage of a distant view of Monterey Bay and frame the towering eucalyptus and acacia that surround us and fill the canyon below. We also wanted large wall spaces for our paintings as well as perspectives from which to view them. All this on a strict budget. But we got more than we had hoped for. The spaces are marvelous to live in. Light from many angles plays on the sofa pillows and paintings—changing continually throughout the day and with the seasons."

Architect William Turnbull, Jr., of MLTW/Moore, Turnbull, outlines the design strategy: "The site was a very steep, very small, triangular piece of land. With setback restrictions and other requirements there wasn't much land left for a house. To take advantage of the views of woodland canyons with Monterey Bay in the distance, we had to build up instead of building out horizontally. Then we had to put this height to good use inside the house by designing varied window openings at varied levels. Everything was done to expand the modest interior space visually. Apertures in interior walls lead the eye from area to area. All-white walls and a mirrored wall in the hall also make the rooms seem twice as grand. Large windows, slits of glass, and skylights (they roof the stair hall) add outdoor space to increase the illusion. The living room seems sky-high."

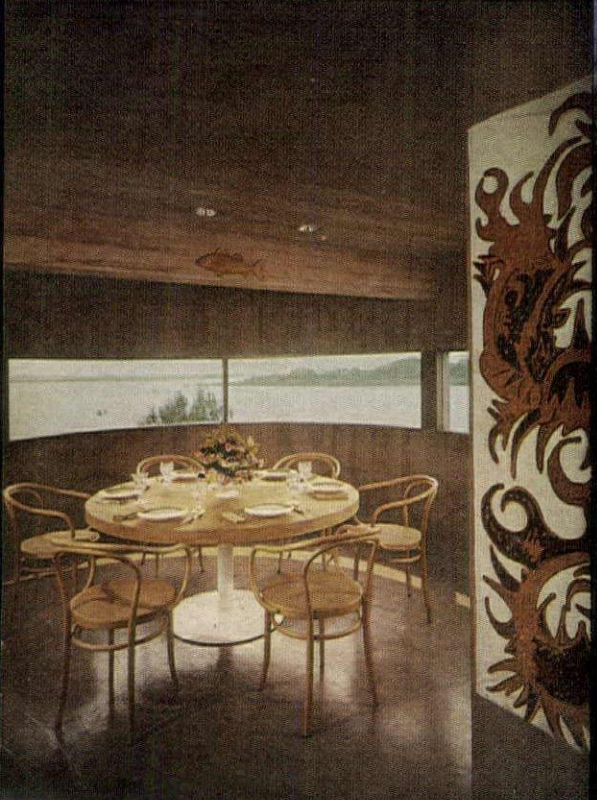
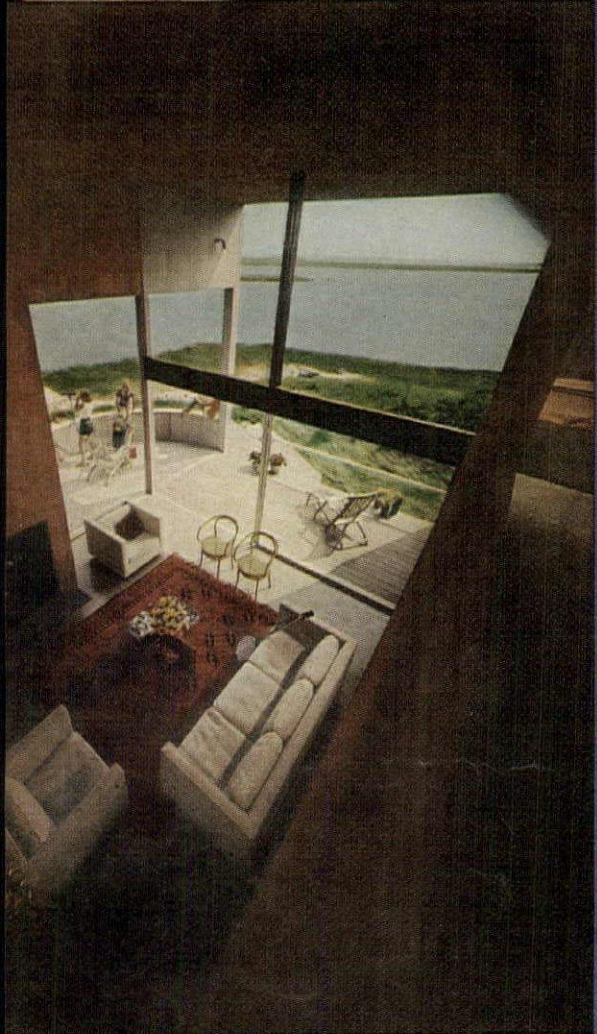


5. A GLASS PAVILION

In the midst of a towering pine grove in Massachusetts, a lawyer, his wife, and three children, behind their glass walls (pages 74-75), enjoy every mood of nature, the year round. "We told our architect, "Give us five bedrooms and go as far out as you like," say the young couple. "We'd seen other houses he'd done. They weren't just what we wanted, but they seemed to please their owners so much that we felt we weren't taking too big a risk. There is something about the symmetrical shape of the house—the two wings are exactly the same size—that's very peaceful to live with. And from the moment the sun rises over the treetops, the house is flooded with light. But the most exciting time to be in the house is during a snowstorm. It's as if one of those crystal balls were turned upside down so that the snow swirls around, and you're inside it."

Architect I. W. Colburn, who designed the glass pavilion, explains how the site inspired him: "It is my feeling that a pine grove is peculiarly characteristic of New England, extreme in light and shadow, and the most formal expression nature has produced. The house should be formal, too, yet be open to the pines' various moods. To my way of thinking, structure should always be expressed in strict geometric patterns. But to make a house significant, after you solve its function and economics, you get on with an expression of atmosphere—the character and personality of the owner. In this case, the family had a large collection of family treasures, which I felt should be housed in a timeless way. So the house is an effort to combine formal large-scale structure with the more intimate character of cherished family possessions."

1. A HOUSE OF CYLINDERS AND CUBES



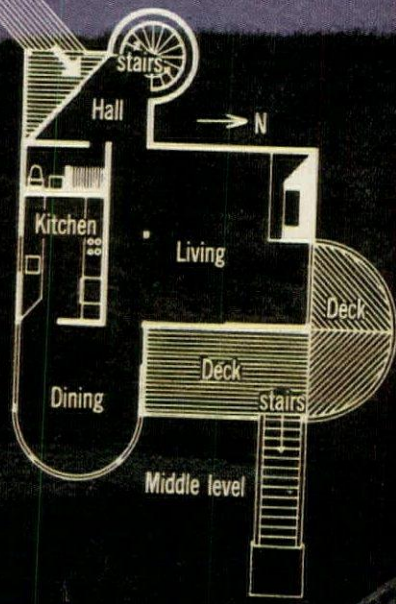
Sheathed in cedar that creates a ruggedly casual air indoors and bleaches more silvery outdoors with each season, the Kenneth Coopers' summer house on Cape Cod is almost as much glass as wood, as much circle as square. The architects, Charles Gwathmey and Richard Henderson, achieved living spaces of great style and excitement by basing their design on the cylinder and the cube. At the back of the house, two curved sections face the ocean: on one side, the dining room topped by the master bedroom deck and on the other, a half-round extension of the main deck. *Top left:* At the entrance, a silo shape by the bridge contains a three-story spiral staircase. *Center left:* Two-story living room has glass wall facing sea. *Left:* Dining room's curved window is at eye level of seated diners.

2. *LIVE-IN SCULPTURE*

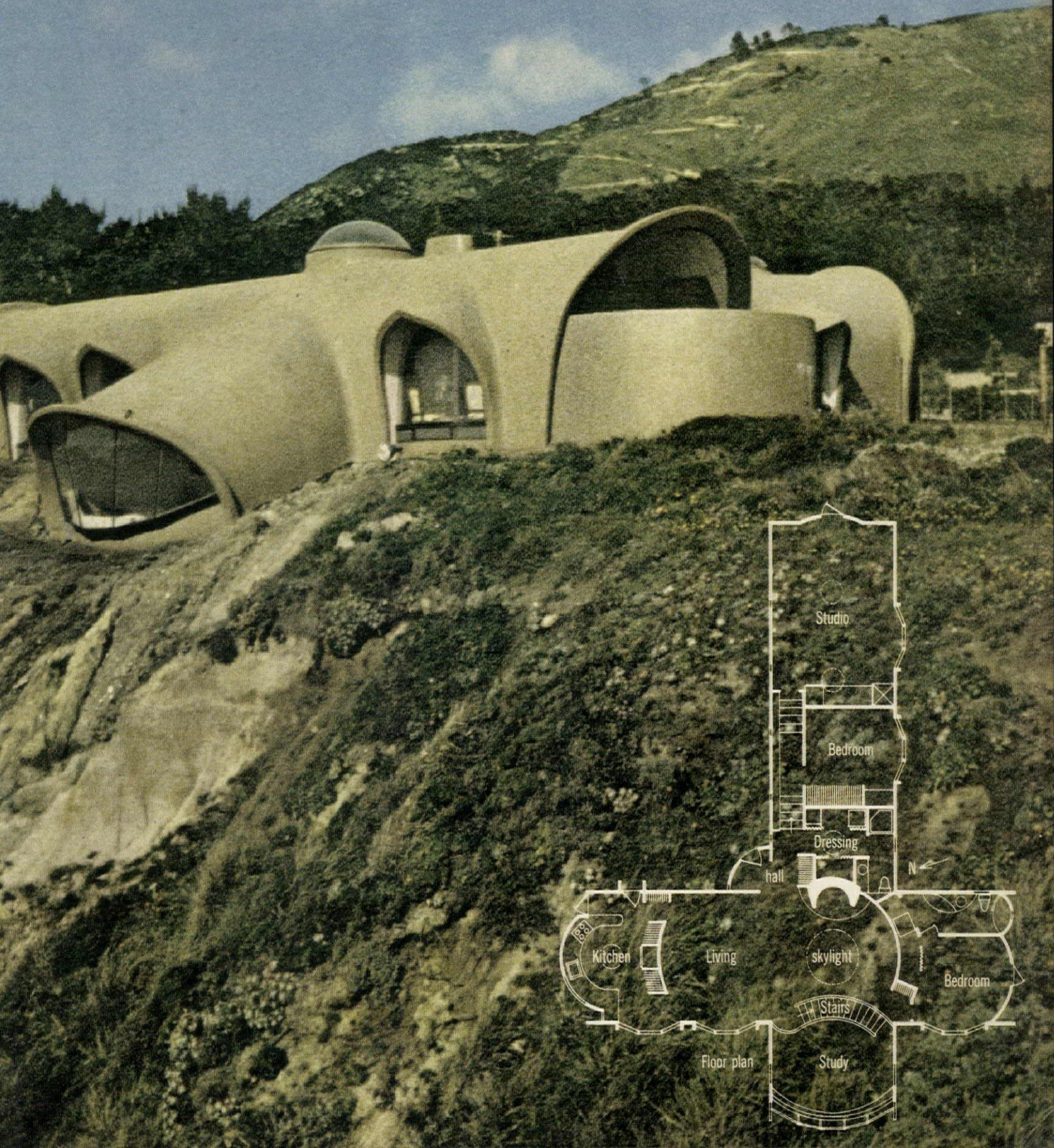




bridge

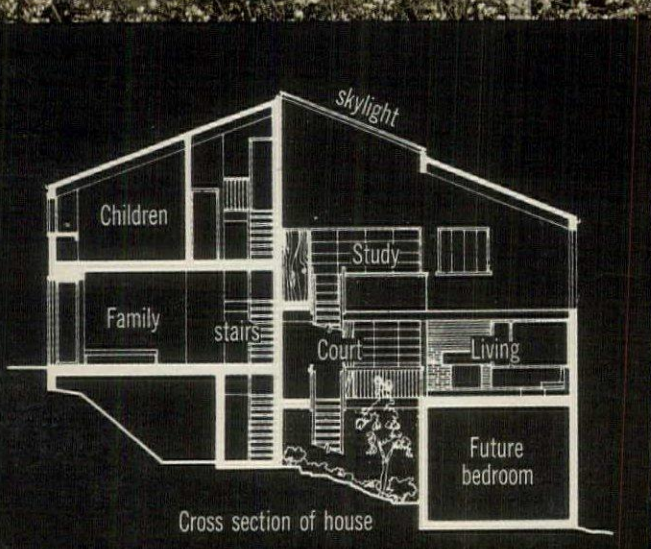
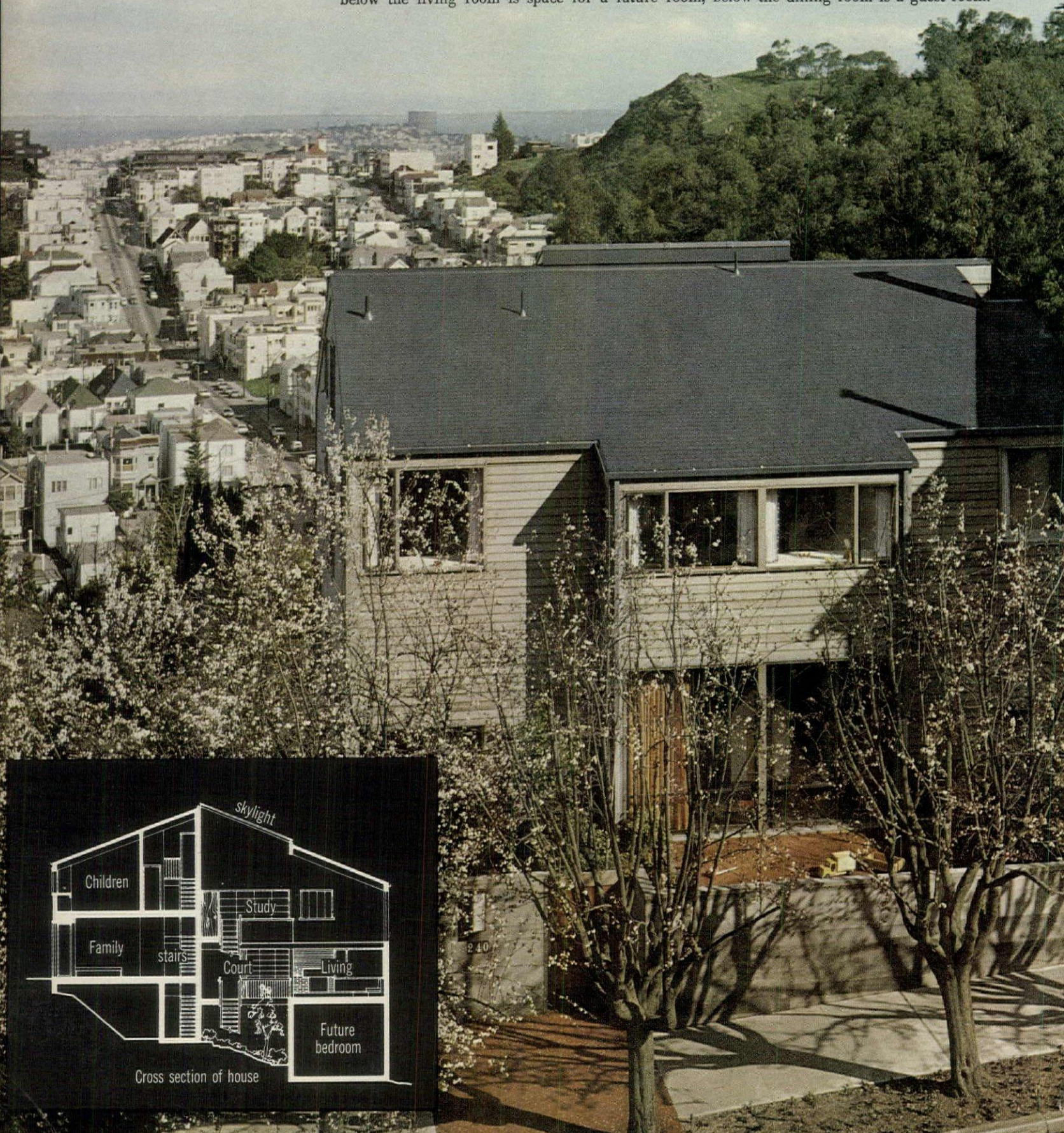


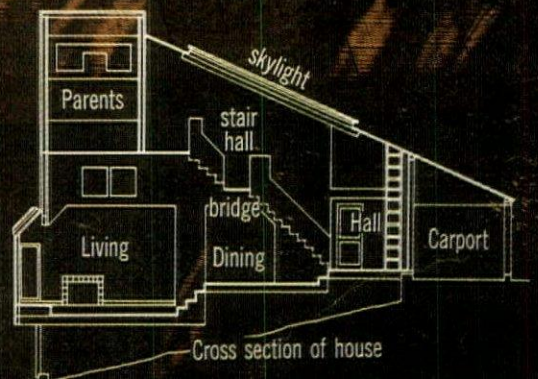
For her house/studio that perches on a wild and windy ledge on the Pacific at Carmel, Calif., artist June Foster Hass had so many—and often contradictory—requirements that its shape became a free-form sculpture. She asked for a snug stone fortress on a wood budget. She asked for lots of light. She wanted to look up at sunset skies, out to the crashing surf, and down to tidal pools. Architect Mark Mills shaped her a sculpture the size of a house. He provided light and views with glass bays and skylights. He achieved a structure with the sense and strength of stone but without its cost by spraying a 3-inch shell of Gunitite (a cement mix) on elastomeric webbing stretched over insulation—in much the same way swimming pools are built. A coating containing coarsely ground walnut shells was tossed on for texture. *Opposite page, top:* Pointed arches extend like sheltering eyebrows over the gently bayed windows. *Below:* The study's down-slanted window above the sea recalls one in Captain Nemo's Nautilus.



3. MANY-LEVEL LIVING

In a quest for light and to make the most of a spectacular San Francisco view, the architectural firm of Marquis and Stoller designed a hillside house for a family of five that stacks many levels for living around a central court topped by an automatic rolling skylight. The redwood house, *below*, screened by a wall at the end of a cul-de-sac street, has a brick-paved front play area for the young children. Inside, there is always a view—either out to the Mediterranean whiteness of the cityscape or inward to the lush semitropical foliage of the garden. Stairs to link the seven levels stitch back and forth across the house-high, light-flooded shaft of the central core. *Opposite page:* The music end of the living room; the dining room, seven steps higher; the balcony study on the master bedroom level. Above that are children's bedrooms; below the living room is space for a future room, below the dining room is a guest room.

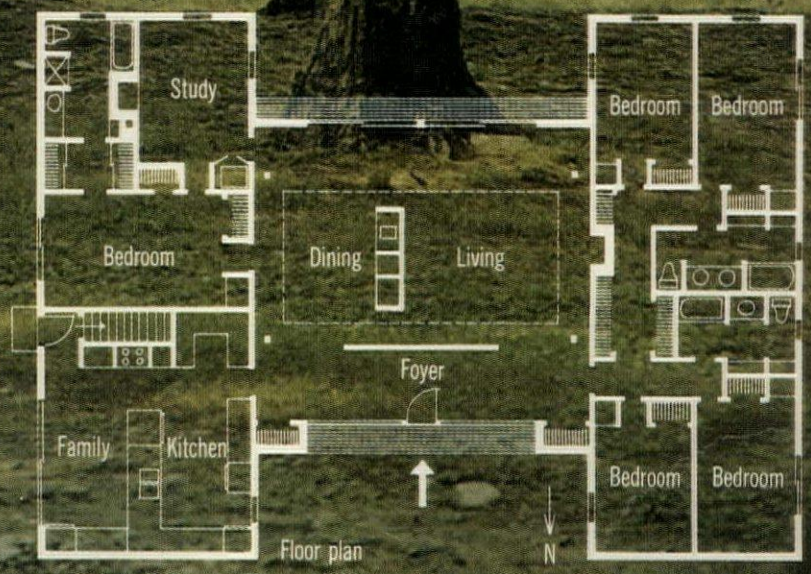






5. A GLASS PAVILION

To link the two simple, straightforward brick wings of the house he designed for a family of five in Massachusetts, architect T. W. Colburn arched between them a center pavilion of glassed-in ceiling vaults that send the spirit and the eye soaring. The rounded arches, sheathed in strips of pale fir, canopy the generous brick-paved living and dining areas, which are separated only by a free-standing, 6-foot-high partition that holds bar, silver, and china. Antique Spanish doors and a copper clad roof—just beginning to acquire verdigris—relate the modern structure to the family's traditional furniture. *Opposite page, top:* At night, when warm lights glow through the great expanses of glass, and the graceful roof seems to be floating over the house, you remember that pavilion is derived from the French word for butterfly. The open terrace also emphasizes the alfresco nature of the house.



New building materials for 1970

BUILD COLOR AND PATTERN INTO THE HOUSE







Rosemary Gilman of Gilman & Brown: "A pretty mix of tiny patterns and fresh colors gives a very young look to a traditional room." Intermingled in a ruffled pillow-on-pillow concoction are Cannon's "Cameo Rose" floral, stripes, and solids, in combinations of pinks, blues, and white. The top sheet has a ruffle made from "Cameo Rose."

The beautiful bed

continued

Chessy Rayner and Mica Ertegin of Mac II: "People lead such busy lives—they need a cozy room that offers freedom to relax." "Mini-Dot" sheets by Stevens-Utica make a slip-cover tied to headboard with bows, covers for out-in-the-open pillows, a ruffled skirt. Spread is a white-on-white antique. Flowers: Antonio.

For shopping information, turn to page 112.





LEFT:

Suzanne Frankfurt:

“A big inviting bed can turn a small room into a joy.” King-size “Poppy Parade” sheets by Dan River are buttoned to both sides of a quilt that goes all the way under the pillows, then over them, to be tucked neatly under at the front. Screen by Andy Warhol.

King-size “Poppy Parade” sheets by Dan River are buttoned to both sides of a quilt that goes all the way under the pillows, then over them, to be tucked neatly under at the front. Screen by Andy Warhol.

The beautiful bed

continued

LEFT: **Helen Costantino****Fioratti of**

L'Antiquaire: “A country look in a city bedroom takes you away from it all.” Doubling as a bedspread, Carlin’s quilted comforter in “Amapola” pattern. Extra touch: matching top sheet and pillow covers were given scalloped borders.

Doubling as a bedspread, Carlin’s quilted comforter in “Amapola” pattern. Extra touch: matching top sheet and pillow covers were given scalloped borders.

RIGHT: **Barbara Brown****and Claire Morrow:**

“The fun is to choose patterns you like and go wherever they take you.” Two coordinated Art Deco patterns in the same color scheme: tailored bedspread of wavy “Mirage” patterned sheets, finished at corners with huge frogs, are teamed with “Fantasy” floral sheets and pillow covers, all by Springmaid.



MERCE CUNNINGHAM & DANCE COMPANY
MERCÉ CUNNINGHAM & DANCE COMPANY
LATIN AMERICAN TOUR 1968

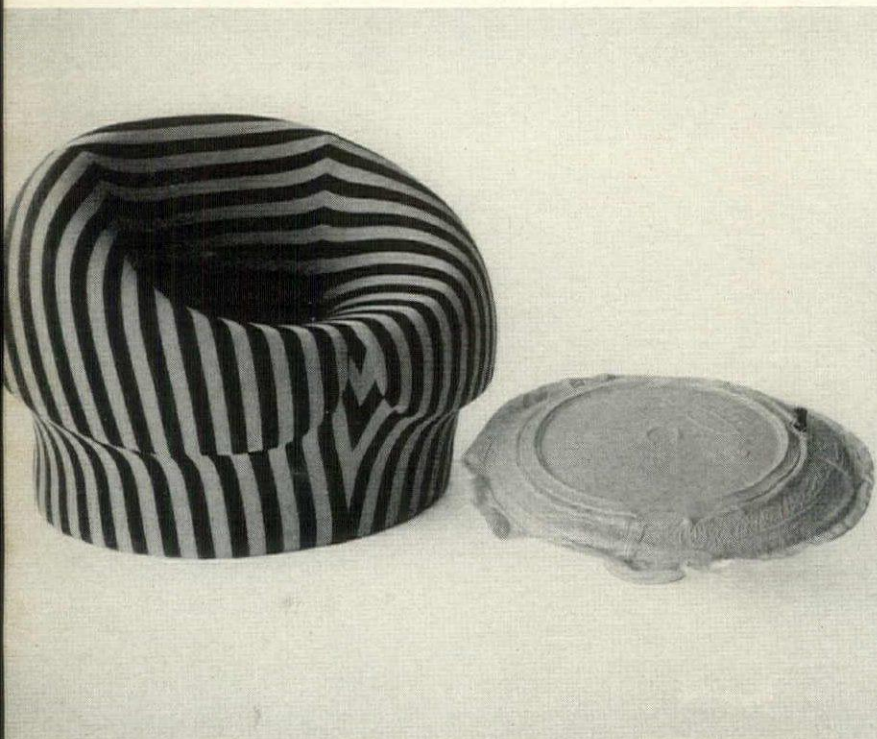


Ideas and things with DECORATING ZEST

Furniture is on a vibrant new wavelength. Tables are sculptured, lamps molded, chairs inflated, extruded, and stuffed into wonderful new *shapes* that inspire the human eye, cuddle the human form. Sofas and shelves that once stood alone are massing into *modular* teams and *built-ins* that create nonstop comfort and miles of new space. *Pattern* goes supernova, exploding on painted chests, floors, and ceilings as often as on upholstered chairs. *Textures* were never so sensuous: the slick of old lacquer and new plastics, the nubble of nailheads and tufted leathers, the iciness of mirror and metallic fabrics, the warmth of suede and fun. Here and on the pages that follow, furniture and decorating ideas that combine into some of the great looks you saw on the preceding pages. According to the dosage, one or more of them, added to your present arrangement, can add a bit of pepper or zip it up like a bolt from the moon.

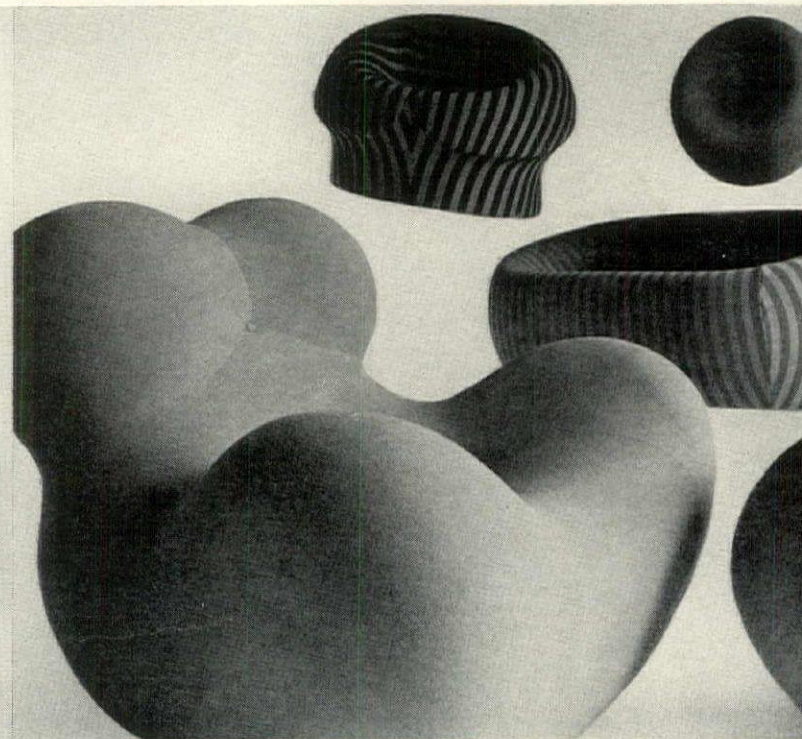
For shopping information, see page 112.

PHOTOGRAPHS BY GOMEL, GRIGSBY, HELMS, VAN CUYLENBURG; BELTRANI, DE BENEDETTI, PRIMUIS REPORTA



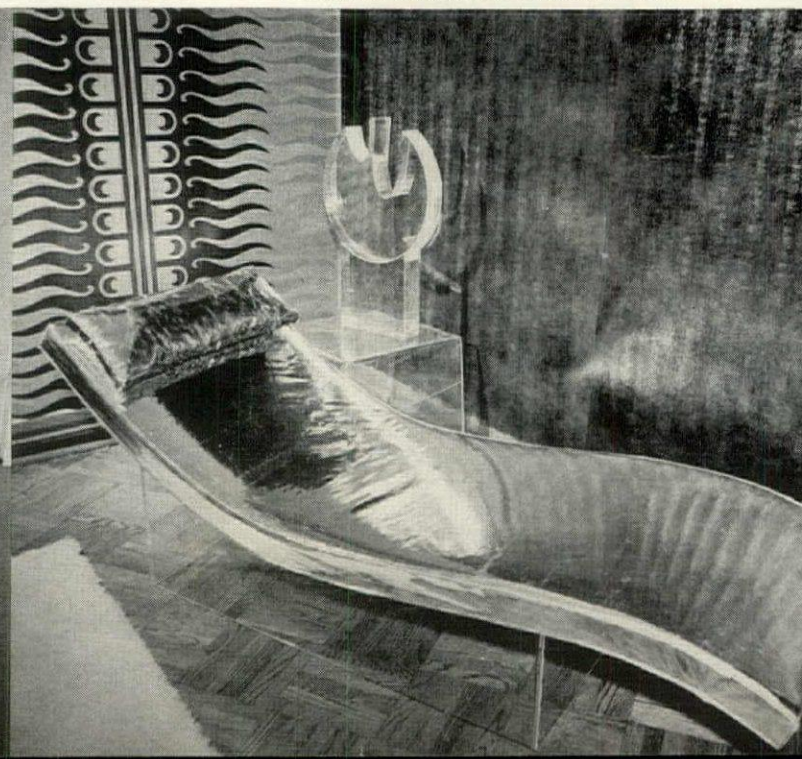
Explosion of foam—a big bouncy chair that starts as a foam pancake, rises like a sponge cake when exposed to the air. By Gaetano Pesce.

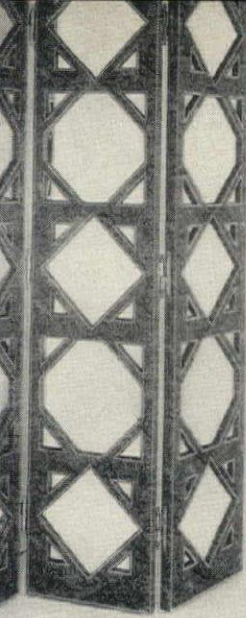
Dining room on wheels—one compact cabinet with swing-out shelves, extendible table. Imported from Italy. At Macy's.



More explodables by Gaetano Pesce—sculptured chairs and sofas all covered with stretch. All imported by Atelier. At Macy's.

Lunar lounge—a sweep of foam sheathed in shimmery fabric on a Lucite base. At Abraham & Straus.

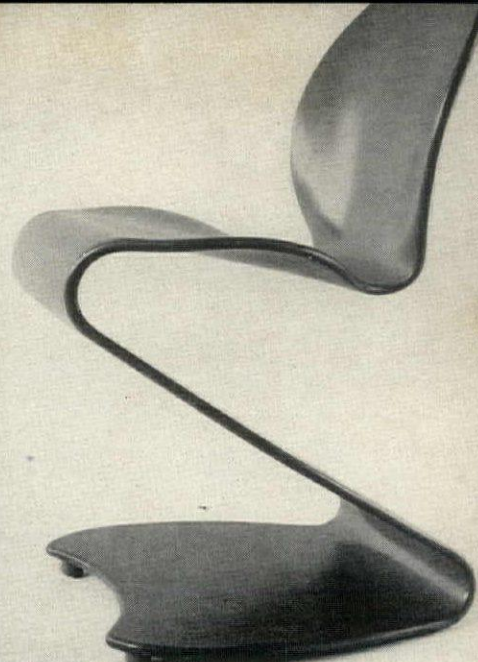




Mirrored screen,
with red paisley and
leaves. Wm. L. Designs.



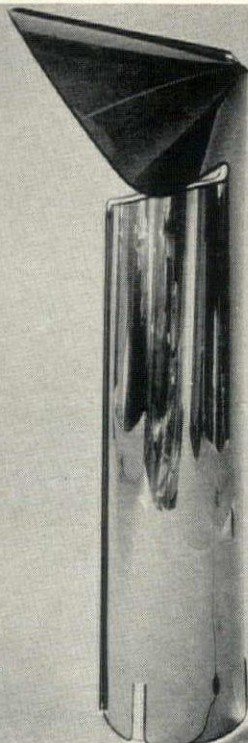
Stackable modules—bar, storage cabinet, and planter of white
lacquer and stainless steel. With it, a plump leather sofa that turns into a
bed. Designed by G. Minotti. At Lord & Taylor.



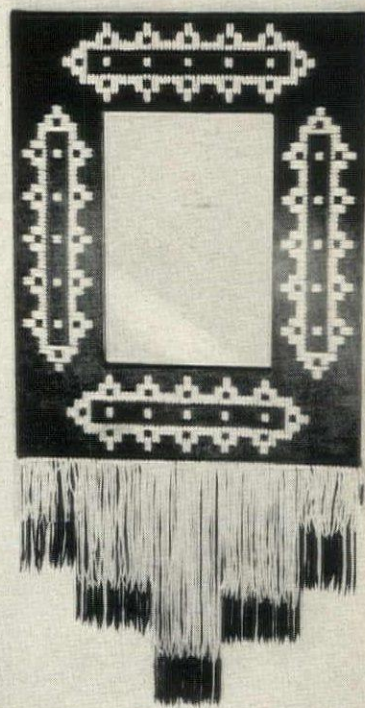
Laminated wood chair that forms
a flexible "S." By Verner Panton at ICF.



Bar on wheels—a chest that folds up like a steamer trunk to keep everything
out of sight until you need it, makes a great divider. By Cini Boeri. At Gimbel's.



Metal floor lamp by
Mario Bellini at Atelier.



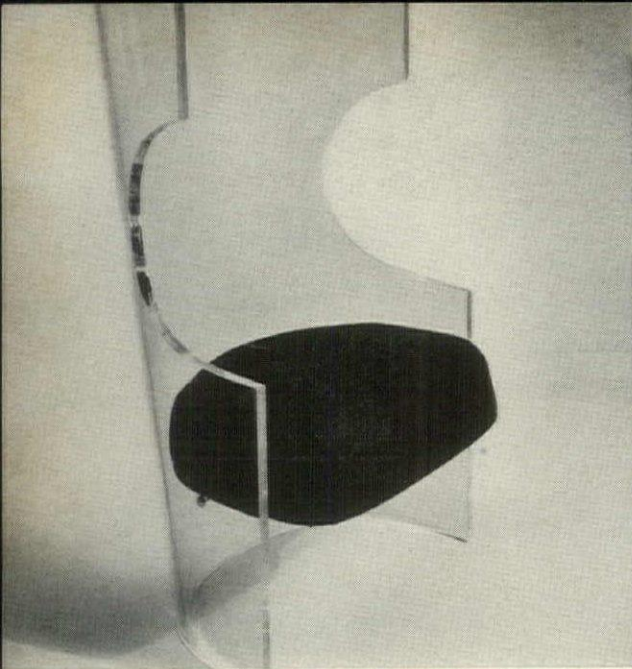
Fringed mirror, embroidered
suede frame. L'Insolite.

Bar by Donald
Proulx at Parzinger.

Ceiling that moves—stretch fabric that changes shape electronically.
Below it, fat-cushioned wraparound sofa. Designed by architect Aldo Jacober.

See-through étagère of pure
Lucite. By Pace. At Abraham & Straus.

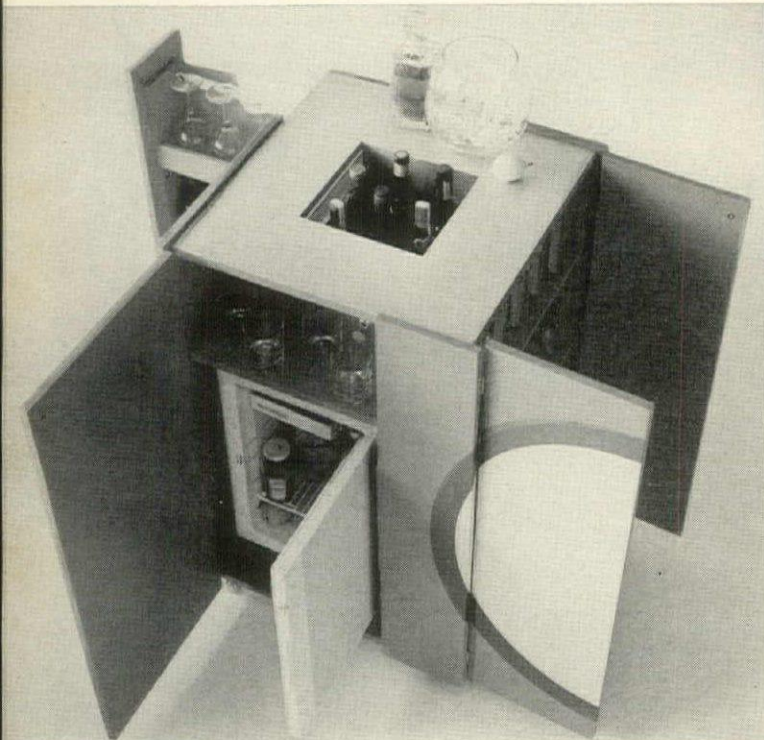




See-through Lucite tub chair with a cushion that "floats," by Brian Reale. At Abraham & Straus.



Pattern underfoot—a leafy trellis design stenciled on the wood floor of a flower-filled, flower-colored dining foyer designed by Mario Buatta.



Graphic bar cabinet, painted like a poster, with built-in refrigerator and pull-out shelves. At Probber.

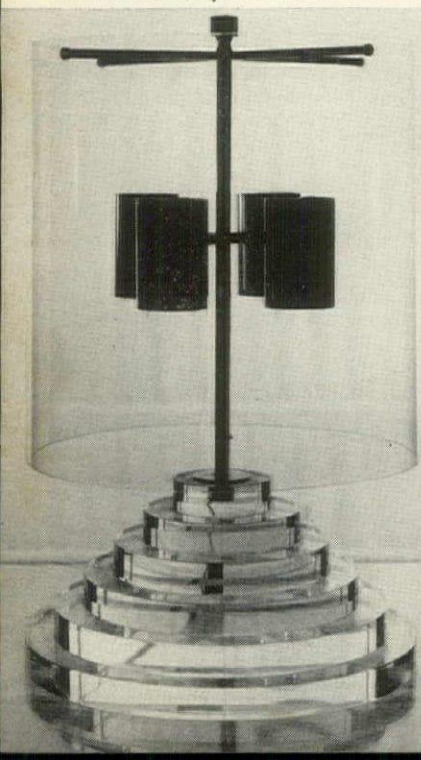


Saddle-stitched leather lounge chair to relax you in the style of the thirties. A Swiss import, at Lutten-Clarey-Stern.

See-through lamp, Perspex and chrome, by Stefano Montovani.

Walls patterned with pictures in an otherwise patternless living room. Designed by Georges Huet for Princess Troubetskoy.

The lacquer look, here Chinese secretary. Yale R.

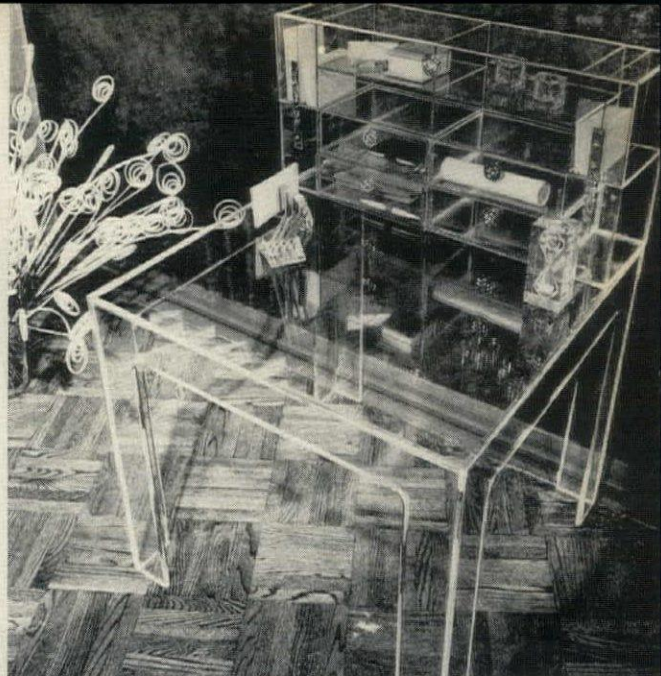




-together furniture in plastic sections to
a stools, children's chairs, tables. At Bonniers.



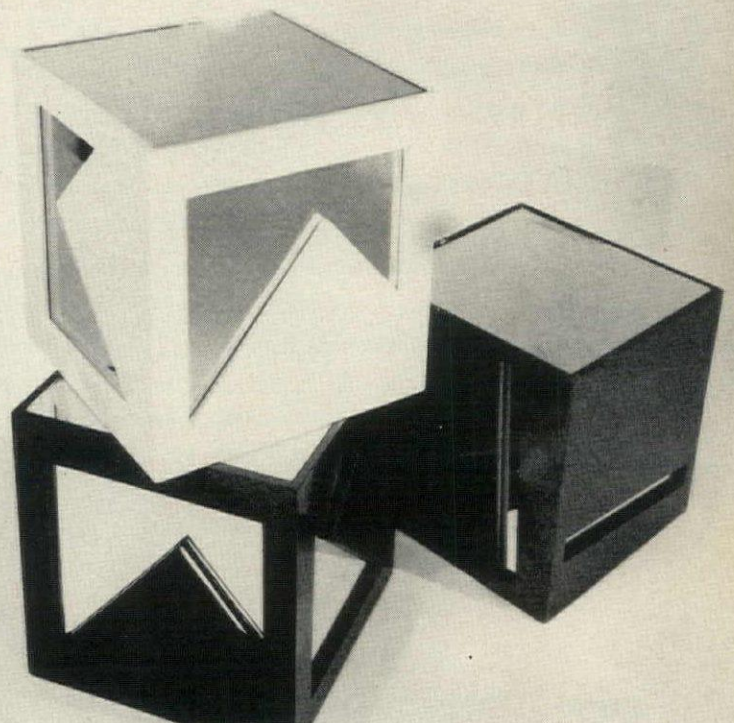
Queen Anne chair in purely seven-
ties' tufted leather. At Lord & Taylor.



Clear plastic desk with a double bank of
cubbyholes. By Susan Lewis. At Abraham & Straus.



Room washed with white, with built-in banquettes and cushioned
seats arranged in a conversation square. By architect Vico Magistretti.

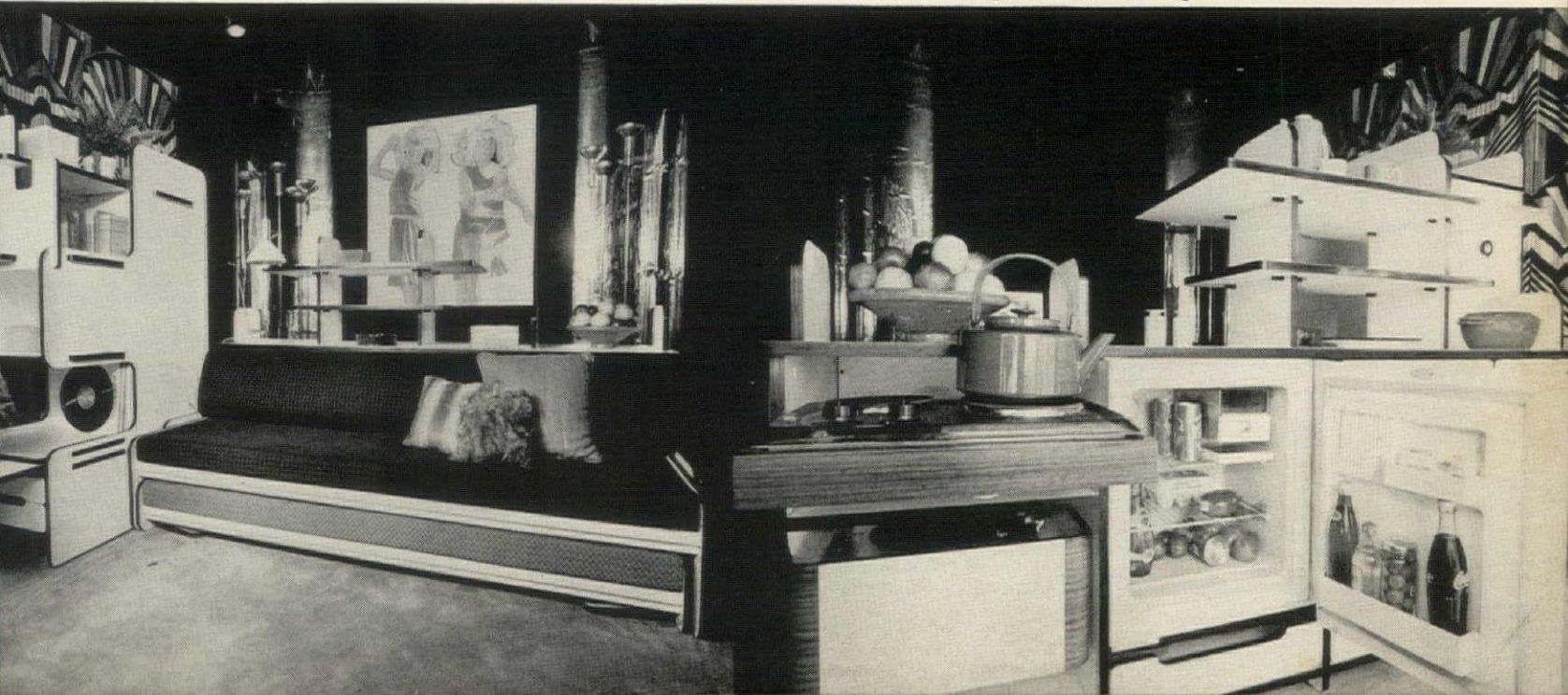


Mirrored cubes framed with lacquered wood. By L'Insolite.

For shopping information, see page 112.

-in furniture—double bed-sofa with attached closets, shelves,
stereo, bar cabinets. Designed by T. Ammannati and G. P. Vitelli.

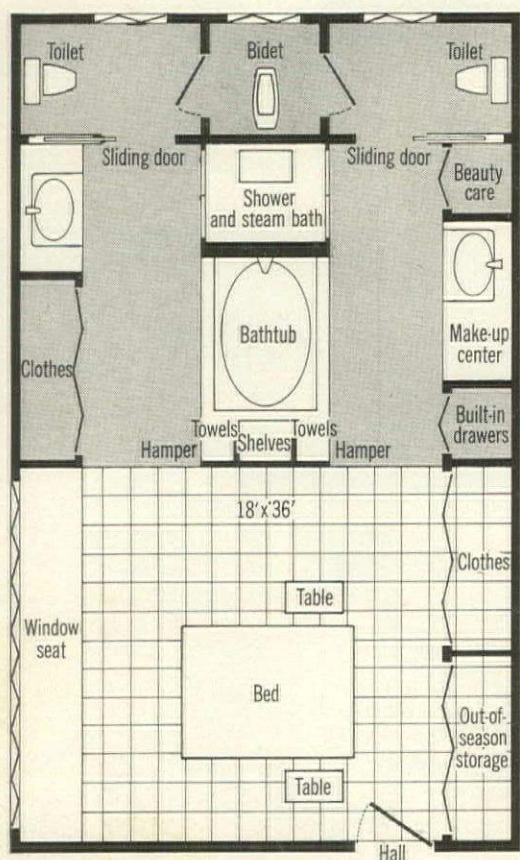
Instant kitchen, flip side of the same unit—stove, refrigerator,
storage compartments in a single structure. At Altman's.



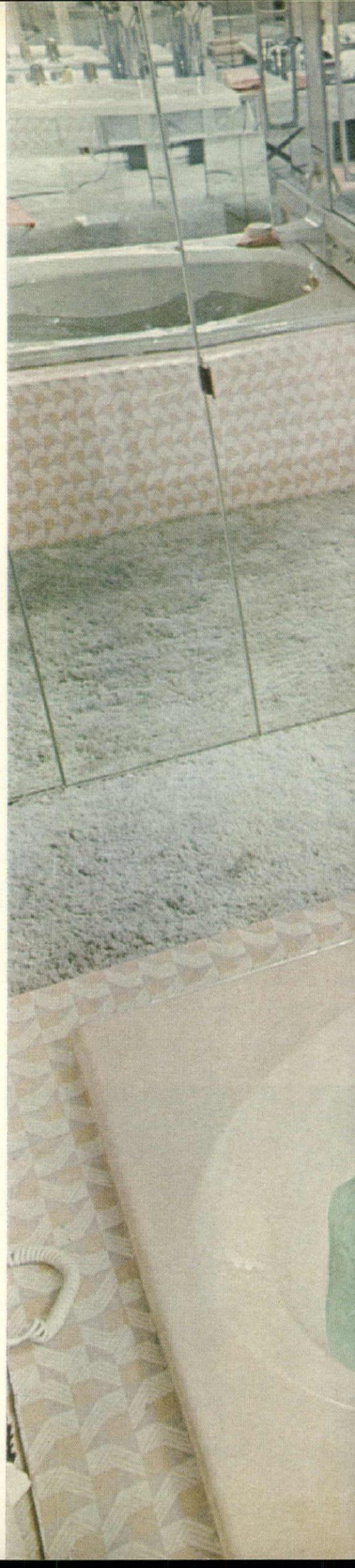
A whole new concept of living

THE SUPER BATH- BEDROOM

In just about the same square footage usually devoted to a master bedroom and its bath, dressing room, and closets, House & Garden has planned a new kind of room for round-the-clock comfort and privacy. Built for us by American-Standard, it is called the Super Bath—actually a bath with bedroom, rather than a bedroom with bath. In it are the newest bathtub made in the United States; a wealth of closets; equipment for exercise and beauty care; three private compartments—two for toilets, one for a bidet; and a king-size shower stall with its own steam bath. Of the wide-open sweep of space, less than half is given to the bedroom area—but with no scrimping on comfort. The rest of the room houses all the brand-new equipment and accessories that make feeling great and looking beautiful not only a pleasure, but easy. In no way, however, is the Super Bath clinical or laboratory-like. It glitters with mirrors that create endless “horizons” and reflect over and over again the wallpaper’s geometric motifs—very contemporary, but printed, romantically, in subtle shades of apricot and lavender on a shiny white background. (Continued)



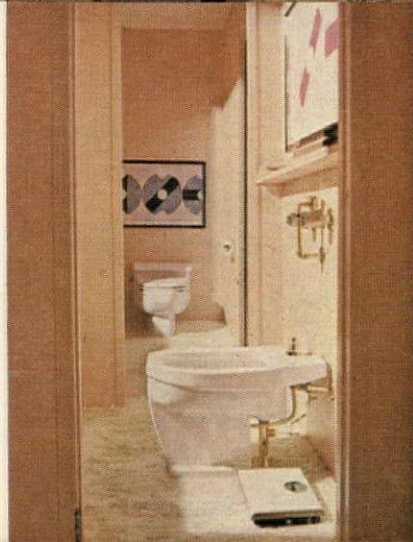
In the Super Bath (see plan, left), almost half the space is devoted to the bedroom area. Beyond it, the left-hand section of the bath area is masculine, the right-hand section, feminine. Across the back are three compartments—two for toilets, one for a bidet. Forming a central “wall” are the shower stall and American-Standard’s Ultra Bath, right, with its Ultra Tower—a control that sets water temperature, shuts water off when tub is filled, runs water massager. Mirrors by PPG Industries; bi-fold doors by U. S. Plywood. Alexander Smith carpet of “Source” fiber by Allied Chemical. In the air, a scent—Xanadu by Fabergé.





BEADLE

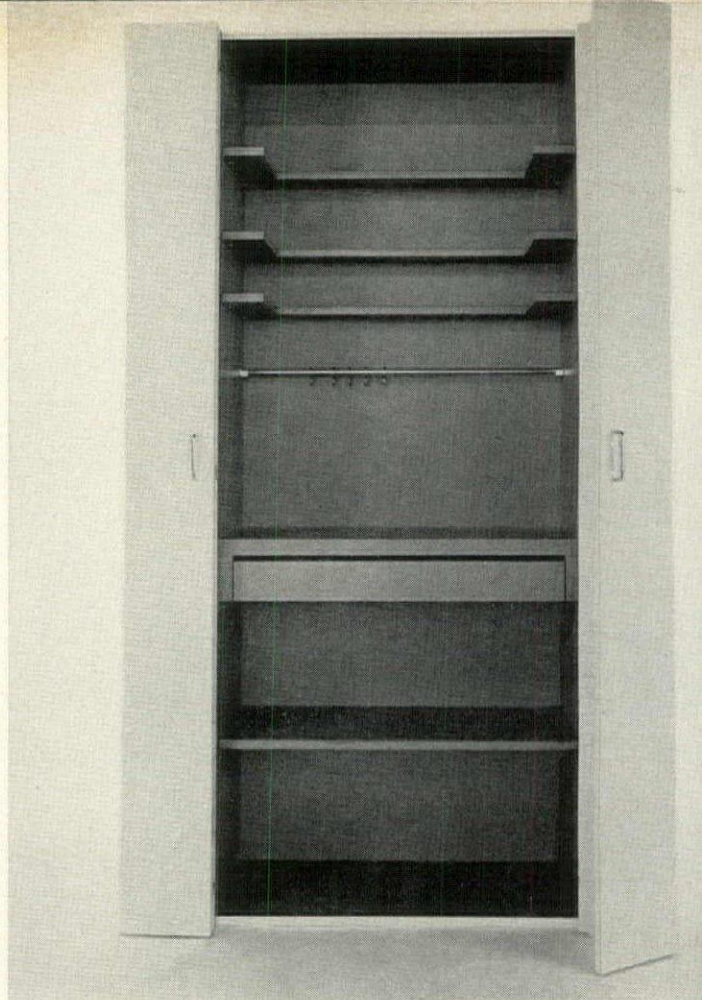
the sleeping area, *above*, an antique wrought-iron bed from
 ose Cumming, piled with a battery of pillows and flanked
 win night tables, forms an island of comfort. Floral
 ers by Smith and Weigler were added to Springmaid sheets,
 wcases, and towels. Floor is paved by a new ceramic tile
 merican Olean. Toilet and bidet are in separate compartments,
 ; on the floor, Borg's two-pound portable scale.
 masol's steam bath-shower, *far right*, with doors by
 e Aluminum, produces steam scented with Xanadu.
 r additional photographs of the super bath-bedroom, see page 159.



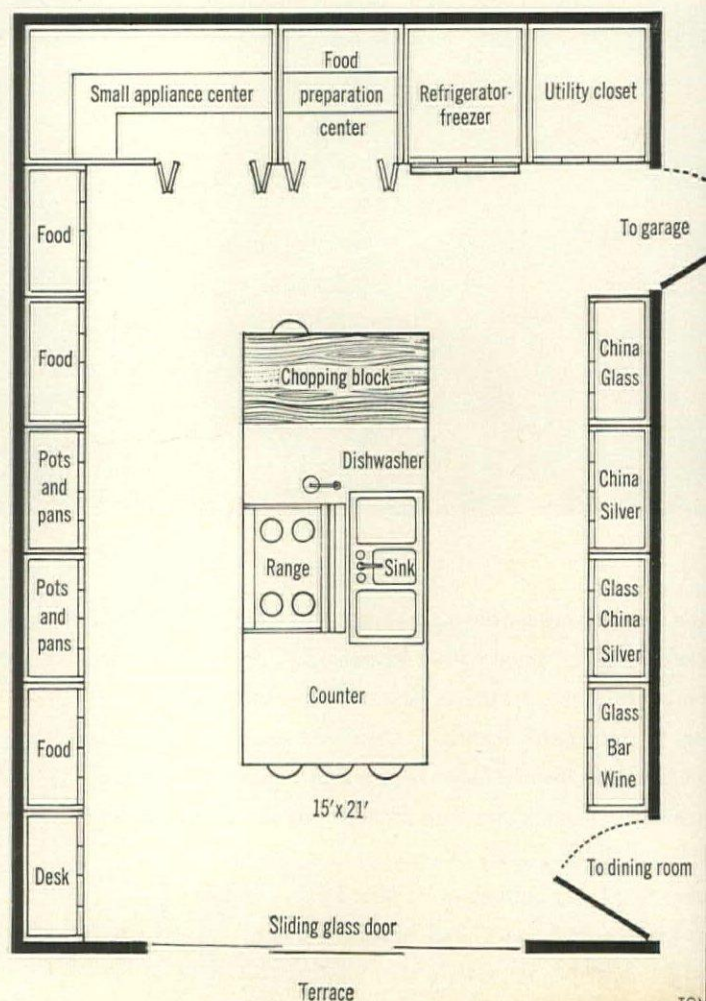
More storage, more work space, in an efficient new kitchen created around a new piece of "furniture"—the kitchen locker

To prove how efficient a kitchen can be, House & Garden asked a group of important makers of equipment and materials to join in the presentation of a kitchen planned around a new locker. The basic locker, our design, *right*, is almost floor-to-ceiling—7 feet high, 3 feet wide, 15 inches deep—and so carefully planned that all kinds of utensils, china, glass, silver, and food supplies can be stored in it in different ways. The secret of this flexibility is the way the locker can be arranged to meet a variety of requirements with four different kinds of storage accessories. In the unit shown here: 1. At top, three U-shaped shelves to be used for glassware or canned goods—everything in front, no reaching behind for things you can't see. 2. A chrome bar with metal hooks for pots and skillets. 3. A work shelf with its own drawer suitable for linen or silver, other small items. 4. A straight shelf the width of the unit to hold plates and platters.

Each locker can be outfitted with a few or as many of these rods, shelves, or drawers as needed; all surfaces, inside and out, are covered in Formica (the Super Kitchen units were all built by the Formica Corporation). The kitchen was planned around ten of these lockers for maximal storage, plus lots of walk-around space for a kitchen two people can work in together with everything in the right place for the kind of work they want to do. For example: In the plan, *right*, traffic revolves around an island work center. On right-hand side, a three-compartment Elkay sink with Delta faucet and In-Sink-Erator garbage disposal. Next to it, a Maytag dishwasher. Opposite sink, a Caloric gas range with self-cleaning oven. Near it, an extra water faucet to use without walking around the island to the sink. At far end, a chopping block. All lockers flanking the island house the kind of utensils, food, china, appropriate to the spot each locker occupies. For instance: Behind sink and dishwasher, lockers hold all the glass, china, and silver for both kitchen and dining room use. On the range side, most of the units store dry and canned foods as well as cooking utensils. And at the chopping block end, a wall of closets (not lockers) has been built as deep as an Amana refrigerator-freezer. In this wall, there is a closet for a Ronson food-preparation center, another for electric appliances. On the ceiling, paint by Tru-Test; on the floor, Armstrong vinyl that looks like Spanish tiles.



THE SUPER KITCHEN








SUPER KITCHEN KEYED TO COLOR

Lockers opposite the work island's cooking center, ABOVE and BELOW, are lined with House & Garden's Bittersweet—a vivid orange background for food, pots, and pans and a signal that they go here, nothing else. Each locker has its own special combination of U-shaped and straight across shelves and rods arranged so that every inch of space is used without stacking or crowding.



A woman with her hair pulled back, wearing a dark long-sleeved top and a light-colored, patterned skirt, is standing in front of a white door. She is reaching out to touch a flowering bush with pink blossoms. The scene is set in a garden with various plants, including a large bush with red flowers in the foreground and a tree with green leaves and small orange fruits in the upper right. The lighting is soft, suggesting late afternoon or early morning.

The personal garden of
Margaret Willaumez

A MINIATURE HILLSIDE GARDEN

Flowers envelop a small whitewashed house built on three levels overlooking the sea. LEFT, the gardener herself at the doorway of the guest room on the first level.

OPPOSITE PAGE, baskets and tubs of flowers on the awninged terrace on the second level where a table and tray are set for lunch.

On the next two pages, how beautifully her garden grows on limited time and land.



“From my topmost terrace I can look down and see the flower of the moment and always the morning-glory blue of the sea.”

HILLSIDE GARDEN *continued*

The garden at Margaret Willaumez's holiday house in Capri is minute—she has less than a quarter of an acre on a steep hillside. But the flowers blooming along a winding path and on three small terraces keep her house brimming with color throughout three seasons. The profusion, paradoxically, is rather more English than Italian. “It’s a sloppy garden, but delicious,” says Countess Willaumez. “Every inch has to count. I can’t afford to have any plants that don’t look like much when they’re resting. But it is really a cutting garden, not a show garden. Cutting just happens to work out well because the more you cut the more you get.”

From October to May when she is in New York or wherever her work as an interior designer takes her, she sends seed packets with letters asking that the boy who helps her please plant everything for a good spring garden. “He’s marvelous, but I was brought up in Italy, and I know Italians take flowers so for granted—geraniums grow there like weeds. If I send seeds, he assumes I’ve taken a lot of trouble and spent a lot of money, and he’s sure to put them in the earth.” Arriving in May, she finds sweet peas, pansies, nasturtiums, calendula, larkspur, flax, pinks. “I just go wild and start picking for my house and to send to neighbors.” The trees are flourishing, too—orange, lemon, olive, oleander, mimosa, and two potted kumquats. She puts seeds in pots for summer flowers and by late June fills the borders with marigolds and zinnias—“soon as tall as I am, and I’m almost 6 feet.” The whitewashed walls of her house are ablaze with bougainvillea, pink bignonia, hoya, hibiscus, wild climbing roses, six varieties of morning-glory, a moon vine, and on the middle dining terrace, fragrant night-blooming jasmine “so rich you’d run a mile if anyone wore it behind her ears.” Under the *pagliarella*, an Italian reed awning that casts enchanting shadows, potted begonias, gloxinia, and primula bloom all summer.

As you walk up the path from the guest room to the middle terrace, you pass a natural rock formation with a pond. This is the flower arranging center where cut flowers are plunked in with the goldfish to await a vase from a nearby niche. Countess Willaumez takes care of cut flowers the way most people fuss only over plants—fresh water every day and a snip off each stem to keep them healthy. “Even if all its chums are gone, I will never throw away a live flower. I can’t. I just find a place for it.”

1. By a welcoming doorway, a streak of lilies and a pair of flower-furred cats. 2. Vases on a Florentine credenza and on the floor by a Ligurian iron bed. 3. Flower-filled dressing area—subject of the painting over living-room mantel (7). 4. Banking the window between terrace and living room, lobelias and begonias. 5. Geraniums on terrace where Moppet awaits lift to the beach in a basket. 6. Straw hats blooming on nails above pots on benches and floor. 7. Flowers real and painted on mantel and floor of living room. 8. Through the open door of the guest room, an inviting glimpse of a flowery path.







Curved, Carved, obviously Keller
Formal
Mediterranean

BILANCIA II . . . Italian in craftsmanship, richly Mediterranean in mood; luxuriously carved, for a look of quiet grandeur. Protected by washable Armor-Gard plastic tops and Guardsman finish for a lifetime of practical beauty. Shouldn't you sit at this table?

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For calorie counters:
diet drinks

For those times when you're striving to keep on the diet rails but you would be an oddity without a glass in your hand, here is a choice of drinks that sip smoothly without swallowing up too many calories.

Bouillon on the rocks. Pour beef bouillon over ice and season with lots of lemon juice and a dash of Worcestershire.

Season **clam broth** with lemon juice, celery salt, and a dash of Tabasco. Serve on ice.

Combine, equally, **clam and tomato juice**. Season with salt or soy sauce and freshly ground black pepper, celery salt, lemon juice, and Tabasco.

Sip a sparkling **Perrier** water (James Beard calls it the champagne of dieters) with a lemon slice, or pepped up with a dash of syrup of grenadine or cassis, and ice. **Lemon juice and soda** on the rocks is tangy with a dash of angostura bitters.

Try **spiced iced tea**; or sassafras tea, hot.

A cocktail isn't taboo if you choose from these low-calorie drinks that won't cut into your daily allowance too heavily. Light combinations of white wine and soda are good—spirits, too, if the shot is *very* modest.

Spritzer—the Rhine wine highball—2 ounces of dry white wine (approximately 40 calories) added to 2 ounces of charged water and a twist of lemon, on ice.

Pour 1 ounce of **brandy** over ice and douse with soda.

Make a **Scotch, Bourbon, vodka** or **gin** drink with 1/2 ounce spirits (100 proof alcohol has 100 calories an ounce; 86 proof spirits, 86 calories, etc.). Add soda and ice.

Peel a **pear** and soak it **in white wine**—drink the wine as an apéritif; eat the pear for dessert.

Simulate a **lillet** with 2 ounces of dry white Bordeaux, a dash of lemon or orange, grated peel and a squirt of seltzer.

A **soda campari**—splash a little Campari over ice cubes, add a twist of lemon and soda for a cocktail with a blush and a tang.

Pour just 2 ounces of **dry vermouth** (approximately 50 calories) over plenty of ice. Add a twist of lemon. Or mix a **tomato vermouth** (4 oz. tomato juice, 25 calories, 2 oz. dry vermouth, twist of lemon).

Splash a dry white wine such as a **Graves** (2 ounces—approx. 40 calories) on the rocks with a dash of cherry essence or the juice of canned or frozen cherries.

Make a low-calorie (1 cup: 100 calories) **spiced cider**. Heat 1 quart of natural, unsweetened cider in a heavy saucepan with 1 cinnamon stick or 1/4 teaspoon cinnamon, 4 or 5 cloves, 1/4 teaspoon nutmeg, a pinch of mace, and 4 or 5 thin slices of lemon. Simmer for 1/2 hour. For nondieters add a jigger of dark rum per glass.

Two great new reducing diets by two great doctors

Expert opinion on the wisest, safest, most effective diet for losing weight is currently divided between two schools—the Low Calorie and the High Protein. House & Garden has asked an eminent representative of each—Dr. Fredrick J. Stare of Harvard and Dr. Edgar S. Gordon of the University of Wisconsin—to draw up specifications for the particular type that he advocates. On the basis of their recommendations, we have planned for each diet a week's menus that would add variety to the paring down process, with recipes that might entice even those who have no need to lose an ounce. Which diet will work for you depends on your personal psychology. If you find it easy to be resolute about small helpings but difficult to forswear and/or ice cream, you'll probably be more comfortable with Dr. Stare's Low Calorie diet. But if you suffer pangs of hunger the minute you start to cut down and cannot seem to live through the afternoon without a snack, you're more likely to be faithful to Dr. Gordon's High Protein regime. If you cannot decide which diet would be easier for you to stick to, show them both to your doctor, who will certainly be the best judge of the diet that is right for you as well as of whether you should diet at all and for how long.

1 THE LOW CALORIE DIET

Based on the recommendations of Fredrick J. Stare, M.D.,
Chairman, Department of Nutrition, and Jelia Witschi, M.S.,
Harvard University School of Public Health.

2 THE HIGH PROTEIN DIET

Based on the recommendations of Edgar S. Gordon, M.D.,
Professor of Medicine, University of Wisconsin Medical Center.

1 THE LOW CALORIE DIET

based on the recommendations of
Fredrick J. Stare, M. D., Chairman,
Department of Nutrition, and
Jelia Witschi, M. S., Harvard University
School of Public Health

The principle "Cutting up and cutting down instead of cutting out is the way to control weight," says Dr. Stare. By "cutting up" he means using your muscles with frequency and moderation. He sums up his advice in five words, "Exercise more and eat less"—then calls attention to the fact that he puts exercise first.

"That we all need to exercise more is indisputable," he says. "It is essential for those who want to lose excess pounds. Exercise facilitates the use of the stored calorie sources (that is,

fat) by creating greater caloric demands. At the same time the body is demanding a larger amount of calories, the overweight person should eat less in order to cause his body to draw on more of the stored fat and hence bring about a loss of weight. Primarily, eating less means cutting down on portion sizes and second helpings. But this advice applies only to those who are eating a sufficient variety of food to insure good nutrition—that is, an adequate supply of proteins, vitamins, minerals, carbohydrates, and fats. We eat and need far more than calories alone.

As you might expect, "eating less," in Dr. Stare's book, especially implies eating less of the most concentrated calorie sources—pastries, desserts, candy, snack foods, sweetened beverages, and alcoholic beverages. But he does not object to the dieter's substituting an occasional dessert—unfrosted cake or ice cream—for part of the daily requirements of bread (or other starch) and fat.

The guidelines he gave *House & Garden* are designed to supply adequate nutrition at caloric levels of 1,000-1,200 calories for women (about 800-1,000 less than the average woman ordinarily eats) and 1,400-1,600 calories for men (about 1,200-1,400 less than the average man ordinarily eats). This should lead to a weekly weight loss of 1 to 1½ pounds. But the rate could be stepped up to 2 pounds by taking more exercise.

The formula

FOODS TO BE EATEN DAILY

Type	Amount for women	Amount for men
Meat	2 servings of 3-3½ oz. each	2 servings of 3½ oz. each
Skim or low-fat milks	2 cups	2 cups
Vegetables	1 raw salad ½ cup cooked vegetables	1 raw salad ½ cup cooked vegetables
Fruits	1 serving, citrus fruit 2-3 servings, other fruits	1 serving, citrus fruit 2-3 servings, other fruits
Bread	3-4 servings	5-6 servings
Fat	1 serving	3-5 servings

Meat would include fish; poultry; lean, trimmed cuts of beef, veal, lamb, or pork; cheese; eggs. No fat should be added in cooking.

Vegetables of the dark green or dark yellow variety should be included daily.

Fruits vary widely in carbohydrate content, and servings should vary accordingly. Fresh fruit should be used whenever possible. (The syrup added in canned fruits will approximately double

the caloric content.)

Bread group includes cereal, crackers, potatoes, and other starchy vegetables. Each of the following equals one serving: ½ cup corn; ½ cup dry beans and peas; ¼ cup baked beans; 1 graham cracker; 5 saltines.

Fat may be butter or margarine—1 teaspoon per serving; or 1 tablespoon of salad dressing or oil; or 1 slice of bacon; or 1 tablespoon of cream.

One week's menus

If you're dieting solo, you'll find that most dishes on these menus can be prepared in single servings. For family meals the menus could be perfectly adequate with the addition, for the nondietary, of potatoes or some other vegetable, bread and butter, and

perhaps a richer dessert. Numbers in parentheses beside each dish indicate approximate number of calories. If there are any items on the menu that you particularly dislike or have difficulty obtaining in your locality, substitute something else that will meet Dr. Stare's specifications, *opposite page*.

DAY 1

Breakfast
Grapefruit broiled with allspice (55)
1 slice rye toast (55) or 1/2 English muffin (70)
1 teaspoon butter (17)
Coffee (with skim milk) or tea

Lunch
1/2 cup beef consommé (30)
1/2 cup chicken salad: 1 ounce creamed cottage cheese, 1 ounce chicken, 1 ounce ham or tongue, green pepper, pimiento, lemon juice, salt, freshly ground pepper, and lettuce (190)
3 saltines (87)
1/2 apple (100)
1/2 cup skim milk (90)

Anytime: 1 cup skim milk (90)
2 graham crackers (55)

Dinner
1/2 cup cut up asparagus (20)
1/2 cup with 1/2 teaspoon butter (17)
1/2 cup strawberries (50) sweetened with juice of 1/2 orange (30)
Total calories for day: 1151

DAY 2

Breakfast
1/2 cup cantaloupe (60)
1 slice whole-wheat toast (55)
1 teaspoon butter (17)
1/2 cup skim milk (90)
Coffee (with skim milk) or tea

Lunch
1/2 cup chicken consommé madrilène with 1/2 cup mushrooms and 2 tablespoons ground beef (60)
1/2 cup chicken Diable (broiled with coating of hot mustard, lemon juice, tarragon, and freshly ground

Dinner
1/2 cup black pepper—185 calories)
1/2 cup string beans with mushrooms (20)
1/2 teaspoon butter (17)
Watercress and radish salad (10)
*Egg yolk dressing (50)
1 large orange (100)
Total calories for day: 1069

DAY 3

Breakfast
1/3 cup cornflakes (30) with 1 sliced banana (85)
1 cup skim milk (90)
Coffee (with skim milk) or tea

Lunch
1 cup chicken consommé with sliced raw mushrooms (40)
Raw spinach and hard-cooked egg salad with 1 slice bacon crumbled on top (150)
2 rye wafers (87)
1 teaspoon butter (35)
Egg yolk dressing (50)
1 large orange (100)
1 cup skim milk (90)

Anytime: 1 cup skim milk (90)
*1 oatmeal cookie (30)

Dinner
3 1/2 oz. peppered steak pan broiled in salt (200)
1/2 cup endive or celery braised in chicken stock with salt, freshly ground pepper, and lemon juice (25)
2 dried figs (120)
Total calories for day: 1222

DAY 4

Breakfast
1/2 grapefruit (55)
1 poached egg (80)
1 slice protein toast (45)
1 cup skim milk (90)
Coffee (with skim milk) or tea

Lunch
Vegetable salad: tomato, mushrooms, cucumber, raw cauliflower, zucchini, and 1/2 cup potato (cooked and diced) on lettuce (150)
1 tablespoon oil and

vinegar dressing (50)
2 rye wafers (45)
2/3 cup diced pineapple (60)
1 cup skim milk (90)

Dinner
1 cup tomato bouillon (1 beef bouillon cube dissolved in 1 cup hot tomato juice, garnished with chopped parsley—45 calories)
Scallops and water chestnuts en brochette (5 large scallops) (160)
3 artichoke hearts with lemon juice and oregano (30)
1 2 1/2-inch apple baked with cloves and orange juice (100)
Tea or coffee
Total calories for day: 1000

DAY 5

Breakfast
1 large orange (100)
1 slice whole-wheat toast (55)
1/2 teaspoon butter (17)
1 cup skim milk (90)
Coffee (with skim milk) or tea

Lunch
*Jellied watercress soup (35)
1 tomato, 1 cucumber, 1/2 cup sliced zucchini, and hard-cooked egg white salad (75)
*Egg yolk dressing (50)
1 slice white toast (60)
1/2 teaspoon butter (17)
1 pear (100)
1 cup skim milk (90)

Dinner
3 1/2 oz. sliced herb poached chicken (160)
2 halves broiled tomato with basil, garlic, pepper (35)
Corn on cob (70)
Honeydew with lime and chopped mint, 2-inch wedge, 6-inch melon (50)
Coffee (with skim milk) or tea
Total calories for day: 1004

DAY 6

Breakfast
1 cup fresh orange juice or guava nectar (100)
1 slice protein toast (45)

1 cup skim milk (90)
Coffee (with skim milk) or tea

Lunch
Mushroom, green bean, and chive salad (25)
1 tablespoon caper dressing (50)
1 slice sharp Cheddar cheese on 1 slice rye bread, toasted under broiler (170)
1 3-inch apple (100)
1 cup skim milk (90)

Dinner
3 1/2 oz. ginger marinated roast beef (marinate: beef bouillon, soy sauce, grated ginger root brought to a boil and poured over roast to marinate 3 hours. Drain meat and roast, basting with marinade during cooking—210 calories)
1/2 cup cauliflower with 1 tablespoon freshly grated Parmesan cheese, melted under broiler (40)
6 grapes (30)
1 piece unfrosted chocolate cake, 2 inches by 3 inches by 1 inch (150)
Coffee (with skim milk) or tea
Total calories for day: 1135

DAY 7

Breakfast
1/2 cup unsweetened cooked prunes (150)
1 slice whole-wheat toast (55)
Coffee (with skim milk) or tea

Lunch
*Cold roast beef salad (300)
3 saltines (50)
1 cup skim milk (90)

Anytime: 1 cup skim milk (90)

Dinner
Veal cutlet en papillote (285)
Place a lightly sautéed veal cutlet on a large piece of foil. Spoon over cooked tomato and zucchini. Season. Fold the foil to seal and bake in 375° oven 10-15 minutes.
1 tangerine (40)
*1 oatmeal cookie (30)
Coffee (with skim milk) or tea
Total calories for day: 1167

2 THE HIGH PROTEIN DIET

based on the recommendations

of Edgar S. Gordon, M.D.,

Professor of Medicine, University of

Wisconsin Medical Center

The principle "Cutting down on calories," says Dr. Gordon, "is only one and possibly not the most important way to reduce weight." Dieting always brings up the problem of hunger, he points out, but *how* hungry you feel depends on the relative restrictions of protein, carbohydrate, and fat. "A diet relatively high in carbohydrate or in fats tends to stimulate

hunger very quickly after a brief sensation of satiety. A high protein diet, on the other hand, has three valuable attributes:

1. It can be made very palatable.
 2. It has high satiety value, meaning that it satisfies the sense of hunger longer, it 'sticks to the ribs.' Small supplemental protein snacks at midmorning, midafternoon, and bedtime literally keep you digesting protein almost continuously and greatly increase the satiety value.
 3. Protein food has a high specific dynamic action—that is, it costs more calories to digest and use so that, in effect, a certain amount of the food energy is wasted as heat and is, therefore, unavailable for filling energy needs or for storage as fat.
- On the basis of research findings, Dr. Gordon recommends to House & Garden a high-protein diet that provides 105 grams of protein, 65 grams of carbohydrate, and 50 grams of fat, for a total of about 1100 calories daily. It is nutritionally adequate and almost never attended by hunger, he says, and it may be expected to produce a weekly loss of between 2 and 2½ pounds

The formula

Skim milk, 2 cups. Use only fluid skim milk, which is fortified in vitamins A and D.

Egg, 1. May be prepared in any way as long as no fat is added. One ounce of meat may be substituted if desired.

Meat, poultry, or fish, 9 ounces, cooked weight (see top of page 107). Remove all fat, preferably before cooking. May be broiled, pan broiled, roasted, or boiled. Lean cured meats are allowable—also pickled, smoked, or kippered fish or fish packed in water (but not in oil). Permissible substitutions: for *one* ounce of meat, ¼ cup cottage cheese, or 1 tablespoon peanut butter (not oftener than twice a week); for *two* ounces of meat, one egg (never eat more than two a day) or one ounce of Swiss, Cheddar, or American cheese (no other types, and only one substitution a day).

Vegetable I, 2-4 cups. Either raw, cooked, or combined. Select from following list and be sure to include at least ½ cup of those starred at least every other day:

Asparagus	*Collards	Peppers
*Broccoli	*Dandelion	Radishes
Cabbage	Endive	String beans—
Cauliflower	*Kale	green or wax
Celery	*Mustard	Bean sprouts
Chicory	*Spinach	Summer squash
Cucumbers	*Turnip greens	Tomatoes
Escarole	Lettuce	Tomato juice (not
Eggplant	Mushrooms	more than 1 cup
*Beet greens	Green onions	per day)
*Chard	Okra	Watercress

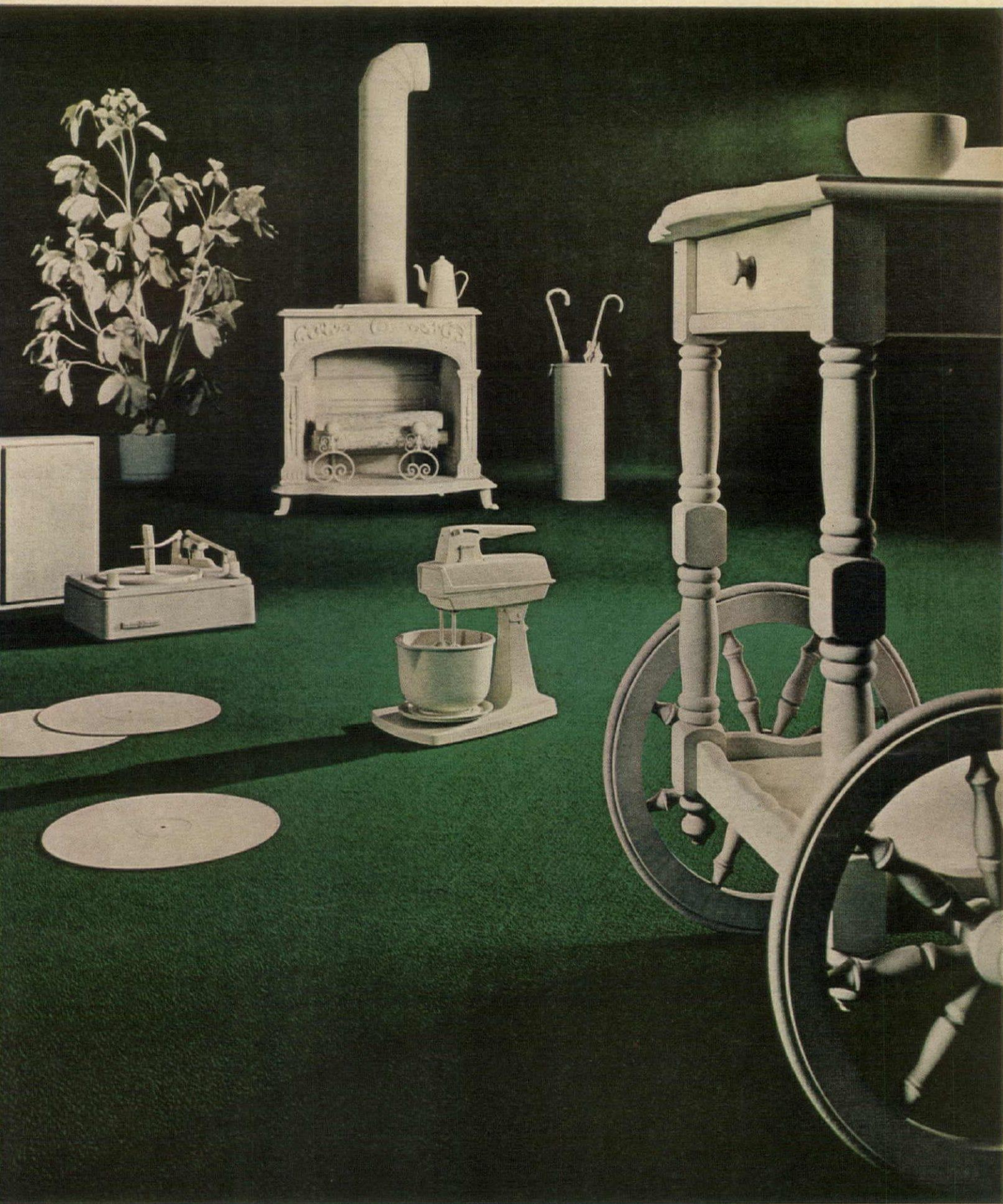
Vegetable II or grain, 1 serving of size indicated. Vegetable II may be ¼ cup of potatoes or ½ cup of any of the following: beets, Brussels sprouts; collards; white onions; peas; pumpkin, rutaba-

gas; winter squash. One serving of grain product might be: ½ slice bread; ¼ cup cooked cereal; ⅓ cup dry cereal; ¼ cup cooked rice; ¼ cup cooked spaghetti, noodles, or macaroni; 1 graham cracker; 2 saltines; 3 round thin crackers; 8 oyster crackers.

Fruit, 2 servings of size indicated. Choose from:

Apple, 2-inch diameter	Mango, ½ small
Applesauce, ½ cup	Nectarine, 1
Apple juice, ⅓ cup	Orange, 1 small
Apricots, fresh, 2 medium	Papaya, 1 medium
Apricots, dried, 4 halves	Peach, ⅓ medium
Apricot nectar, ½ cup	Peach nectar, ⅓ cup
Banana, ½ small	Pear, 1 small
Blackberries, 1 cup	Pear nectar, ½ cup
Blueberries, 1 cup	Pineapple, ½ cup
Cantaloupe, ¼, 6-inch diameter	Pineapple juice, ⅓ cup
Cherries, 10 large	Plums, 2 medium
Dates, 2	Prunes, 2 medium
Figs, fresh, 2 large	Prune juice, ¼ cup
Figs, dried, 1 small	Raisins, 2 tablespoons
Fruit cocktail, ½ cup	Raspberries, 1 cup
Grapefruit, ½ small	Rhubarb, 1 cup
Grapefruit juice, ½ cup	Strawberries, 1 cup
Grape juice, ¼ cup	Tangerine, 1 large
Honeydew, ⅓ medium	Watermelon, 1 cup


Fat, 4 servings of size indicated. Should be mainly vegetable fat. Total allowance may be in form of oil, but none should be used for frying. Each of the following is equal to one serving: 1 teaspoon corn, cottonseed, or safflower oil; 1 teaspoon mayonnaise made with corn oil (use no more than 2 teaspoons a day); 1 teaspoon margarine made with corn oil (use no more than 3 teaspoons a day); 4-5 halves of English (California) walnuts or 1 tablespoon chopped (use no more than 10 halves or 2 tablespoons a day).



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One week's menus

DAY 1

Breakfast

½ cup hot applesauce with orange zest and cinnamon
1 ounce broiled ham
1 poached egg
Coffee or tea

Midmorning

1 ounce cold meat
1 cup skim milk

Lunch

2 ounces broiled fish with lemon wedge
Okra and tomato baked in a casserole with a little tomato juice and seasonings

Midafternoon

1 ounce Swiss cheese
½ cup skim milk

Dinner

Herb-broiled calf's liver—cover ¼-inch thick piece of liver with lemon juice, chopped parsley, shallots, mushrooms, salt, and pepper. Broil 1½ minutes on each side.

Broccoli with lemon, 1 teaspoon margarine

Endive and beet salad, vinaigrette sauce with 1 teaspoon oil

Melon

Evening

1 ounce meat
½ cup skim milk

DAY 2

Breakfast

1 small orange
1 ounce broiled Canadian bacon
½ slice whole-wheat toast,
1 teaspoon margarine
Coffee or tea

Midmorning

1 deviled egg made with
*1 teaspoon mayonnaise
1 cup skim milk

Lunch

Hot beef bouillon

Shrimp baked in foil—Place 10-17 medium shrimp in center of large piece of foil. Sprinkle with salt and freshly ground pepper, 3 minced scallions, 1 teaspoon grated lemon zest and lemon juice. Seal edges. Bake in 450° oven for 5 minutes or until shrimp are pink.

Raw vegetable salad (Boston lettuce, bean sprouts, mushrooms, cauliflower buds, green beans, and tomatoes.) Herb dressing

Midafternoon

2 ounces meat or 1 ounce cheese
½ cup skim milk

Dinner

3 ounces marinated broiled lamb chop or broiled swordfish—Trim fat from lamb chops and marinate in minced garlic, grated lemon zest and lemon juice before broiling.

Ratatouille—Arrange tomatoes, zucchini, and eggplant in layers in baking dish. Season with chopped onion, garlic, pepper, and salt and bake covered in a 300° oven for 2 hours.

Honeydew melon and powdered ginger.

Evening

1 ounce meat
½ cup milk

DAY 3

Breakfast

¼ small cantaloupe
1 scrambled egg (with skim milk)
1 chicken liver (broiled)
Coffee or tea

Midmorning

1 ounce meat
1 cup skim milk

Lunch

Cottage cheese summer salad—mix together cottage cheese, tomato, cucumber, green onions, radishes, season and arrange on mound of lettuce leaves.

½ slice white toast with
1 teaspoon margarine

Spiced iced tea

Midafternoon

2 ounces meat
½ cup skim milk

Dinner

2 raw stuffed mushrooms—stuffing: cottage cheese creamed with 1 tablespoon milk, parsley, chives, marjoram, and dash of Worcestershire sauce. Chill.

*Orange roasted game hen or chicken

Asparagus with lemon and
1 teaspoon margarine
1 apple, 3 walnuts

Evening

1 ounce meat
½ cup skim milk

DAY 4

Breakfast

½ cup grapefruit juice

Sausage pattie

¼ English muffin,
½ teaspoon margarine
Coffee or tea

Midmorning

1 ounce meat
1 cup skim milk

Lunch

*Artichoke stuffed with shrimp
Tomato, raw mushroom, and caper salad with 2 tablespoons oil and vinegar dressing

Midafternoon

2 ounces cheese
½ cup skim milk

Dinner

Baked veal loaf
Pan broiled mushrooms
Braised spinach—braise in chicken stock with grated onion, nutmeg, rosemary, salt, and pepper. Drain and squeeze out liquid.

*Orange ice

Evening

1 ounce meat
½ cup skim milk

DAY 5

Breakfast

1 large tangerine
1 ounce broiled ham
½ slice rye toast, 1 teaspoon margarine
Coffee or tea

Midmorning

1 ounce meat
1 cup skim milk

Lunch

Hot tomato bouillon

Salade Niçoise: 2 ounces water-packed tuna, cooked green beans, green pepper, tomato, fennel, hard-cooked egg
Mustard vinaigrette sauce with 1 teaspoon oil

Midafternoon

2 ounces meat
½ cup skim milk

Dinner

Herbed pork chop—trim off fat. Score surface and press in minced parsley and shallots. Season and broil.

½ cup cauliflower with parsley, chives, and 1 teaspoon margarine

Zucchini, mushroom, watercress, and chicory salad

Garlic dressing with 1 teaspoon oil
1 cup strawberries

Evening

1 ounce meat
½ cup skim milk

DAY 6

Breakfast

½ small banana
⅓ cup dry cereal
1 poached egg
1 teaspoon margarine
Coffee or tea

Midmorning

1 ounce meat
1 cup skim milk

Lunch

Hot clam broth (or clam juice cocktail)

*James Beard's garlic hamburger
Spinach, mushroom, walnut salad
2 teaspoons oil and vinegar dressing

Midafternoon

2 ounces meat
½ cup skim milk

Dinner

Chicken roasted with soy sauce
Snow peas and water chestnuts with 1 teaspoon butter
Tomato broiled with oregano and seasonings
1 orange or small mango

Evening

1 ounce meat
½ cup skim milk

DAY 7

Breakfast

1 cup strawberries
¼ cup chopped chicken scrambled with 1 egg, flavored with tartaric acid
½ slice toast, 1 teaspoon margarine
Coffee or tea

Midmorning

1 ounce meat
½ cup skim milk

Lunch

Beef bouillon on the rocks
Fillet of sole en papillote (Place on foil. Sprinkle with parsley, lemon and seasonings. Seal foil.)
Bake in a 350° oven 10 minutes

Braised celery

Midafternoon

2 ounces meat
½ cup skim milk

Dinner

Roasted veal stuffed with mushrooms, garlic, pepper, salt
*Alex Hawkes's zucchini à la Marseillaise
Watercress and orange salad,
2 teaspoons curry-flavored oil
vinegar dressing
4 walnut halves
4 halved dried apricots poached with cloves and cinnamon

Evening

1 ounce meat
½ cup skim milk

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According to Dr. Gordon, the size of the portions is of vital importance to the effectiveness of the high-protein diet, so in many cases we have indicated the proper amounts on the menus. When not indicated there, you will find them in the lists of vegetables and fruits on page 104. Meat portions refer to cooked weight. Lacking a kitchen scale, you can judge according to the following rule of thumb: a 3-ounce portion of meat is approximately equal to 1/4 of a 2-3 pound chicken; 3/4-cup diced chicken; two 4-by-2-by-1/4-inch slices of any roasted meat; one medium loin chop 3/4 inch thick; a 1/2-inch thick beef pattie 3 inches in diameter; a 4-by-2-by-1/2-inch piece of steak or fish. When meat is stipulated for a between-meal snack, it might consist of some left over from a previous meal, or of beef balls tartare, which can be made up in medium quantity for just this purpose. If there are any items on the menus that you particularly dislike or have difficulty obtaining in your locality, substitute something else that will meet Dr. Gordon's specifications.

Recipes

Artichoke Stuffed with Shrimp

1 artichoke, cooked
6-8 shrimp, cooked
Chopped celery
1 tablespoon herb mayonnaise
(low-calorie mayonnaise, recipe opposite, plus 1 teaspoon minced parsley and 1 teaspoon minced herbs [tarragon, dill, chervil] or 1/2 teaspoon dried herbs)

Carefully pull apart artichoke leaves and scoop out choke with a teaspoon. Mix shrimp with celery and mustard herb sauce, and fill artichoke with mixture. Serves 1.

Orange Roasted Game Hens or Chicken

2 game hens 1 1/2 pounds each or
1 chicken, 3 1/2 pounds
3 tablespoons minced green onions
1 cup fresh or canned unsweetened orange juice
1/4 teaspoon rosemary
1 tablespoon grated orange zest
Salt and freshly ground pepper

Preheat oven to 300°. Wash and dry hens or chicken. Place in a shallow oven-proof casserole and sprinkle with the onions, rosemary, orange zest, salt, and pepper. Baste frequently with the orange juice for about 1 hour or until the hens or chicken are brown. Garnish with watercress and fresh orange sections. Serves 4.

Orange Ice

1 can frozen unsweetened orange juice concentrate
2 cans water

Mix together orange juice and water and freeze in ice tray. When frozen shave into slivers. Serves 4.

James Beard's Garlic Hamburger

1 clove garlic for each pound
1 teaspoon salt
1 teaspoon freshly ground black pepper
1/2 teaspoon Tabasco
1 pound ground sirloin

Mince the garlic and combine with salt, pepper, and Tabasco. Form meat into cakes about 1 inch thick, and press seasoning into side of each cake. Grill over coals to desired doneness. Serves 4.

Alex Hawkes's Zucchini à la Maude

Halve zucchini lengthwise and cook covered in beef bouillon flavored with lemon juice, Tabasco, and oregano until tender, about 10 minutes, over medium heat. Drain well, place in oven-proof baking dish, and sprinkle with a little freshly grated Parmesan cheese, run under broiler for 1 or 2 minutes.

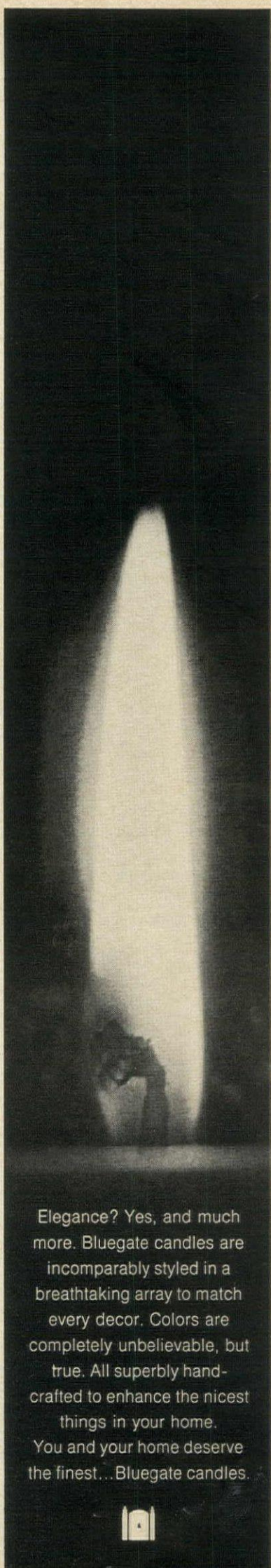
Low-Calorie Mayonnaise

1 egg yolk
1/2 teaspoon dry mustard
1/2 teaspoon salt
Dash cayenne
1 tablespoon vinegar
3/4 cup oil

Beat egg yolks and stir in seasonings and vinegar. Continue beating while adding oil 1 drop at a time. Mixture will thicken as oil is added. Chill until ready to serve. To reduce calorie count, beat in an equal amount of skim milk just before spooning over salad.

Makes about 1 cup; 1 tablespoon = 112 calories. Diluted with an equal amount of skim milk, 1 tablespoon = 59 calories.

Continued on the next page



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TWO GREAT REDUCING DIETS *continued from preceding page*

Diet tips

Diet time is no time to stint on the food budget. When you're rationing yourself on quantity don't skimp on quality. Pick the fanciest fruits and vegetables you can find on the market—the freshest seafood, the best cuts of meat. It will pay off by keeping your spirits higher.

The toughest hurdle in dieting is **curbing your appetite.** It helps to eat very slowly, take smaller bites, chew thoroughly.

The appearance of diet food is very important. Imitate the Japanese who have mastered the art of presenting small helpings attractively and imaginatively, to be enjoyed first with the eyes, then with the taste buds.

If you are following Dr. Gordon's high-protein diet, the following seasonings or accompaniments will give you a little **more variety:** clear fat-free broth or bouillon; dill pickles or sour pickles; lemon juice; prepared mustard; vinegar; coffee and tea.

For those moments when you have an overwhelming urge to raid the refrigerator, **stock up on raw vegetables.** Celery and radishes are excellent midnight snacks because the energetic chewing burns up calories, too. Asparagus and cauliflower, raw turnips, and green peppers are also good.

Keep a **chilled cooked artichoke** in the refrigerator, and dip the leaves in mustard and lemon juice.

Raw vegetables are improved if they are soaked in salted water for an hour or two, then patted dry and chilled in plastic wrap. Nibble them with the addition of a little coarse salt and freshly milled pepper.

For **an evening snack,** celery with a dab of Gorgonzola or cottage cheese; a pickled beet with a dot of Roquefort cheese; sliced tongue or *very* finely sliced ham wrapping a dill pickle.

Hors d'oeuvres traditionally weaken the dieter's resolve, but here are some good party nibbles that are low in calories, high in nutrition: Spear chunks of smoked sturgeon, swordfish, herring, eel with cocktail picks, or season chunks of cooked lobster or shrimp with coarse salt, freshly ground pepper, lemon juice and chopped chives.

Serve smoked salmon on rounds of cucumber with capers or prosciutto or sliced ham around a sour gherkin.

Top radish flowerets with a dot of soft cheese or top a cube of Feta cheese with a black olive.

Roll pimiento strips inside thin salami slices, or roll salami around pickled onions, cauliflower flowerets, cucumber chunks, or bread and butter pickles. Secure with a pick.

Raw vegetables: Cut cucumbers in strips lengthwise and soak in ice water with mint. Slice zucchini thinly and sprinkle with seasoning salt.

Chilled **cooked artichoke leaves,** sliced raw turnip, celery, fennel, tomatoes, carrots, and raw mushrooms can be served the same way—or with a low-calorie dip of soy sauce, wine vinegar with hot mustard, and crushed pepper.

Recipes

Jellied Watercress and Radish Soup

3 cups canned jellied consommé
 3 tablespoons lime or lemon juice
 3 cups watercress leaves
 1 cup radishes, sliced
 1 cup chopped chives
 1 hard-cooked egg white

Put in a blender half the jellied consommé, watercress leaves, and radishes. Fold in the remaining consommé, lime juice and chives. Serve jellied, garnished with chopped chives and grated hard-cooked egg white. Serves 4 to 6.

Cold Roast Beef Salad

1 teaspoon hot mustard
 1 teaspoon dried tarragon
 2 tablespoons oil and vinegar dressing
 1 pound cold roast beef, sliced
 1 cup cold cooked green beans
 1 small tomato, quartered
 1 tablespoon chopped parsley
 1 head of Boston lettuce

Mix the mustard and tarragon into the dressing, and toss with the roast beef and green beans. Marinate 1/2 hour, then mix in tomatoes and parsley; serve on lettuce. Serves 1.

Egg Yolk Dressing

1 hard-cooked egg yolk (use white in salad)
 3 tablespoons white wine vinegar
 1/4 teaspoon salt
 Freshly ground black pepper
 Pinch each of dried dill and basil
 1/8 teaspoon dry mustard

Mash the egg yolk thoroughly or put it through a sieve. Mix well with the vinegar, salt, pepper to taste, dill, basil, and mustard. Makes dressing for 1 salad.

This could also be made with a raw egg yolk. Beat the vinegar into the lightly beaten yolk, and then mix in the seasonings.

Oatmeal Cookies

1 egg
 2 tablespoons soft butter
 1/4 cup finely packed brown sugar
 1/4 cup buttermilk
 1 cup all-purpose flour
 1/2 teaspoon baking soda
 1/2 teaspoon salt
 5 tablespoons honey
 1 1/2 cups quick cooking rolled oats
 2 tablespoons chopped walnuts

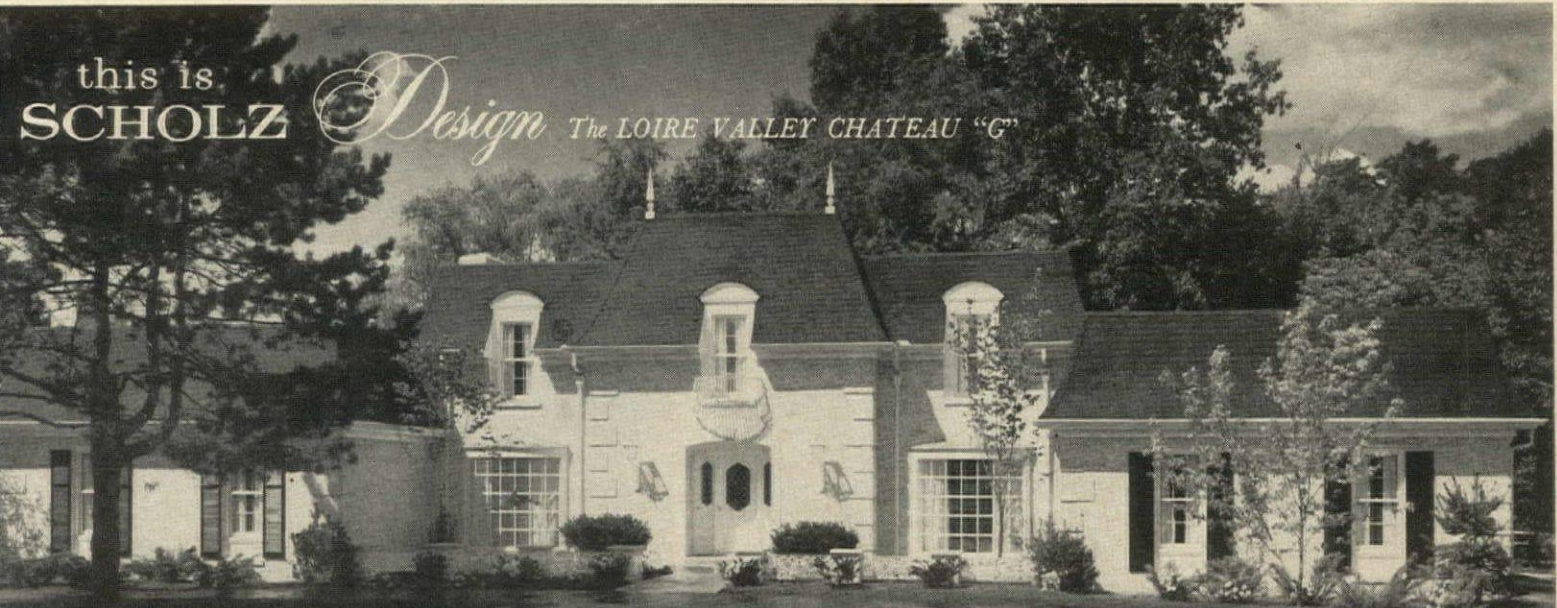
Beat together the egg, butter, brown sugar, and buttermilk until thoroughly blended. Sift flour with baking soda and salt. Add to the butter mixture with honey. Fold in the rolled

oats and chopped nuts. Drop by teaspoonfuls on a lightly greased cookie sheet. Bake in a preheated oven (375°) for about 10 minutes, until delicately brown. Makes about 4 dozen. Calories per cookie: 30. In the freezer these cookies will keep for several months.

Oeuf en gelée

1 1/2 tablespoons unflavored gelatin
 3 cups well-seasoned chicken stock
 12 tarragon leaves, fresh or preserved in vinegar
 6 tablespoons finely chopped ham
 6 chilled poached eggs
 Lettuce

Soften the gelatin in half cup of the chicken stock. Put over low heat and stir to dissolve. Stir in remaining stock. Set aside to cool. Pour 1/8 inch jelly in the bottom of 6 round or oval molds of 1/2 cup capacity, and refrigerate until set, about 30 minutes. Chill remaining gelatin until almost set. Drop tarragon leaves in boiling water for 30 seconds, plunge into cold water, dry, and chill. Dip in almost set jelly, and arrange in a cross on the jelly in the bottom of each mold. Sprinkle minced ham on top, pour in a little more jelly, and chill until set. Place an egg in each mold. Pour in remaining jelly to cover. Chill until well set, about 1 hour. To serve, dip each mold in hot water 3-4 seconds, unmold on lettuce on a chilled serving plate. Serves 6.



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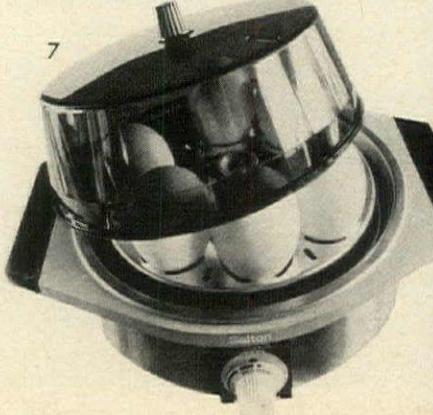
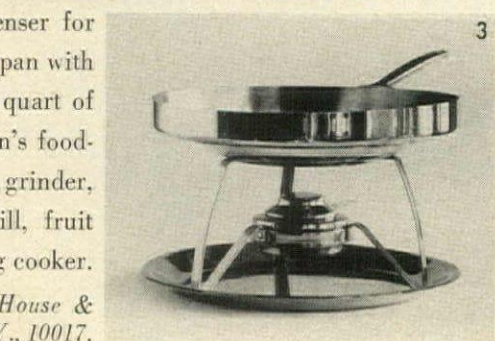
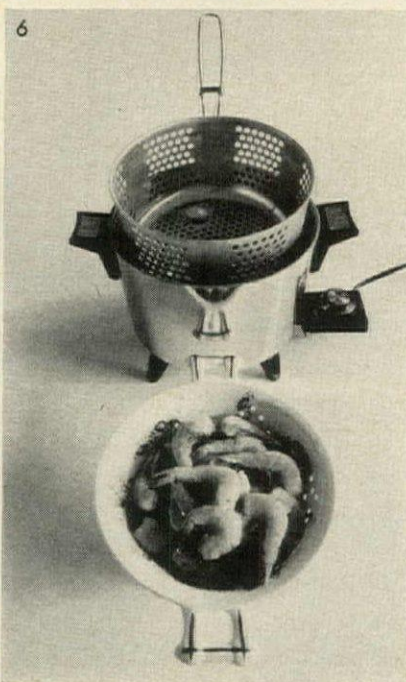
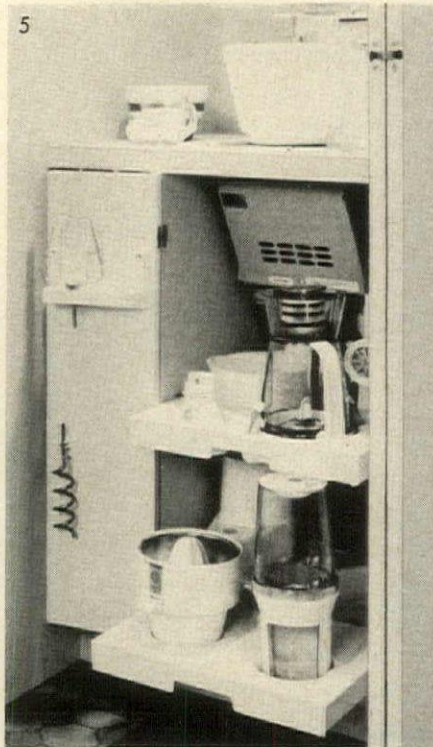
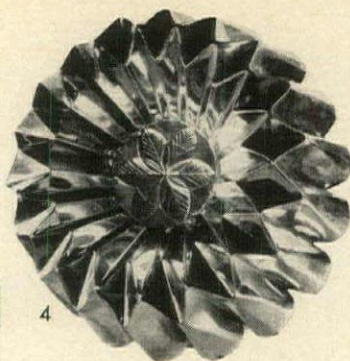
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 FOOD PREPARATION**



1. On the back wall of the super kitchen, a pair of closets, over twice as deep as the lockers, have extra-deep, built-in countertops, are closed off with folding doors. At bottom of left-hand closet are 24-inch-deep shelves for extra big items; above countertop, 15-inch-deep shelves for small appliances. A row of electrical outlets permits more than one to be used at a time. Right-hand closet is 3-foot-wide. Centered below its countertop is a cabinet housing Ronson's built-in food-preparation center. On either side, space for trays and cookie sheets.

2. Wonderful kitchen helper: an instant hot-water dispenser for soup or tea. National by Hobart. 3. Revere's copper crêpe pan with flame stand sits in appliance closet. 4. Tin mold holds a quart of anything delicious. 5. Pulled out from its cabinet, Ronson's food-preparation center with many attachments including mixer, grinder, knife sharpener, slicer/shredder, ice crusher, coffee mill, fruit juicer. 6. Presto's deep fat fryer. 7. Salton's brand new egg cooker.

For construction plans for the new locker, please write to House & Garden Reader Service, 420 Lexington Avenue, New York, N. Y., 10017.

TOM YEE

HOW TO COLLECT PRIMITIVE ART

continued from page 49

at Berkeley, and the Wellcome Collection of African Art at the University of California at Los Angeles. Recently U.C.L.A. began publishing "African Arts," the only magazine in the field.

Like almost all kinds of art, primitive art has its fakes. There are numerous horror stories about the proliferation of fakes on the market today. My favorite comes from a dealer, who told me of a warehouse he saw in the Western Sudan that contained—impossibly—40,000 of the graceful and popular "antelope" headgear formerly worn by the Bambara tribe at its agricultural dances.

Many people learn to distinguish the real thing from both airport tourist curios and pieces made long after a tribe had been exposed to European culture by checking items like the following. Does the wood patina on a figure appear to come from oil, smoke and handling, or is it shoe polish that scratches off? Does a mask have "sweat marks" on the inner side from being worn in a ritual dance? Does the handle of a carved spoon appear used? Does the bottom of a bowl or stool look vaguely shiny?

Ceramic pieces are nearly all restored in part, and the extent of restoration (over 50 percent shakes the value of a work) can be determined by ultraviolet light, however clever the job. Although museums rarely have the time to authenticate work for collectors, there are portable ultraviolet sets that can be used at home. But by far the best way to distinguish real from recently made, curators and dealers agree, is to develop an eye for the styles of a region or tribe by looking and more looking.

In addition to the museums, galleries, of course, are good places to look as well as to buy. (Until you are an expert, auction sales—unless the catalogues indicate they are of famous collections—may be an unwise bet.) In New York there are about twenty-five reputable galleries that deal in primitive art. The undisputed dean, who also exhibits antiquities, is John J. Klejman, 982 Madison Avenue. Mr. Klejman is such a connoisseur that he is perhaps an exception to the just-walk-in rule. But over a year or so, as you build up the knowledge and the courage to enter, you can enjoy the impeccable miniature exhibitions he mounts in his show window.

Other New York dealers of note include André Emmerich, 41 East Fifty-seventh Street, who shows only pre-Columbian art; Alan Brandt, who works from his apartment at 44 West Seventy-seventh Street; Merton D. Simpson, 1063 Madison Avenue, who specializes in African sculpture; and Aaron Furman, whose five-story townhouse at 26 East Eighty-eighth Street is crammed with work, particularly African.

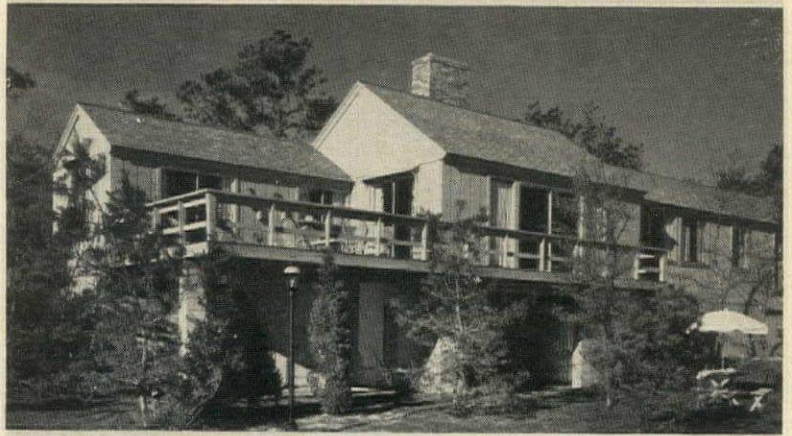
In Los Angeles, the Stendahl Galleries have specialized for many years in pre-Columbian art, as does David Stuart, on La Cienega Boulevard. In Beverly Hills, the Harry Franklin Gallery has a fine stock, especially of Oceanian objects.

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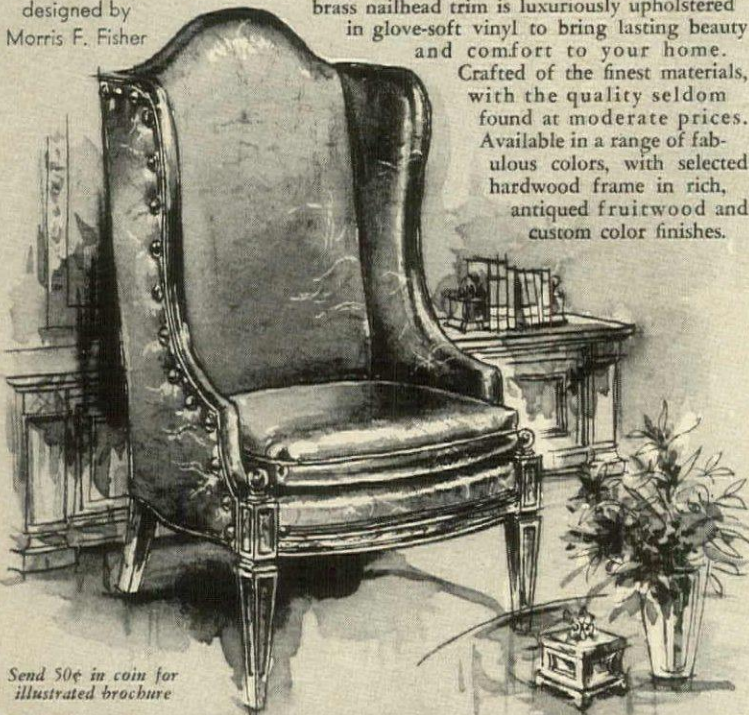


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WHAT'S NEW FOR LIVING

Page 32:
Pierre Cardin desk set, available only in Pierre Cardin boutiques in Europe. Perrygons, \$10 at Museum of Modern Art Bookstore, 11 W. 53rd St., New York, N. Y., 10019.

Trim-Tilt windows, available in colonial or contemporary styles from Caldwell Mfg. Co., 64 Commercial St., Rochester, N. Y., 14614.

"Magic Carpet" by Dole Electro-Systems, 164 E. Dana, Mountain View, Calif.

Cold-water coffee maker, 32 cup capacity, \$22.50 including filters at Abercrombie & Fitch, Madison Ave. at 45th St., New York, N. Y., 10017.

Stainless steel and glass table by R. J. McDonald, \$1,050 at Transflections, Ltd., 76-59 264 St., Floral Park, N. Y.

"Clouds" coffee table designed by James Balder, \$350 at Luten-Clarey-Stern, 1059 Third Ave., New York, N. Y., 10021.

Attaché Phone, portable automobile telephone system by Melabs, Inc., \$58.65 per month (or can be purchased for \$2,550) at Hammacher Schlemmer, 147 E. 57th St., New York, N. Y., 10022.

"Rotating Square", engraved crystal on walnut stand, \$2,750 at Steuben Glass, Fifth Ave. at 56th St., New York, N. Y., 10022.

THE BEAUTIFUL BED

Page 78:
"Infinity" pattern, permanent press cotton and polyester, pink: king flat, \$14; king fitted, \$14; pillowcase, \$2.50. "Perfection" solids, permanent press cotton and polyester, bright pink: king flat, \$12; king fitted, \$12; pillowcase, \$1.80. "Moderne" blanket, virgin wool, plum, king-size, \$45. All by Fieldcrest Mills.

Page 79:
"Melanie" floral pattern, combed cotton percale: queen flat, \$7; queen fitted, \$7; pillowcase, \$1.60. Solid colors, combed cotton percale in pink, yellow, and white: queen flat, \$8; queen fitted, \$8; pillowcase, \$2.50. "Queen Stripe," combed cotton percale, blue, queen flat, \$7. All by Pacific division of Wamsutta Mills. Bed hangings, canopy, dust ruffle, and oblong bolster custom made by Capricorn Designs.

"Far and Wide" wallpaper by Seymour Avigdor. At & Vice Versa."

Page 80:
Custom-made fourposter bed with upholstered headboard, queen-size by The Head-Bed Co.

"Cameo Rose" pattern, durable press cotton and polyester percale, geranium pink and larkspur blue: queen flat, \$8; queen fitted, \$8; pillowcase, \$1.20. "Tempo Stripe" pattern, durable press cotton and polyester, vibrant pink and celestial blue: queen flat, \$9; queen fitted, \$9; pillowcase, \$2.25. Solids, durable press cotton and polyester, in fresh pink, vibrant pink, celestial blue, and blue belle: queen flat, \$8.50; queen fitted, \$8.70; pillowcase, \$2.10. All by Cannon Royal Family.

Page 81:
"Mini-Dot" permanent press percale cotton and polyester, emerald with white dots: queen flat, \$11; pillowcase, \$2.30; white with emerald dots: queen fitted, \$11. By Stevens-Utica. "Mini-Dot" pillows covered in same sheeting, Dacron filling, king-size, \$10. By Countess York.

Page 82:
Top:
"Poppy Parade" no-iron muslin, Fortrel and cotton: king flat, \$11; king fitted, \$11; king pillowcase, \$4. B. Dan River.

Interior fabric treatments by Wm. R. Byrd Assoc.

Bottom:
"Amapola" pattern, permanent press Dacron and combed cotton, pink: king flat, \$15; king fitted, \$15; pillowcase, \$2.50 (king-size, \$3). "Amapola" comforter, Avril and cotton Dacron fiberfill, pink, king-size, \$145. Pillows covered in same fabric with Dacron fiberfill, 18" square, \$18. All by Carlin (Division of WestPoint Pepperell).

Page 83:
Springmaid "Printilism" collection "Mirage" wavy pattern and "Fantasy" floral pattern, both no-iron "Wondercale," Kodel and cotton: king flat, \$14; king fitted, \$14; king-size pillowcase, \$4.50 pair.
"Z" table, 3/4" clear glass top, 1/2" plexi base, 20" x 30" x 24" high, \$300 at Frame Craft, Ltd.

DECORATING ZEST

Page 84:

Top:
'Up' furniture by Gaetano Pesce: mushroom chair, "Dona" lounge chair, spherical ottoman, two-position sofa. All of polyurethane with stretch fabric upholstery, self-inflatable when exposed to air, from Atelier, at Macy's, Herald Sq., New York, N. Y., 10013.

Bottom:

Living-eating complex, storage for houseware and music equipment in four corner cabinets, concealed dining table of natural ashwood, unit lacquered matte white, \$799 at Macy's.

Chaise from Longacre Furniture, covered in fabric-backed Mylar from Gilford Vinyl Wallcovering & Leather Co., \$1,500 at Abraham & Straus, 420 Fulton St., Brooklyn, N. Y., 11201.

Page 85:

Top:
Decorative screen, each panel 20" x 94", \$330 per panel at Wm. L. Designs, Inc.,* 979 Third Ave., New York, N. Y., 10022.

Stackable modules of 4 separate units, \$1,500 at Lord & Taylor, Fifth Ave. & 38th St., New York, N. Y., 10018. Sofa bed of leather and white lacquer, \$850 at Lord & Taylor.

"S" chair of laminated wood shaped under steam, stained in red or orange finish, \$195 at I.C.F.,* 145 E. 57th St., New York, N. Y., 10022.

Middle:

Storage on wheels by Cini Boeri, at Gimbel's, Broadway & 33rd St., New York, N. Y., 10001.

Chiara floor lamp, \$300 at Macy's. Suede mirror, 22" x 41" with fringe, \$275 at L'Insolite, 39 E. 78th St., New York, N. Y., 10021.

Bottom:

Highboy bar painted in acrylic House & Garden Zinnia and Curry on white lacquer, 36" wide x 18" deep x 78" high, by Donald Cameron at Parzinger Originals, 32 E. 57th St., New York, N. Y., 10022.

Étagère of lucite, \$750 at Abraham & Straus.

Page 86:

Top left:
Lucite tub chair, removable cushion, 29" high x 25" wide x 27" deep, \$695 at Abraham & Straus.

Middle:

Mobile bar of interlocking units, aluminum top, \$734 at Prober,* 979 Third Ave., New York, N. Y., 10022.

Leather lounge chair by DeSede, 41" wide x 40" deep x 28" high, \$1,225 at Lutten-Clarey-Stern,* 1059 Third Ave., New York, N. Y., 10022.

Bottom:

See-through lamp by Stefano Mantovani, 15½" diam. x 29" high, from Studio G.S., Via Condotti 61/A, Rome, Italy.

Regency cabinet, beige and gold on black lacquer, 72" high x 17" deep x 40" wide, \$2,400 at Yale R. Burge Antiques,* 315 E. 62nd St., New York, N. Y., 10021.

Page 87:

Top:
Molded plastic expandables: child's chair, 12" high, \$4; stool, 12" x 18" high, \$8.50; bistro table, 22" x 28" high, \$17; planter, 12" x 18" high, \$6.50. All at Bonnier's, 605 Madison Ave., New York, N. Y., 10022.

Queen Anne walnut armchair covered in brown antique leather, \$390 at Lord & Taylor.

Shelf and table in lucite: shelf is 15" high x 9" wide x 32" long, \$350; table is 32" x 32" x 27" high, \$385. At Abraham & Straus.

Middle right:

Slit mirrored cube, \$180; jagged cut out cube, \$225. Both 16" sq. in various colors at L'Insolite.

Bottom:

Mobile Totale by T. Ammannati and G. P. Vitelli: includes bed/sitting area, drawer and closet space, refrigerator, cooking unit, stereo, sliding panels, which pull out to serve as table space; \$4,500. Set of 3 floor lamps by Arteluce: 81½" high, 78" high, and 72" high, \$95 each. Fabric panels, "Arcade" from Unika-Vaev, \$7 yard. Painting by Thomas Carbery, "The Girls," \$800. All at B. Altman, Fifth Ave. at 34th St., New York, N. Y., 10016.

SUPER BATH-BEDROOM

Page 89:

Dressing table bench with seat custom covered in "Chestnut" sheared terry by Spring Mills, 23" wide x 18" deep x 16¾" high, \$235 with canvas seat and \$365 with ox hide seat, at Dunbar-Dux,* 305 E. 63rd St., New York, N. Y., 10021.

Silver bath jar, \$12. Silver tumbler, \$6.75. Large silver bottle, \$21.50. All at Hammacher Schlemmer, 145 E. 57th St., New York, N.Y., 10022.

Cordless electric shaver by Shick, \$34.

Orrefors glass ashtray, \$18.50 at Georg Jensen, 667 Fifth Ave., New York, N.Y., 10022.

Water Pik with carrying case by Aqua Tec, \$34.

Nesting cane storage trunk (reflected in mirror), small \$14, medium \$16, large \$18, at Primitive Artisan.*

Page 90:

Dressing table bench (same as on p. 89) from Dunbar-Dux.*

Lucite wastebasket, \$24, and lucite Kleenex holder, \$14, at Hammacher Schlemmer.

Stainless vase, \$15 at Georg Jensen.

Page 91:

On bedside tables:

Chrome lamps by Ingo Maurer, \$32.50 each at Georg Jensen.

Thermolord pitcher, ¾ qt. capacity,

Continued on page 162



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Margaret was found in a back lane of Calcutta, lying in her doorway, unconscious from hunger. Inside, her mother had just died in childbirth.

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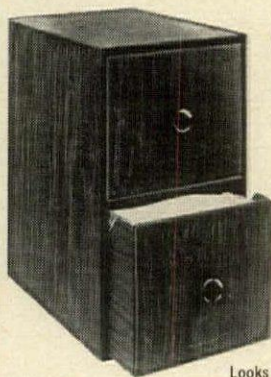
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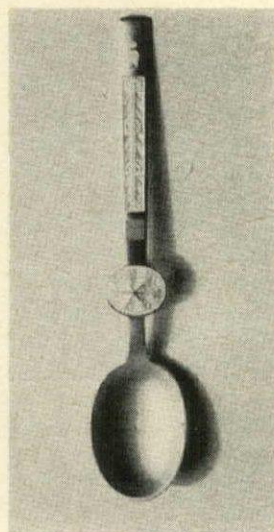
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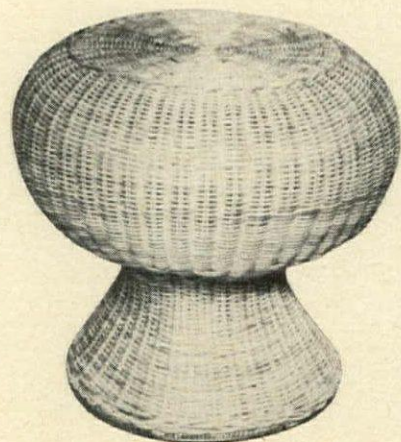


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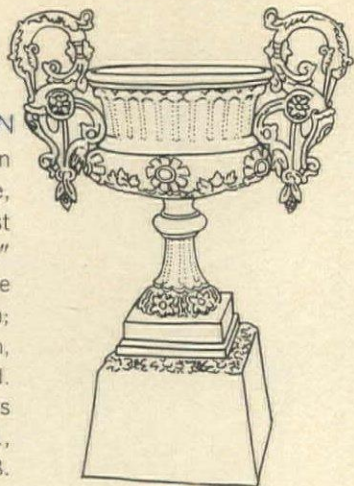
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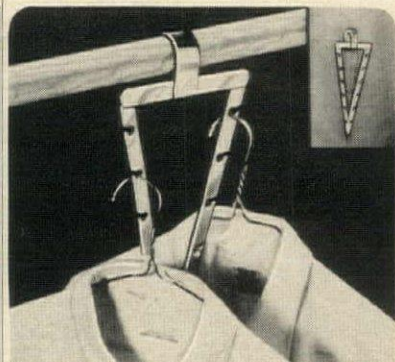
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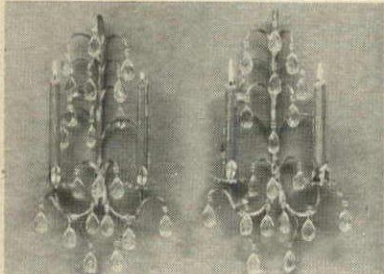
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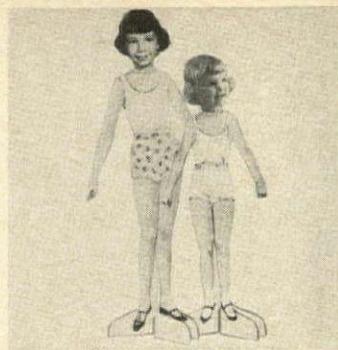
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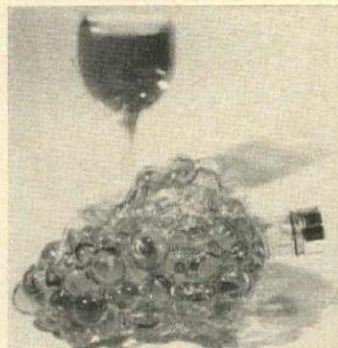
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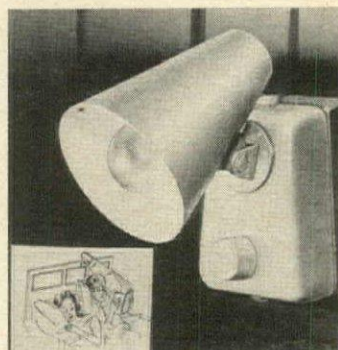
GRAPES FOR THE GRAPE

Elegant cluster of crystal grapes is a 6" bottle that keeps the bouquet of fine wine locked in and is decorative for serving your favorite vintage at dinner. The screw-on cap is silvery metal. Set of six individual servers is \$5.95 plus 50c post. Holiday Gifts, Dept. 301-B, 7047 Pecos St., Denver, Colorado 80221.



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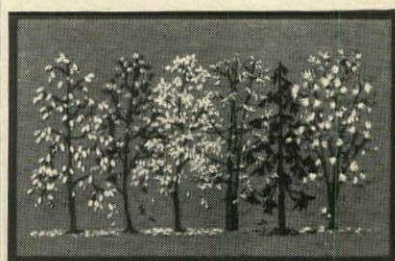


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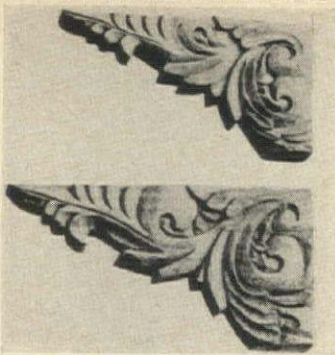
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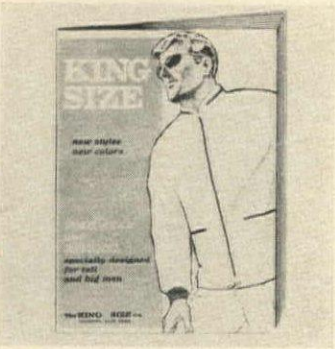
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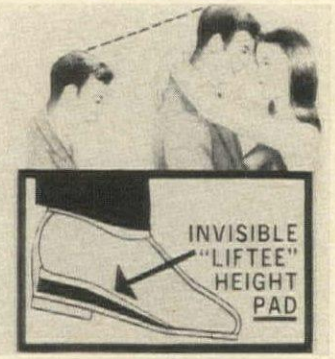
SONNY'S SHOWPLACE

For today's tots, a home they can call their own. Indoor outdoor playhouse is of rigid fiberboard construction with reinforced windows and a real mail box. Double doors swing in and out. 45" by 30". When not in use, pad folds for storage. \$5.98 plus \$1 post. World Co., Dept. HG1, 1 Park Ave., New York, N. Y. 10016.



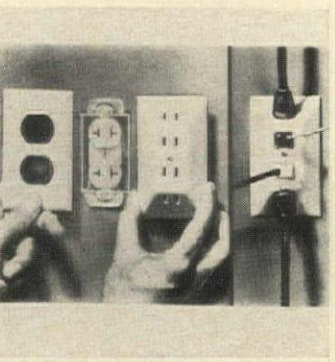
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Throw away old-hat elevator shoes. Slip non-slip foam sponge and cushion cork *Liftee* inside regular shoe—no glue to gum up the works. Top is faille. Pad adds two inches to your stature. Pair's removable. Specify man's or woman's shoe size. \$1.98 a pair; two, \$3.50; three, \$5. Ppd. The Liftee Co., HGL-1, Box 608, Church St., New York 10008.



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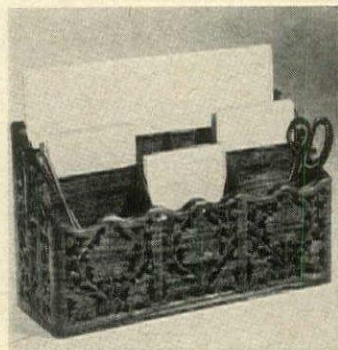
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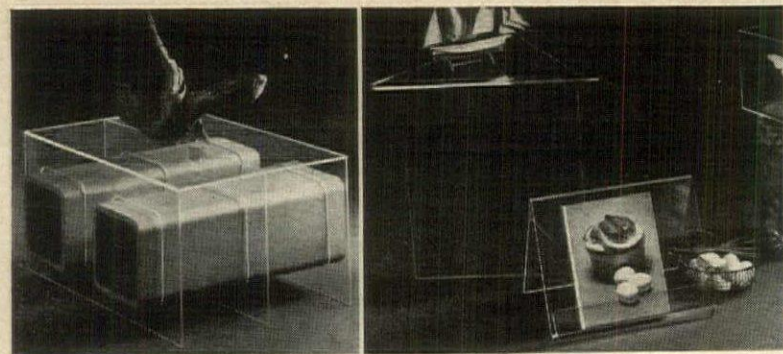
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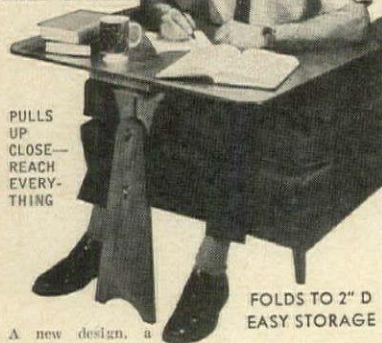
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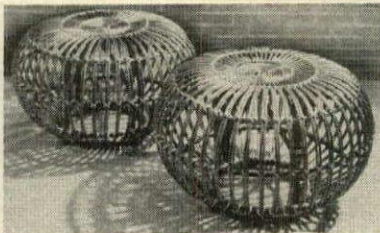
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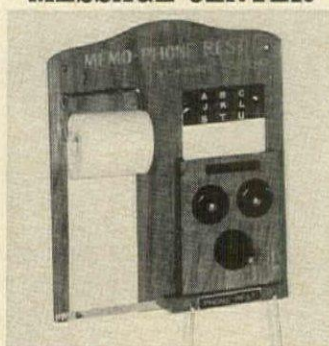
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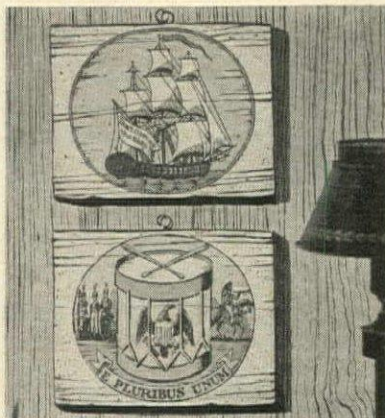
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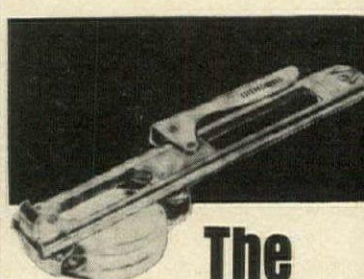
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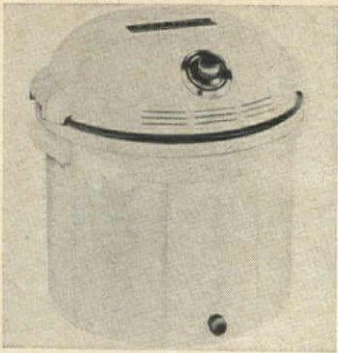
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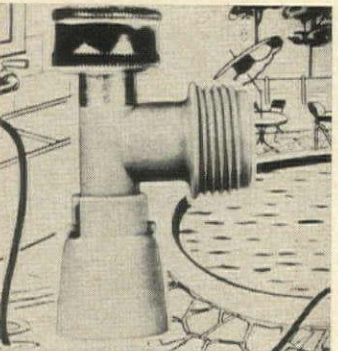
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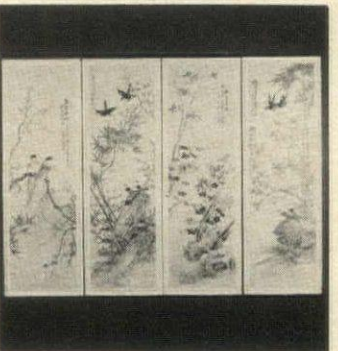
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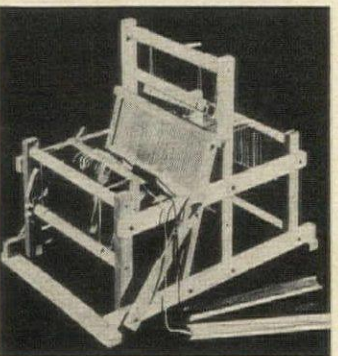
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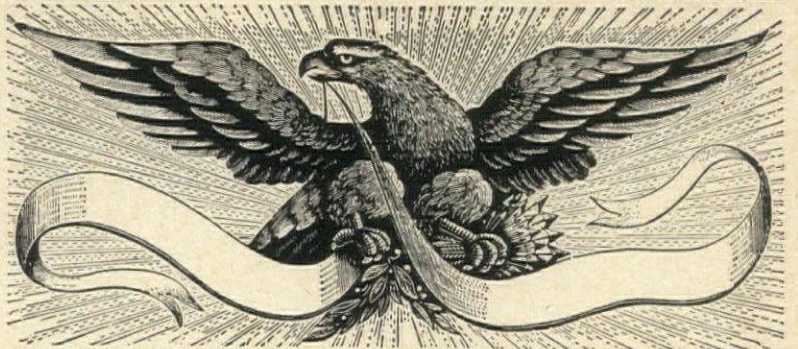


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Authentic small loom comes with two filled shuttles with assorted color yarns. Weaves place mats, gorgeous scarves, ties. Loom is 13½" by 10½" by 11½" with strong plastic comb controlled by one lever. Easy-to-follow directions included. \$5.95 plus \$1 postage. Amtech Creations, HG1, 3511 Lawson Blvd., Ocean-side, N. Y. 11572.



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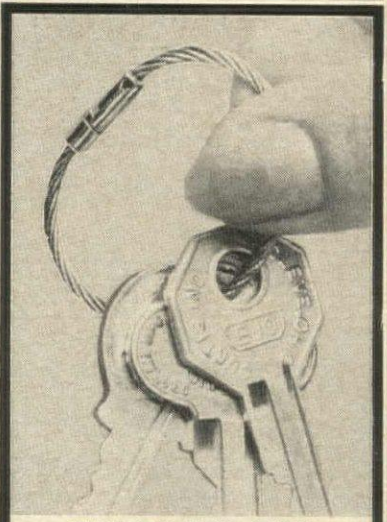


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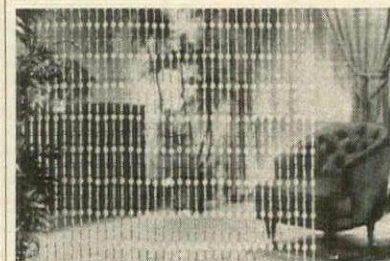
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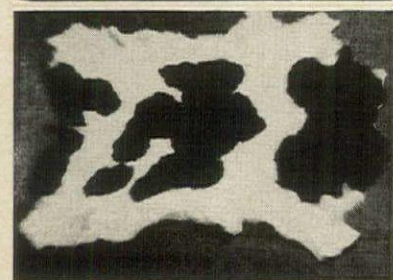
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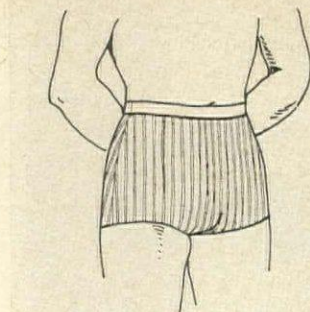
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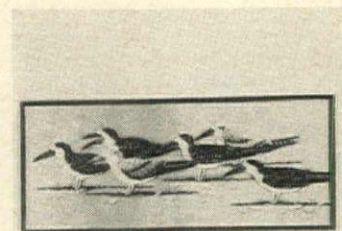
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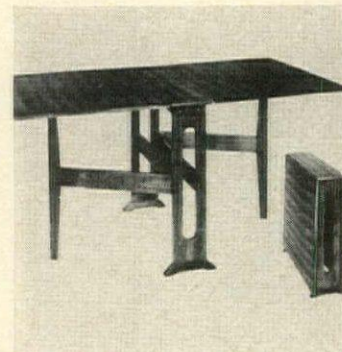
TINY TROPICS

Plant protector lets seedlings grow up comfortably without contending with weeds, insects, diseases. Start from nutrient-rich Gro-Blocks that replace soil and pots. Compact electric greenhouse with clear plastic dome is 7¼" h., 25¼" w., 13¼" d. With five packets of seed. \$14.95 ppd. Miles Kimball Co., 100 Bond St., Oshkosh, Wis. 54901.



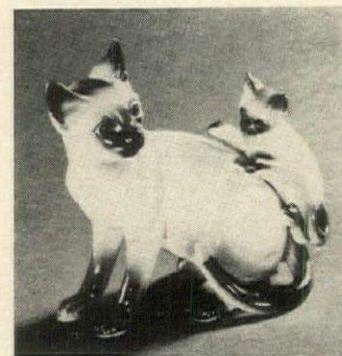
BIRD SCENE SCHEME

Simple stitchery makes up a crewel picture of black skimmers with red bills, white breasts on a shell-strewn beach. Just straight and chain stitches and a few French knots. Kit has textured fabric, yarns, needles, instr., diagram. 14" by 32", \$9.95 plus 60c post. You supply frame. Crewel World, HG1, Box 303, Huntingdon Valley, Pa. 19006.



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Now, as a result of our new novel forming technique, it is fun and easy for you to assemble this choice tiffany decorator lamp. Everything is included in the kit but the two hours of your time necessary for completion. The resurgent interest in this lamp style makes this true 22 inch diameter tiffany lamp, with electrical components, an unheard of value. Hard acrylic base undistinguishable from glass.

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DOODLE MIT STRUDEL

And you'll get better results easily with ready-made Hungarian strudel dough sheets. Tissue-thin and individually cellophane wrapped. Just load with a favorite filling, apple, Mohn, cheese, even sausage, cabbage, and bake! Four sheets for two 23" strudels, with recipes. \$5.98 ppd. Maison Michel, HG1, Michel Bldg., New Hyde Park, N. Y. 11040.



LINER FOR LOCKS

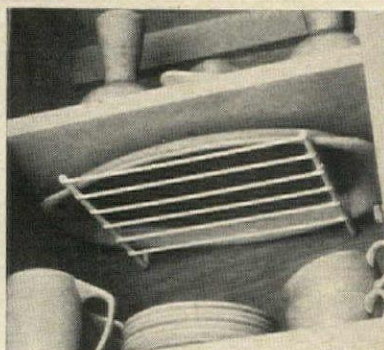
What's Breck been up to these days? Well, for one thing, making a liner for your favorite wig. It stretches to fit any shape skull. Wig remains in place, feels better, stays cleaner. Furthermore, it can double for a swim cap on your winter vacation. Keeps ends dry. Two for \$2.98 ppd. Breck's of Boston, K12 Breck Bldg., Boston, Mass. 02210.



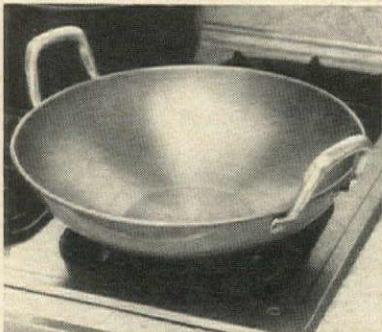
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Delicately fluted translucent white porcelain for a hundred uses—desserts, sauces, relishes, mints! Dainty looking but dishwasher-proof! Sets of 8. #8151—Lotus Blossom Bowls (4 1/2") 1 Set \$2.98 #8147—Lotus Blossom Plates (5 1/4") 1 Set \$2.98



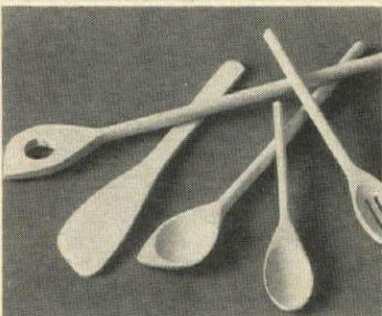
PLATTER STORAGE RACK.....\$1.39
At last—a safe home for any platter! New cushion-coated rack holds it securely in that unused space under a shelf—keeps it safe and easy to reach, adds needed storage space to cabinets! Sturdy steel, 10x9 3/4", screws incl. White. #6368 Ea. \$1.39, 3 for \$3.98.



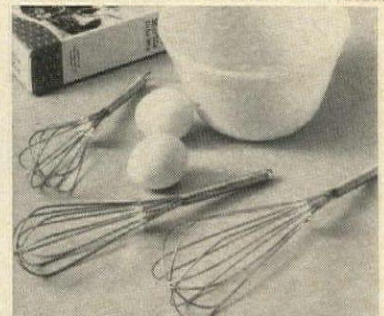
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BUFFET SILVERWARE STACKERS.....Set of 2 \$1.29
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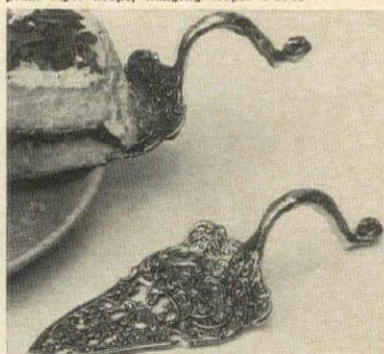
CHEF'S WOODEN TOOLS.....Set of 5 \$1.59
Fascinating forms, and essential utensils—the finest chefs wouldn't stir without them! Spoons that get into corners, with holes for mixing dough, with slots for draining, paddle shapes for folding—each different! Natural wood, 9-14" long. #6077



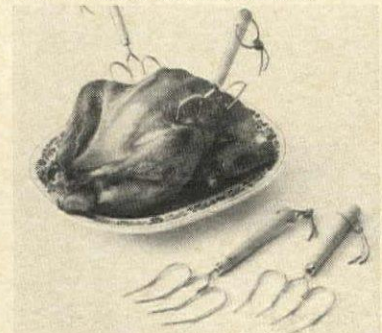
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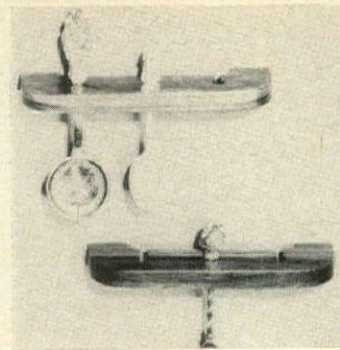
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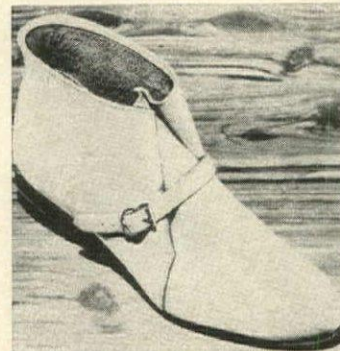
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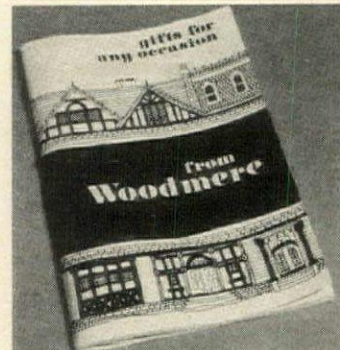
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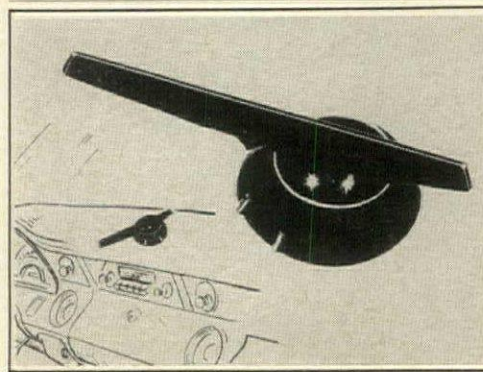
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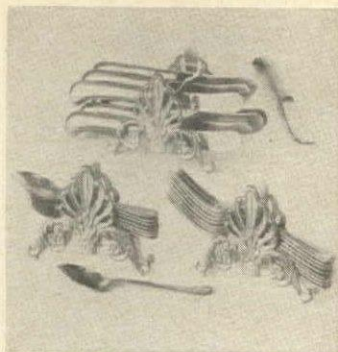
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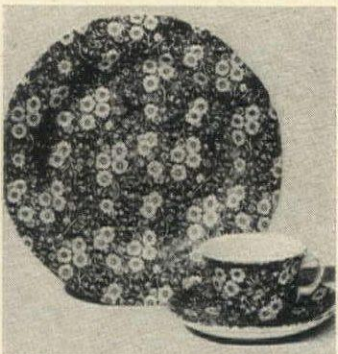
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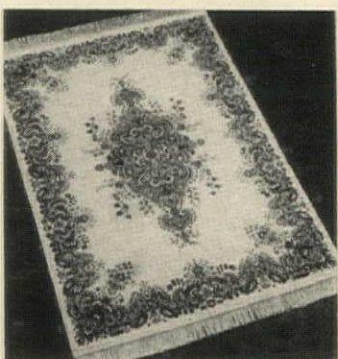
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Natural choice for living room or bedroom is the "Hamilton" armchair with button tufted back and lined skirt. Foam over hardwood frame. 29½" by 19" by 31½" h. 28 velvets, moirés, solids. \$74 ea.; \$145 a pr. Catalogue, swatches, \$1. Exp. charges coll. Hunt Galleries, Inc., HG1, 2920 No. Center St., Hickory, N. C. 28601.



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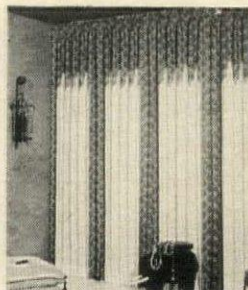
Oriental designs appear all over these sturdy, beautiful rugs for everyone. Antique patterns are woven out of natural yarns. Background colors: light blue, green, red or ivory. 4' by 6' \$16.95, 6' by 9' \$29.95. Ppd. 9' by 12' \$49.95; 9' by 15' \$79.95; 12' by 15' \$99.95; Exp. coll. International Rug Co., HG1, 360 Amsterdam, N. Y. 10024.



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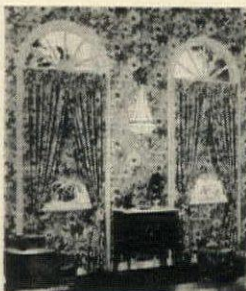
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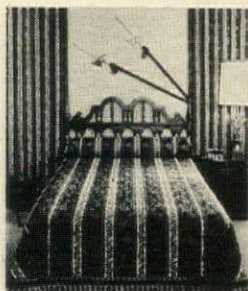
PANELS



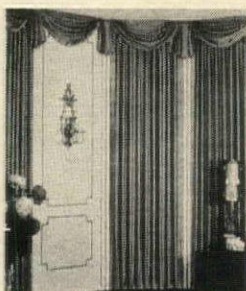
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145 BROAD AVE., FAIRVIEW, N. J. 07022



RONNIE Drapery Corp., Dept. 4R-23
145 Broad Ave., Fairview, N. J. 07022

Please send me, absolutely free, the new Ronnie Fiberglas Drapery Book featuring Total-Look Window/Wall Styling Ideas.

Name _____
Address _____
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SOMEWHERE MY LOVE

Tune from the beautiful motion picture "Dr. Zhivago". Hand-carved, hand-painted in Italy, made of sculputilite and wood. All music boxes have Swiss movements, scenery revolves as music plays. Satisfaction Guaranteed. **Catalog 50c, showing music boxes from \$8 to \$500.**

6" hi 28 notes
SOMEWHERE
MY LOVE
#40 \$24.95

TREASURE CHESTS



SOMEWHERE
MY LOVE

18 notes 8x4 1/2 x 3" hi. \$15.95
28 notes 9x5x3 3/4" hi. \$27.50
50 notes 11 1/2 x 8 x 4 1/2" hi. \$50.00



Tiny Bubbles
in the wine,
makes me feel happy,
makes me feel fine.
made famous by Don Ho
#500 4 1/2 x 5 3/4" hi
18 notes \$18.00



5" hi 18 notes
SOMEWHERE
MY LOVE
#20 \$12.95

TREASURE CHESTS "Somewhere My Love" or "Edelweiss"



Hummel Umbrella Girl
laminated picture on top
18 Notes 9x6x3" hi
#50 \$15.95

Add 65c for INSURED mail.

Every music box is inspected & oiled before shipped parcel post INSURED to you.

Hildegard's GM, 597 Farmington Avenue, Hartford, Conn. 06105

T V RUNABOUT

For
Black
&
White
Or
Color
Sets



BEAUTIFUL
NEW FREE CATALOG—
7000 PIECES
Finished and Kit
Furniture in
Fleddy Pine

For those heavy, misnamed "portables." Our handsome "run-about" holds even the larger color sets. It swivels on big 5" casters, rolls from room to room in a breeze—enjoy TV anywhere. Stores huge supply of magazines, newspapers, too. Hand crafted solid pine, rugged birch legs. In honeytone pine or maple, antique pine or walnut finish. Shipped flat for economy—easy assembly 27" H, 14" W. Two widths 20" W (25 1/2" between legs) \$29.95. Unfin. \$26.95; 33 1/2" W (30" betw. legs) \$36.95. Unfin. \$32.95. Ppd. Add \$2.50 ea. West of Miss.

Include
Zip No.
Not Sold
In Stores
Money-Back
Guarantee

Field House
Dept. G1-0
North Conway, N.H. 03860

DINGY TEETH made RADIANT WHITE



Instantly! Like a Movie-Star smile with new Cosmetic Enamel!

Are you smile shy because of discolored, dull and unattractive teeth? Then try WYTEN, a marvelous new "Dental Cosmetic" for an attractive new glamorous look. Just brush on and instantly you transform discolored, yellow and dingy teeth into a sparkling white finish that appears so pearl-like and natural. WYTEN is used by thousands of women and theatrical folks to cover up stains, blemishes and even gold fillings. Dental formula is completely safe and harmless for natural as well as false teeth.

SEND NO MONEY! Free 10 Day Trial! Pay postman on delivery \$1.98 plus postage for a 3-4 months supply LAB. TESTED. Or send only \$1.98 with order and we pay postage. (2 Wyten \$3.50, 3 Wyten \$5.00) 10 day trial must satisfy or money will be refunded.

NU-FIND PRODUCTS CO., Dept. T320
Box 205 Church St., New York, N. Y. 10008



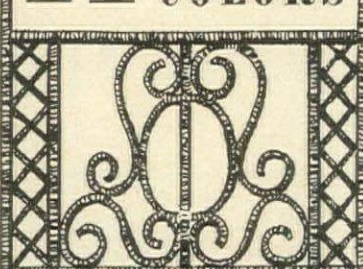
LONG-STEM BEAUTIES to cross-stitch in wool. Complete kit includes stamped oyster Belgian linen, wool in true-to-nature colors, and easy instructions. Framed size 10" x 20".

- No. 15 Iris Kit.....\$1.95
- No. 16 Tiger Lily Kit.....\$1.95
- No. 17 Carnation Kit (shown).....\$1.95
- No. 18 Rose Kit (shown).....\$1.95
- No. 666 Frame, 10" x 20", mahog. finish.....\$1.95
- No. 667 Frame, 10" x 20", maple finish.....\$1.95

PLUS 50c POSTAGE & HANDLING
Pa. Res. Add 6% Sales Tax. Sorry No COD's

VICTORIA GIFTS
12-H Water St., Bryn Mawr, Pa. 19010

Choose from decorator 11 COLORS



POSTER HEADBOARD

Rattan to match your decor. Available in single, double, queen and king sizes. Comes poly wrapped already professionally painted in: Yellow, Fresh Green or Olive, Bristol or Wedgwood Blue, Hot Pink, Raspberry, Orange, Red, Black or White. SHIPPED EXPRESS CHARGES COLLECT.

39" \$29.50 54" \$36.50
60" \$39.50 78" \$46.50
Deduct 10% for natural • Sorry No COD's

**PAINTED WICKER FURNITURE
and ACCESSORIES**
Franchise opportunity in your area
Send 25c for Catalog and Color Card

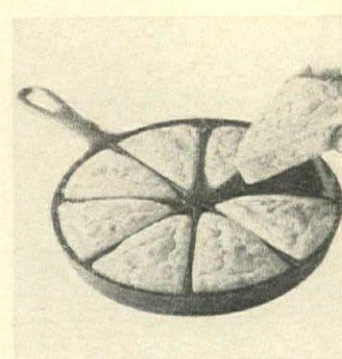
Colorful WICKER GARDEN
400 Jacksonville Rd. HG1-0, Hatboro, Pa. 19040

SHOPPING AROUND



SPRAY WAY

No question about it, spraying keeps hair on the right wave length. But take care that the stuff doesn't land in your eyes or all over a freshly made up face. See through plastic mask (pretty too) is what you've been looking for: protects other areas from spray. \$1 plus 15c post. Anthony Enterprises, HG1, 585 Market St., San Francisco, Cal. 94105



BETTER BAKER

Slice it and bake it all at the same time: divided skillet turns out eight tasty corn bread wedges with a side crust on each one! Cast iron skillet divides batter for perfect slices of cake or pies; fine, too, for egg dishes or patties. \$1.99 each, three for \$5.85 plus \$1 post. Butler's in Old Salem, HG1, Drawer X, Salem Sta., Winston-Salem, N. C. 27108.



PRINCELY PLAQUE

Make a man's home his castle with the family coat-of-arms on display. Embossed copper on polished mahogany base, hand-painted motto. 8" by 5", \$16.95; 10" by 7", \$20.50; 14" by 10", \$30. On hand-painted parchment in black frame: 10" by 7", \$17.50; 14" by 10", \$22.50. Ppd. "1776" House, G41, 260 Mass. Ave., Boston, Mass. 02115.



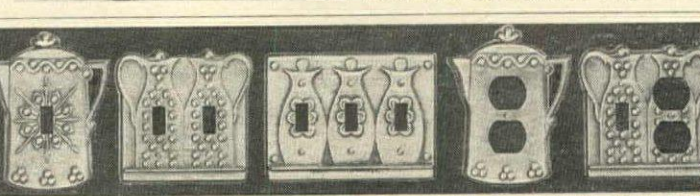
FINE FRENCH HAND

If you want nutritious delicious vegetables, do it the French way: folding basket keeps sprouts, beans or whatever above the water in any saucepan—makes like a double boiler. Imported steaming device measures 6" across all sides up, 9" closed. \$2.98 plus 35c post. Anthony Enterprises, HG1, 585 Market St., San Francisco, Calif. 94105.



CAPTAIN'S PARADISE

Nirvana for the nerves! Captain's Chair so comfortably designed with its mahogany frame upholstered of topgrain leather, brass nail trimmed—as to set any sailor to dreaming. 23" by 21" by 33" h. \$137.50, leather; \$119.95, fabric; \$114.50, your material. Exp. coll. Catalogue, 25c. Ephraim Marsh, Dept. 726, Box 266, Concord, N. C. 28025.



NOW IN PEWTER FINISH... KITCHEN SWITCHPLATES

Also in Solid Brass or Wrought Iron Finish

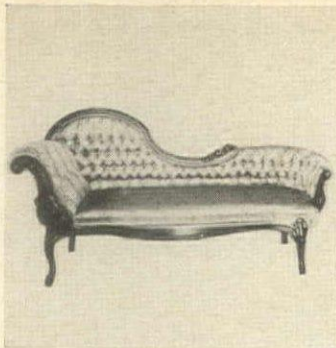
Unsurpassed quality, painstakingly handcrafted in this unique kitchen Coffeepot and Cruet Design lends the perfect touch to a lovely kitchen. Unusual value. An original Beltrando design.
Pa. Res. add 6% tax • Free Gift Catalog

HERITAGE HOUSE
Chadds Ford, HG1-0, Pa. 19317

SHOPPING AROUND

FAINTING SOFA

The epitome of Victorian days, designed for the graceful pose when swooning: a hand-carved mahogany "Fainting Sofa" is completely hand-tufted. Your choice of covers. 84" long, 26" deep, 38" high. \$369.95 ppd. Catalogue of Victorian Furniture plus fabric samples, \$1. Magnolia Hall, HG-1, 726 Andover, Atlanta, Ga. 30327.



BOUNCING OUNCE

Your favorite brand goes from bottle to glass with never a drop lost. Tippy automatic jigger fills up to one ounce, flips over by itself into the glass, then returns to position. Measures an exact ounce. Glass-sized stainless rim is plated in 24k gold. \$7.95 plus 50c post. Camalier & Buckley, HG1, 1141 Connecticut Ave. NW, Washington, D. C. 20036.



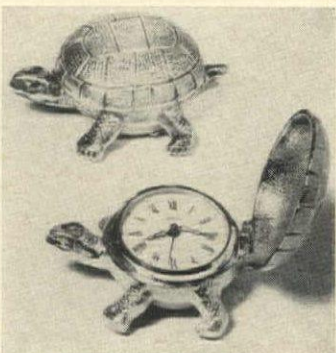
AMERICAN BEAUTIES

Long-stemmed roses are permanent silk for a perennial remembrance to the special one. Perfect for brightening a lady love's winter day? The roses show off their flawless form from gift box to vase. Single rose in gift box, \$1.50. Six in box, \$7; 12, \$12. Ppd. Prompt shipment! Flower Style Originals, Inc., Dept. A-2, 30 W. 26 St., N. Y. 10010.



TURTLE TIME

No slow motion character this. Timely turtle alarm clock in antique gold or white carries a 30-hour clock that hides away under a snap-back top. To pack along or as a handsome paperweight, turtle's 5" long. Hand-cast antique golden metal. \$12.98 ppd. Franzen Gifts, HG1, 110 Franzen Bldg., Flanagan, Ill. 61740.



MAKE-UP MAGNIFIERS

French designed optics give you all the magnification you need to apply eye make-up easily, flawlessly. Peer through one lens, flip the other down, then on with the eyeliner, the lashes, the mascara! They're an indispensable time-saver! \$6.98. Breck's of Boston, K03 Breck Bldg., Boston, Mass. 02210.



BOUQUETS OF LIGHT

Hand-cut crystal showered with prisms give a soft diffused light on dining room buffet or the ends of a mantel. The light bulb is almost concealed by the crystal flower-like drops. 16 1/2" high, 9" diameter. \$29.95 a pair. Exp. coll. Perfect 15th wedding anniversary remembrance! Luigi Crystal, HG1, 7332 Frankford Ave., Philadelphia, Pa. 19136.



Good Ideas by mail from Walter Drake

4021 DRAKE BUILDING, COLORADO SPRINGS, COLORADO 80901

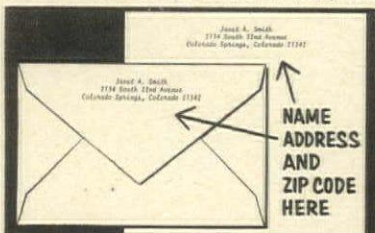


SELF-STICK
NO
MOISTENING

SELF-STICK GOLD FOIL LABELS

Gleaming gold foil labels stick anywhere—a smart touch to personalize letters, books, cameras, briefcases, records, etc. Classic border, handsome black printing. 1" x 1 1/2". Up to 4 lines, 27 letters and spaces per line.

P4010 250 Gold Foil Labels \$1.98



PERSONAL STATIONERY SETS

Smooth white vellum, with your name, address, zip code beautifully printed in rich midnight blue ink. Perfect for all your correspondence—convenient too! Sheets approx. 5 1/2" x 7". Any name & address up to 4 lines. 48-hr. svc. P3002 125 sheets, 50 env. \$1.98



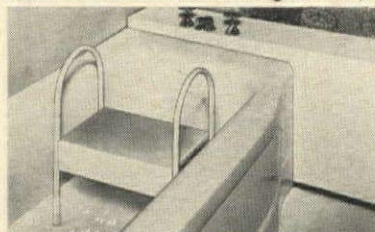
MAKE YOUR BATHTUB SAFE!

Avoid falls in tub or shower with attractive non-slip, textured rubber flowers! Adhesive-backed — easy to install. Can't mildew. Set has eight 5", eight 3 1/2" appliques. In white (H6067), pink (H6068), blue (H6069). **Bathtub Appliques** (order by color no.) \$2.98



RETURN ADDRESS TAG FOR PET \$1

No need to worry about your pet getting lost! This lifetime return address tag shows the pet's name, plus your name, address and phone number — all engraved in polished stainless steel. Easy to put on collar. 48-hr. service. P4008 Pet Return Address Tag \$1



BATHTUB SAFETY SEAT

Bathe in safety and comfort. Ideal for foot baths, sit-down showers, bathing children. Sturdy grips help elderly people get in and out of tub. White enameled aluminum; non-skid rubber feet. Three position seat. 11" x 16" x 20". H489 Bathtub Seat \$7.98



your
name
here

BILL-PAYING ENVELOPES

Why scramble for envelopes at bill-paying time, or break up good stationery sets? Mail checks, orders, etc. in these 6 1/2" crisp white envelopes made for this job. Return shows name, address, zip code. 48-hour service. P3003 75 Envelopes \$1



DREAMY BRA

gives you sleep-time comfort, daytime control because it's all stretchy nylon lace—even straps! Caressing support under nighttime, gentle flattering control for daytime wear. Front hook. 2 sizes fit all. N917 Dream Bra, A - B cup \$1.98
N918 Dream Bra, C - D cup \$1.98



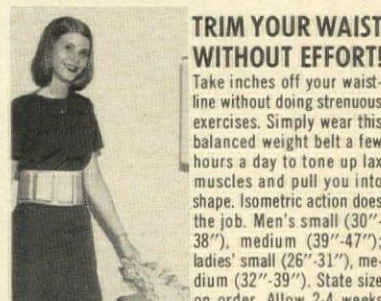
500 RETURN ADDRESS LABELS 50c

Quick, easy way to put your name and address on letters, records, books. Any name, address & Zip code up to 4 lines beautifully printed in black ink on white gummed labels; rich gold trim. Free handy box. 48-hour service. S714 500 Labels 50c



YOUR OWN POCKET PRINTER \$1

Print your name and address (or any 3 lines) on stationery, books, advertising. In compact self-inking case for pocket or purse—always handy when you need it! Use at home, office, school. Get one for everyone in the family! P4009 Pocket Printer \$1



TRIM YOUR WAIST WITHOUT EFFORT!

Take inches off your waistline without doing strenuous exercises. Simply wear this balanced weight belt a few hours a day to tone up lax muscles and pull you into shape. Isometric action does the job. Men's small (30"-38"), medium (39"-47"); ladies' small (26"-31"), medium (32"-39"). State size on order. Allow 2-4 weeks delivery.

D5011 Men's Belt \$9.95
D5012 Ladies' Belt \$8.95

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Colorado Springs, Colo. 80901

SATISFACTION GUARANTEED OR MONEY BACK!

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Item No.	How Many?	Name of Item	Price

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NOW only \$150.
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SKIN RUG**

A virile decorating accent for den, bedroom or executive suite

Our current catalog lists these breathtaking zebra skin rugs for \$198. (And they're a bargain at that. You'll find they sell most places for \$250.) Now—and while the supply lasts—you can get one for just \$150! Imported by us from East Africa, they are all select-grade steek adult zebra skins, the kind that lasts "forever." A truly spectacular, excitingly different decoration for home or office. If you have some important business gifts coming up, it would pay you to order several. Satisfaction guaranteed.

Send for FREE color catalog.
A MAN'S WORLD
Dept. G-1,
7 Delaware Drive, Lake Success, N.Y. 11040

LAY ONE ACROSS YOUR BED
GREAT HEARTH RUG
HANG ONE ON THE WALL

ACROSS A COUCH... WOW!

A MAN'S WORLD

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Please send me _____ genuine African Zebra Skin Rug(s) at the special price of \$150 each. If not 100% delighted, I may return for full refund or cancellation of charges within 10 days.

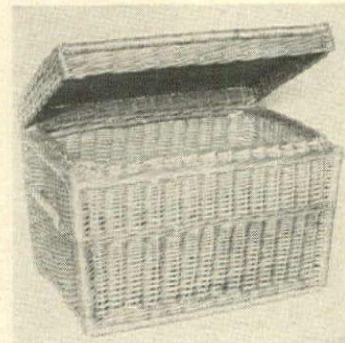
- () Check or money order enclosed. We pay postage.
- () Extended payment plan. Enclosed is \$50 down; I will pay the balance, \$50 per month, for the next 2 months, plus \$3.00 postage and handling charge.

Name _____
Address _____
City _____ State _____ Zip _____

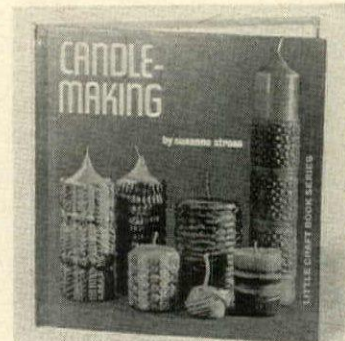
SHOPPING AROUND



FROM ANOTHER ERA
"Blue Onion" design ceramic candle holders hark back to the dark, drafty hallways of colonial days. Nowadays they serve as most charming assets brightening your fireplace mantel, buffet or dining table. 5" high. Matched pair, \$2.98 plus 25c post. Colonial Studios, Dept. BOE-3, 20 Bank St., White Plains, N. Y. 10606.



STAY-AT-HOME
Once used to stash bag and baggage for long journeys in grandmother's day, chest now puts its woven willow to work as storage for toys, blankets. 20" by 14" by 14", \$13.50; 24" by 16" by 16", \$15.20; 28" by 17" by 17", \$17.40; 32" by 19" by 19", \$19.95. Ppd. Catalogue, 25c. Fran's Basket House, HG1, West Main St., Rockaway, N. J. 07866.



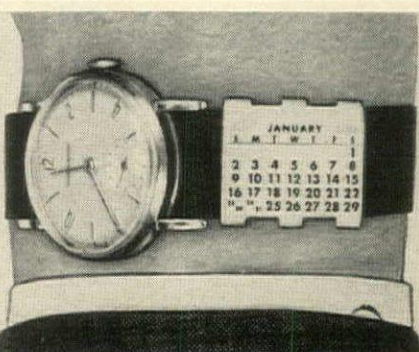
BE A CHANDLER
Make your own candles! How-to book tells you what waxes, wicks, dyes to use. Candle dipping, molding, rolling and decorating instructions included in this hard cover 48-page book with more than 70 illustrations. Fascinating fun for all! "Candle-Making" book is \$2.95 ppd., from The Candle Mill, Dept. HG-1, East Arlington, Vt. 05252.



TO PLACE AND SHOW
Winning little 2 3/4" cards place your guests with the greatest of decorum. Daintily wrought of china with colorful flowers on white, they are forever effective! Write name with ball-point pen, wash off, save for the next affair. One dozen, \$5 plus 50c post. Order from The Joan Cook Co., HG-1, 1241 N.E. 8 Ave., Fort Lauderdale, Fla. 33304.



TO CALL YOUR OWN
When in the throes of a busy travel schedule, instant identification of your luggage is made easily with these stainless steel luggage tags. Boldly engraved with double line Roman lettering with no-mar, self-adhesive back. 3/4" by 3". \$1.95 per pair, ppd. Spear Engineering Co., 3070 Spear Bldg., Colorado Springs, Colo. 80907.



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Now always have each day of the month at your "finger tips." 12 monthly metal clips attach to watch band. Reversible with gold and silver sides to match any watch. Set starts with month after order.

CALENDAR SET.....\$1.49
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BY FULL 2"

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Pay postman on delivery, only \$1.98 plus postage per pair of "LIFTEE" HEIGHT INCREASE PADS. Or send only \$1.98 with order and we pay postage. (2 prs. \$3.50, 3 prs. \$5.00) 10 DAY TRIAL MUST SATISFY OR MONEY WILL BE REFUNDED.

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Put your favorite recipes at your fingertips! Keep your special cakes, casseroles, etc. in full view on your counter, housed in this pretty, practical revolving file. Holds up to 500 index cards or recipe clippings in protective transparent windows. Has sturdy metal frame and oval shaped base and turning knobs of fine, highly polished inlaid hardwood. Comes complete with 3 1/2"x5" envelopes for 160 recipes and asst. colored index cards for 32 cooking categories. \$10.95 plus 85c postage. Envelopes for 32 extra recipes are \$1.00.

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Dobbs Ferry, N. Y.

**ONLY \$8 PER CARAT
FINE CUT
58 FACETS**



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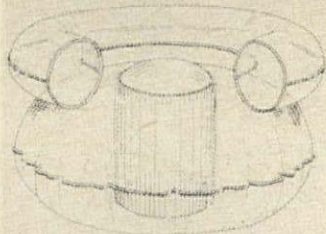
SEND NO MONEY.
Just write for FREE BROCHURE showing a wide variety of settings for men and women.

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NEW YORK, N. Y. 10036

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YOU PROVIDE THE AIR

We provide the chair (by way of a Shopping Around favorite, Elizabeth McCaffrey). Whopping big (18" by 30") and wonderfully buoyant, this clear heavy vinyl sit-upon lives indoors or out with equal ease. Inflates quickly; just blow! For playroom, weekend cottages, patio. \$9.95 plus \$1 postage. Elizabeth McCaffrey, HG1, Northport, N. Y. 11768.



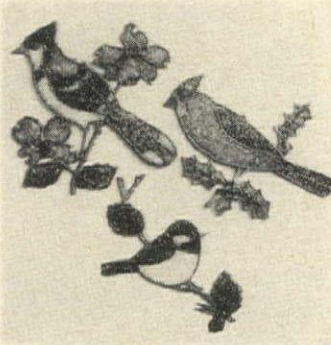
CASSETTE ALBUM

New and novel way to carry or store those accumulating cassettes. Album attractively covered with woodgrain material holds 12 cassettes with each one fitting securely in a molded plastic tray. Index page included for cataloging. Each, \$4.95; two, \$9. Add 50c post. Sleepy Hollow Gifts, HG1, 3023 Crane Drive, Falls Church, Va. 22042.



GLOWING GLASS BIRDS

Leaded glass songbirds perch on twigs to glisten in the sun of a window or sparkle in an archway. Handmade in Sandwich, Mass., home of famous American craftsmen. 6" to 7" long. Cardinal on holly, \$7.95; chickadee on pine, \$6.50; blue jay on dogwood, \$9.95. Add 35c postage each. Clymer's of Bucks County, HG1, Point Pleasant, Pa. 18950.



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Use this press of heavy steel and watch how bacon cooks so evenly from top and bottom! No turning, no popping grease and cooking time is cut. Keeps bacon strips flat, decreases shrinkage. For any 9" or larger skillet. Round press, \$1.79. Square press, \$1.89. Ppd. Walter Drake & Sons, HG-72, Drake Bldg., Colorado Springs, Colo. 80901.



PEACEFUL DUO

Signifying peace, a pair of white doves could start a lot of clamor among your guests these days of hot-headed controversy on that very subject. Beautifully created by Lefton in bisque, they stand 7" tall. Pair, \$13.95 ppd. 35c Color brochure free with order. Imre Ban, HG-1, Lake Shore Dr., Chicago, Ill. 60613.



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ALL LENGTHS—THREE WIDTHS

Both styles available these sizes:
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OVER 400 Swatches in all!

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\$2.00 enclosed for full year's membership

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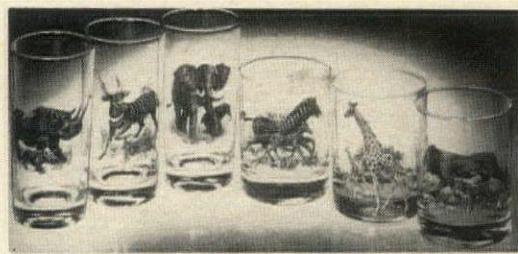
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CITY.....STATE.....ZIP.....

Canadian Members Now Welcome! Rates: Reg. \$4, Dressmakers \$8.

EXOTIC Safari Glasses

Serving drinks to your guests with these "fabulous" glasses is almost as exciting as actually being on a Safari. Available in Hiball or Executive-shaped Double Old Fashioneds (please specify), with full color decorations of African Wild Game with their young. We repeat, they're "fabulous"!

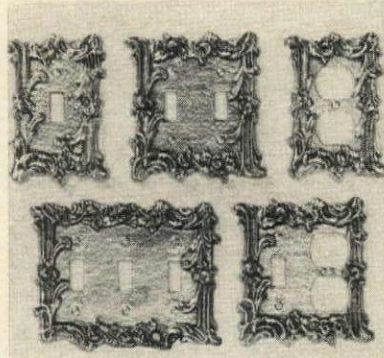


Set (6) Hiballs \$12.50 Set (6) DOF \$12.50
Please add 95c postage. Sorry No COD's.



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Switch to beauty in your home with little cost with our golden brass-plated switchplates. Non-tarnish finish, screws included. Also in antique white.

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No fairy tale this, but a fact! *Problems fade* with Jolen Creme Bleach . . . the fabulous new cosmetic that bleaches superfluous hair on face, arms and legs. Like magic, medically approved Jolen turns dark hair pale blond to blend with your own skin tones. Be a beauty . . . try JCB now!

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Diana is noted for her arch-ery, and so is the Diana shoe. Hence good looks plus perfect fit. Baby calf: black, gray, white, filly brown, malt with chocolate, bone with malt, navy with light blue. AAAA to EE 2½ to 10, \$19.95; 10½ to 12, \$20.95. 50c post. Free catalogue. Solby Bayes, HG1, 45 Winter St., Boston, Mass. 02108.



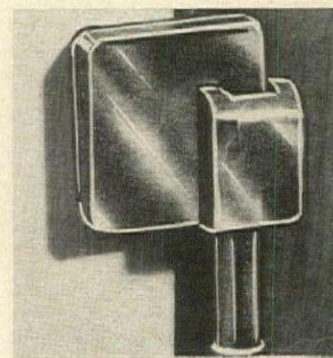
LEO BABY

Created to be worked in bright red and fuchsia, this love of a lion's the dramatic design for a picture, wall hanging or pillow top. Kit includes square of natural burlap (18" by 18"), embroidery yarns and instructions. Available also: alligator and walrus. \$4.95 each plus 45c post. The Stitchery, HG1, Wellesley Hills, Mass. 02181.



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The same principle as our famous rod hanging MI-Tie tie rack, but designed to fit on a wall or inside a door. Solid walnut with brass bar. Specially designed plastic hangers slip off easily for use—extras included. Top quality throughout.

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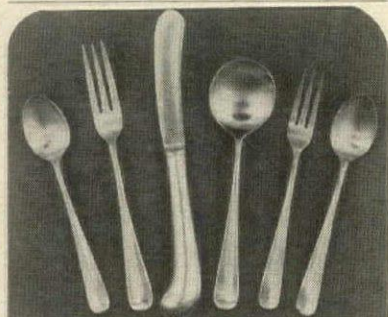
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50-piece service for 8 \$29.95
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Steak Set, 8-piece pistol handles (not shown). Gift boxed. \$16.95

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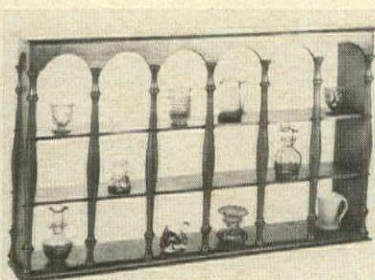
Also available: BETSY ROSS FIDDLE BACK stainless steel. Complete 50-piece service for 8, \$29.95. 75-piece service for 12, \$44.95. All prices ppd.

SETH and JED

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Fiddle Back



Showcase For Treasure

Exquisitely crafted of selected mountain pine, hand rubbed to a softly glowing patina, this Cup Cabinet is intrinsically lovely and elegant. Yet, the graceful simplicity of its arch-and-colonnade design serves to enhance, rather than compete with, the beauty it holds, making it a rarely perfect showcase for your treasures. Be sure to specify your choice of dark walnut, or warm, mellow pine finish. Three-shelf, eighteen-cup cabinet (H. 20½", W. 35"; D. 3") \$32.50. Ship. Wt., 16 lbs. Available, four-shelf, twelve-cup cabinet (H. 26", W. 19", D. 5½") \$21.00. Ship. Wt. 10 lbs.

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SHOPPING AROUND

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And the wise hostess knows that it will stay hotter, taste even better when served in ceramic soupkins brilliantly designed in black on white. Each has its own smart handle and a different vegetable motif. Set of four, \$1.98 plus 35c postage. Write to The Country Gourmet, G1, 545 4th Ave., Mt. Vernon, N. Y. 10550.



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Lotus Tea Kettle

by Catherineholm of Norway

New, with striking modern design (2 qt. ca). Harder than steel, smooth as glass-porcelain enamel fused to heavy gauge steel, guaranteed forever against chipping, flaking, or cracking. Handle is stainless steel with heat resistant grip. Choice of background colors: Avocado, Butterscotch or Black. Lotus always white. State color choice. **\$14.95** Plus 85c ppd.

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The Better to See With, My Dear!

■ Magnifying glass makes it easy to apply make-up perfectly, shape eyebrows without squinting and straining. You can use make-up tools BEHIND the lenses, or swing each frame up separately for your glamour treatment. Marvelous for removing cinders, taking out splinters.

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Dept. HG-170

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21½" tall—\$9.98

Add 85¢ post. per lamp

Our pillars of light provide beauty plus softly diffused illumination. Scandinavian styled lamps have solid genuine walnut bases (4" x 4") and unbreakable, white frosted styrene shades. Superb for T.V. light, desk lamp, hall light or in pairs at both ends of a coffee table or window bench. Use standard base bulbs. **Completely electrified.**

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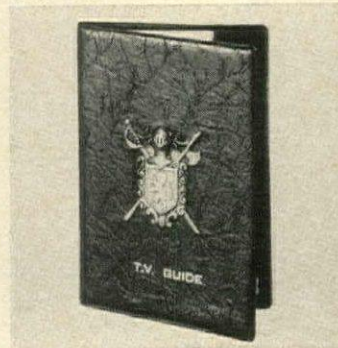
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SHOPPING AROUND



BUGLE MUG

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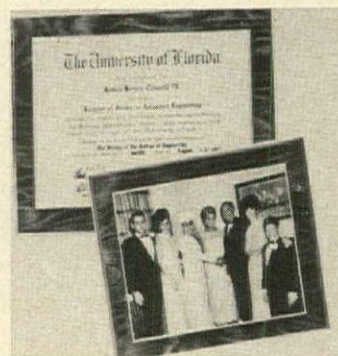
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That's what this richly textured simulated-leather cover emblemized with an antique metal crest will make your TV Guide look like. Each week, slip your new copy of TV Guide into place. It's held firmly by inside pockets. 8" by 5½" \$1.95 ppd. Artisan Galleries, HG-1, 2100 No. Haskell Ave., Dallas, Tex. 75204.



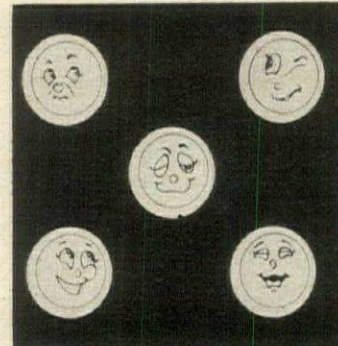
TO SEAT OR SERVE

Any way you look at it, this pin set stacks up as a multi-purpose marvel! With reinforced tops they seat extra guests, serve as snack tables, TV trays—their uses are manifold! Hand-finished in honey-tone or maple, antique or walnut. 16¼" h., 15" w. \$6.50 ea.; set of three, \$16.95. Ppd. Yield House, HG-1, No. Conway New Hampshire 03860.



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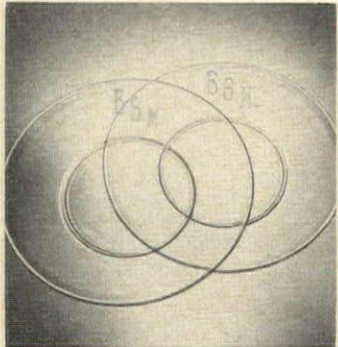
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New Providence, New Jersey 07974
MONEY BACK GUARANTEE



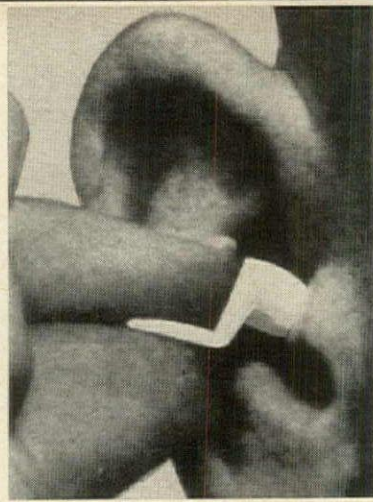
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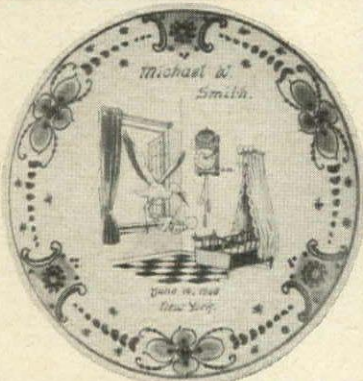
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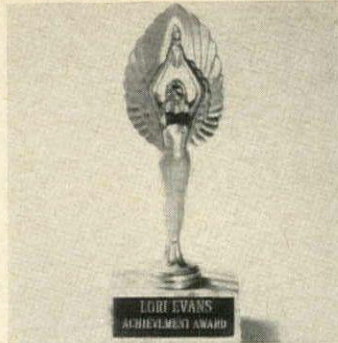
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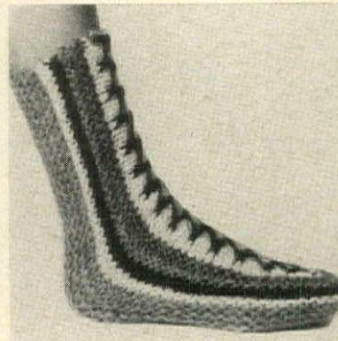
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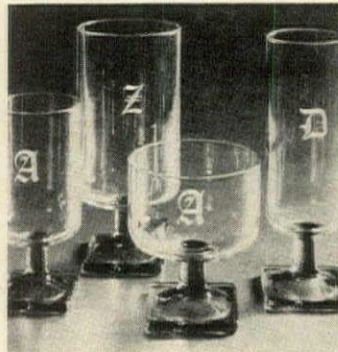
THE ORIGINAL PORTRAIT KIT

We, the originators of oil-portrait number kits, have enabled thousands of people with no prior experience to paint quality portraits of loved ones. Our exclusive system gives you the finest reproduction at the lowest possible price. No misshaped abstracts! From your photo or color slide (any size) every brush stroke area is outlined and numbered on a fine mounted 16" x 20" canvas (standard portrait size). Twenty-four cups of individually-mixed artist's oil paints marked for the numbered areas are provided with screw cap lids to preserve freshness. The kit also includes: an artist's palette, fine brushes, brush cleaner. Please indicate hair and eye coloring. All photos returned unharmed.

Send Only **\$14.95**

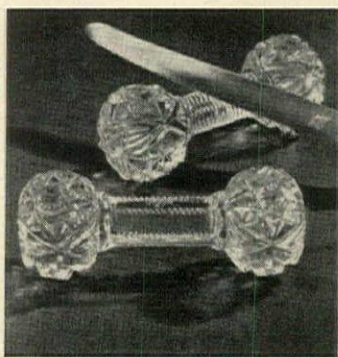
Include \$.50 for postage

PORTRAIT CRAFT Box 577-Q
Wilmington, Calif. 90744
Brochure on request



SQUARE FOOT STEMS

Any time's the right time to buy brand new glassware. Nordic type crystal bowl with sheer rim cooler, goblet, sherbet, on the rocks, wine, cocktail and parfait glasses show up with flair engraved with big bold initial. Replacements and additions available. Six \$6.95; 8, \$7.50; 12, \$11.25. Ppd. QDD, HG1, 5881 NW 37th Ave., Miami, Fla. 33142.



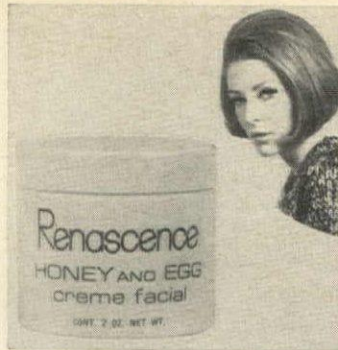
OLD VICTORIAN CUSTOM

Part of the table etiquette in Queen Victoria's day, just as pretty and practical today, crystal knife rests to protect fine table linen from greasy spots and serving pieces. Made of fine German lead crystal, they will not roll or slip when knife is on it. Set of two, \$4.95 plus 50c post. Holiday Gifts, Dept. 301-D, 7047 Pecos St., Denver, Colo. 80221.

SHOPPING AROUND

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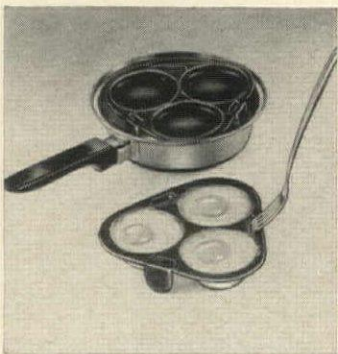
NO RISK

One way to get a lot for your money is to collect lithographs now. Dramatic original's in color, signed by a well known Vietnamese artist, Touty: portrait shows a golden hued girl with black hair, holding a sprig of flowers—definitely a plus for the knowledgeable. \$20 ppd. Four catalogues \$1. Art of all Nations, HG1, Croton-on-Hudson, N. Y. 10520.



POACH PANS

Cook up a storm of perfectly poached eggs. How? Use teflon coated cups whose special treatment keeps any food from sticking to the surface of this 6" aluminum triangle. Without butter or that substitute! Easy to use: just insert fork in the slots made for that purpose. \$1.69 ppd. Breck's, K11 Breck Bldg., Boston, Mass. 02210.



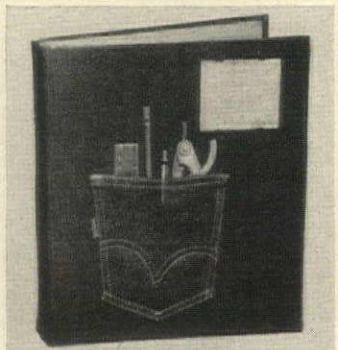
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Four colorful reproductions of maps include the world, the Americas, Europe and Africa. Each is 16" by 24" and handsome on the wall in a study or family room. Particularly interesting to see how the world looked to pre-Apollo explorers. \$3.25 a complete set. Ppd. World Art, Dept. HG1, Westport, Conn. 06855.



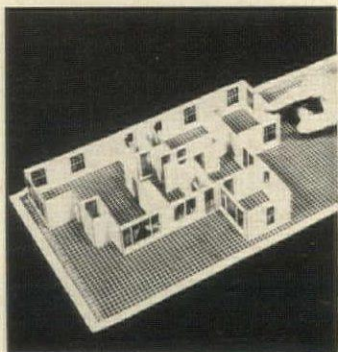
LEVI NOTEBOOK

A three-ring notebook rendered perfect for all young scholars by giving it a cover matching their favorite gadabout gear—blue denim, the official Levi trademark tag, pocket for accessories—pencils, combs, compass, ruler. Levi binder takes standard loose-leaf paper. \$3.98; two for \$7.85. Ppd. Downs, Dept. 1401, Evanston, Ill. 60204.



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Home-A-Minute building kit is a boon for those planning to buy, remodel or build. Partitions, doors, windows, cabinets all in one-quarter inch scale like architects' blueprints. A 65-page handbook on estimating costs and financing. \$3.95 plus 45c post. J. W. Holst, Inc., Dept. HG17, 1005 E. Bay St., East Tawas, Mich. 48730.



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TWO WEEK FREE TRIAL
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Musical Multiplication Records

teach all the tables from 2's through 12's as easily as the words of a song!

Help your child do better in arithmetic—especially in the New Math—by getting him these new multiplication records. Modern Math teachers insist on children memorizing their tables. Now even children of pre-school age can easily learn all the tables from 2's through 12's simply by playing these records.

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School Principal writes: "Your records have a unique teaching approach and a good one. Our pupils are taking new interest in their tables. Excellent as a home-tutoring aid."

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Please mail, postage prepaid, one complete set of the Musical Multiplication Records. I may return them any time within two weeks after I receive them and owe nothing. If I keep them I will honor your invoice for \$9.95 in full.

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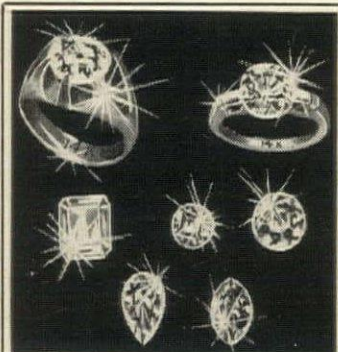
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MATCHING VALANCE
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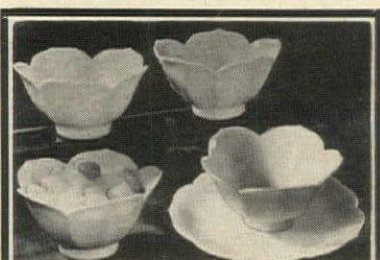
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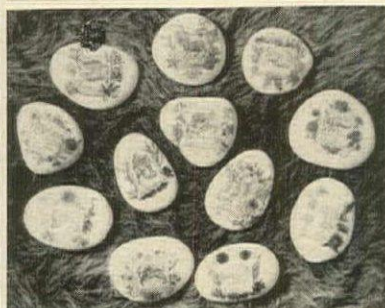
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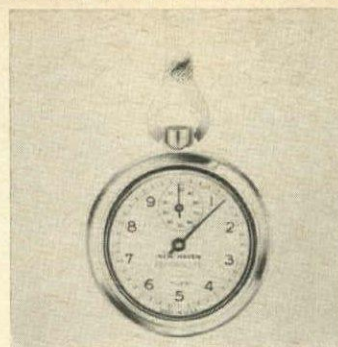


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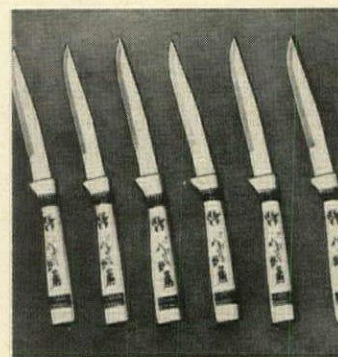
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Via your feet, that is. Precision-made pedometer keeps track of the tracks you've been making. Set it for your stride, hang it from belt. It measures your every step; registers up to 100 miles. For convalescents, hikers, housewives. \$7.98 plus 30c postage. Anthony Enterprises, HG1, 585 Market St., San Francisco, Cal. 94105.



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Charm captures the action of a fast run down the slopes. She'll cherish sterling or 14k gold replica of her favorite winter sport. Figure's skiing downhill with scarf a-flying. 1". \$23.95 in 14k gold or \$3.95 in sterling silver. Ppd. For skiers or snow-bunnies. Color catalogue, \$1. Charm & Treasure, HG1, 1201 Ave. of Americas, N. Y. 10036.



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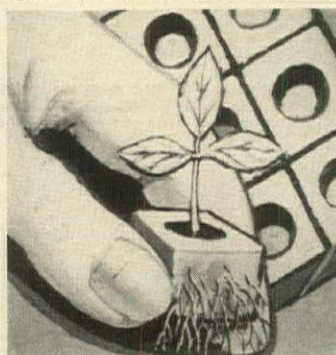
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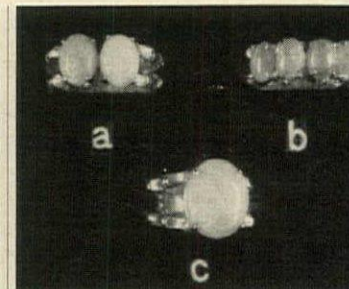
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\$199.95, Ship. Chgs. Coll. No C. O. D.

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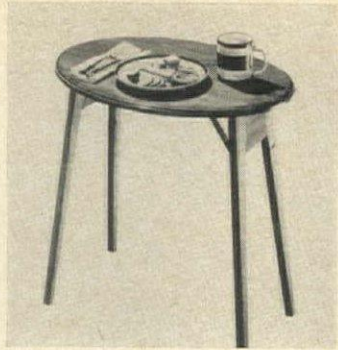
HELEN GEMS

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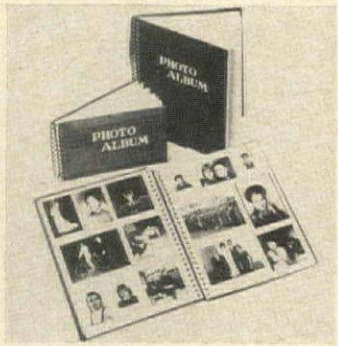
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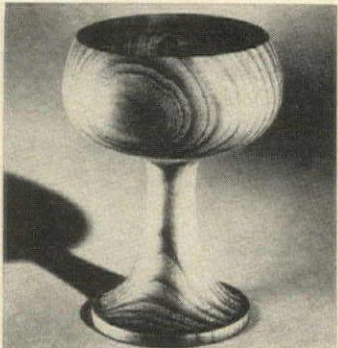
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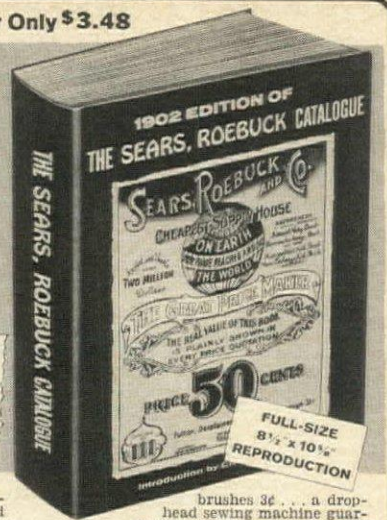
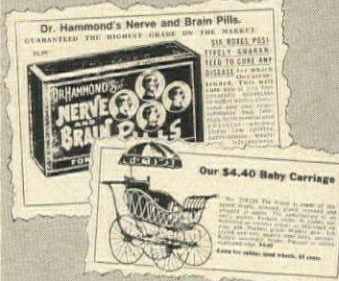
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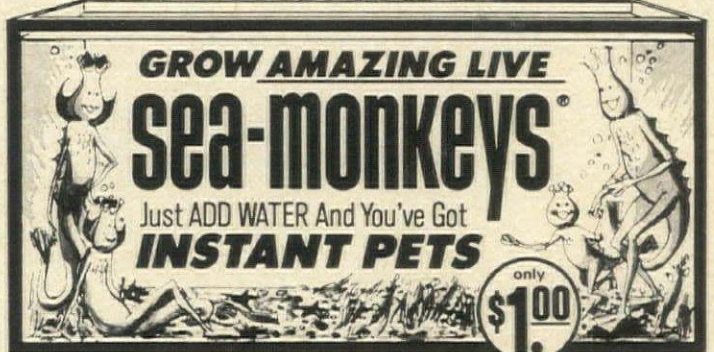
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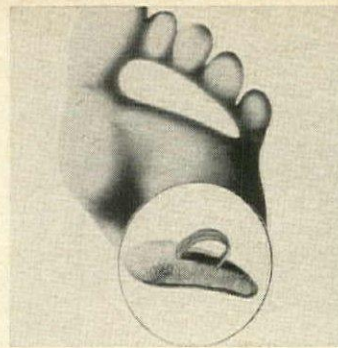
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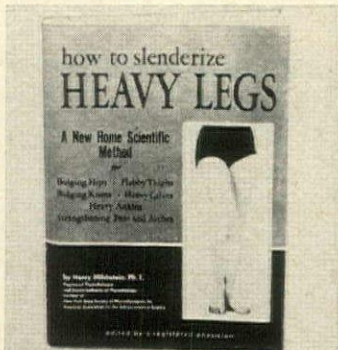
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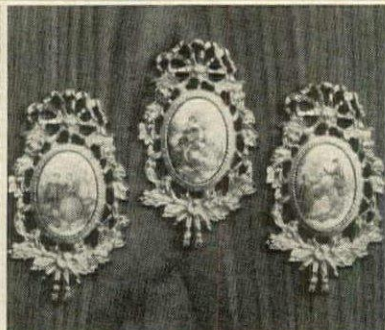


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Fine European craftsmanship and Pier 16's great purchasing power have combined to bring you a fantastic buy in this superbly designed willow chair. Sturdy and functional, tightly woven of fine honey color willow, this chair will complement any interior. 30" total height, 16" seat height, 25" wide.

Corduroy cushions available in black, olive, dark blue, red, orange, gold. \$7.99 set (seat and back). Add \$1.00 handling per chair. Send check or M.O. to PIER 16 INC., Dept. HG170, Box 211 Central Station, Jamaica, N.Y. 11435. Express charges collect. N. Y. residents add sales tax. No C.O.D.'s. Visit one of our five Pier 16 stores in New York, New Haven and Princeton for more exciting items. Send 25c for new catalog.

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Gloria Dee

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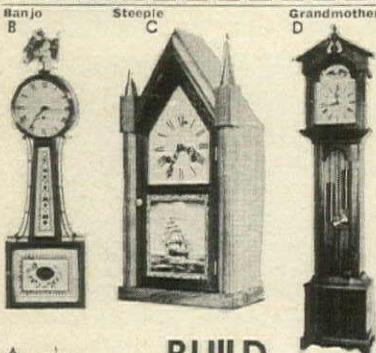
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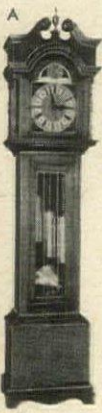


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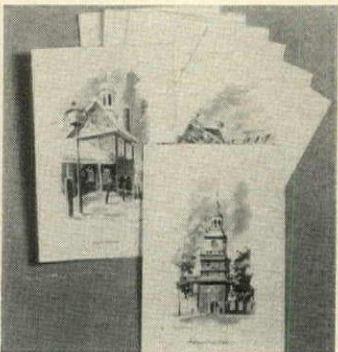
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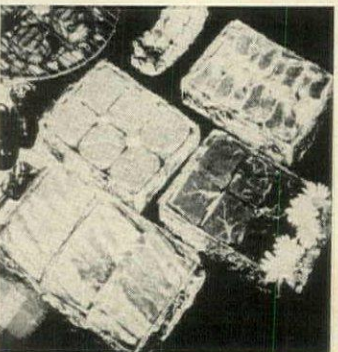
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Grandfather



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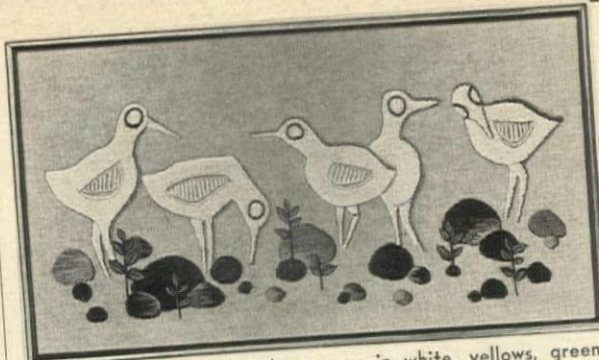
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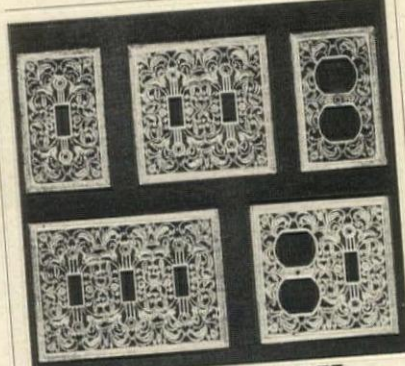
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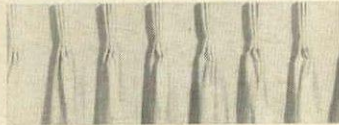
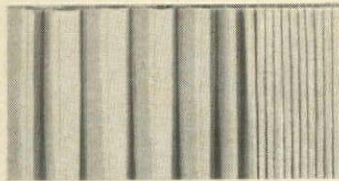
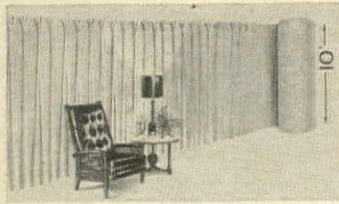
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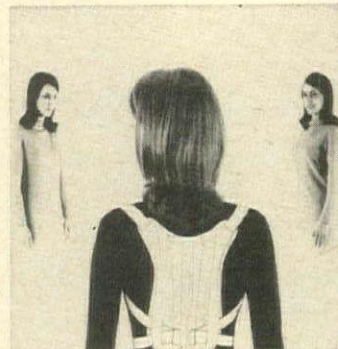
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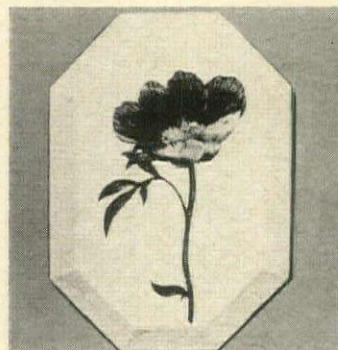
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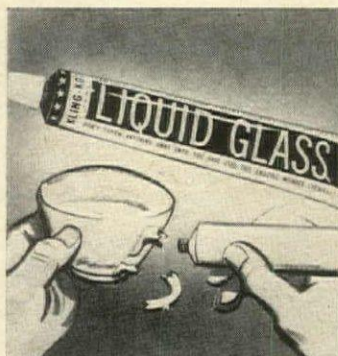
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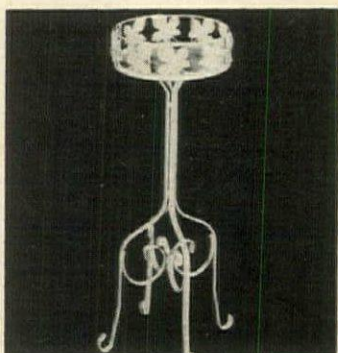
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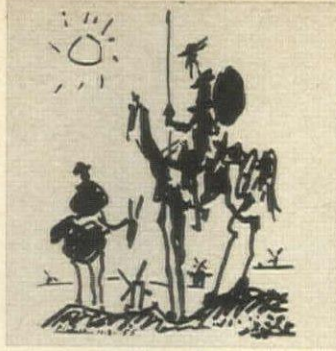
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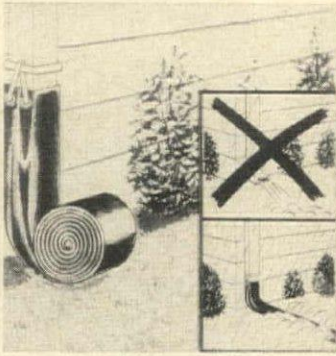
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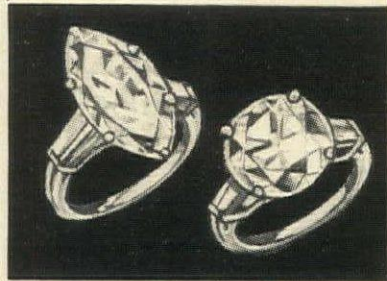
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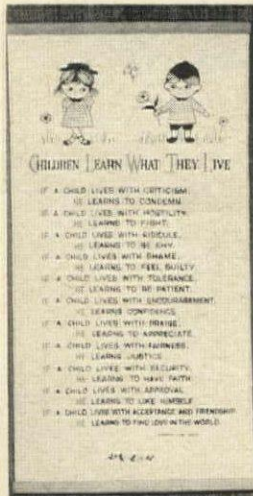


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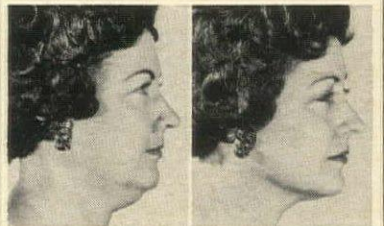
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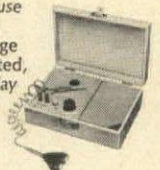
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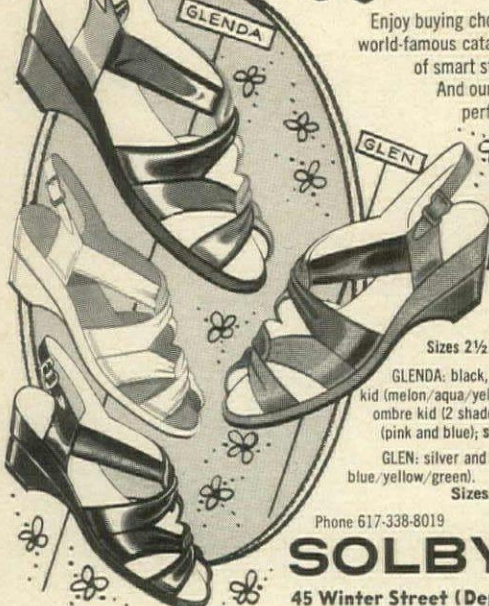
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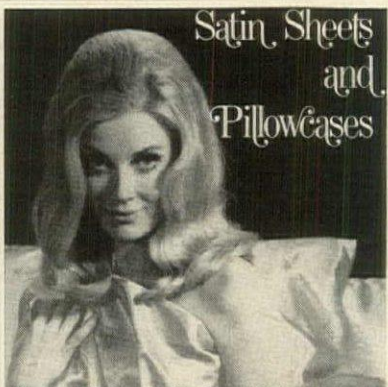
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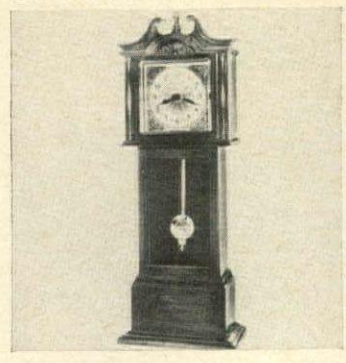
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3 lttr. monogram on cases	1.50

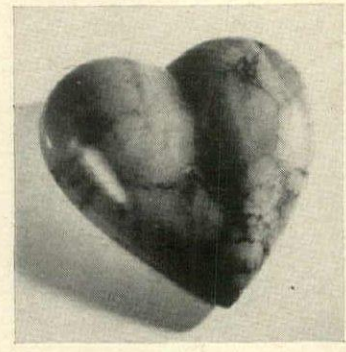
For fitted bottom sheet, add \$2.00 to double or twin price; \$2.50 to queen price; \$3.00 to king price. Send check or m.o. 50% deposit on C.O.D.'s.

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SHOPPING AROUND



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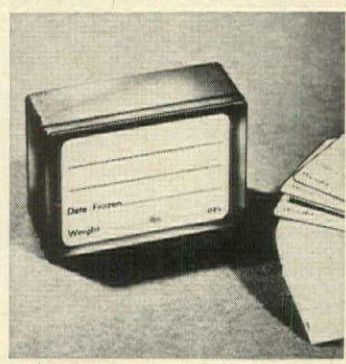
HAVE A HEART
 Prove your heart's in the right place! Plunk down this flaming orange-red objet d'art as a paperweight and wait for the heart-warming comments to pour in. It's a magnificently veined, super smooth piece of alabaster made in Italy. 3½" by 3½" by 1". \$3.95. Shopping International Inc., 973 Shopping Intl. Bldg., Norwich, Vt. 05055.



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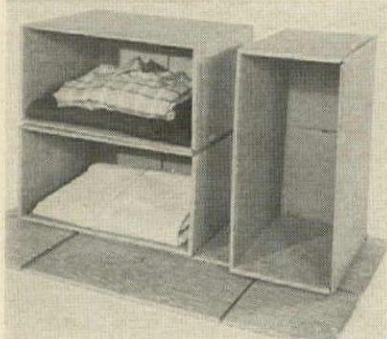
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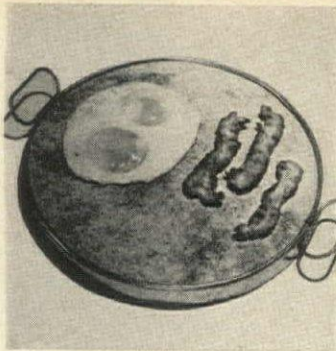
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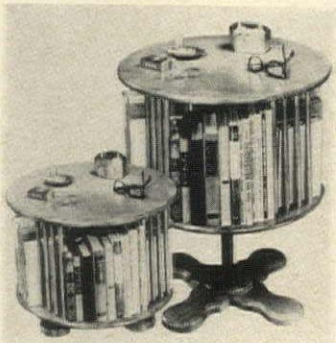
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Nostalgia swivel lamp and shade set fully exemplifies turn-of-the-century elegance in fleur-de-lis, fruit or floral design. Scalloped multi-colored plastic shades, 8½" dia., brass-tone metal base, black column pole, 18" overall height. \$16.98 complete; shade only \$9.98. Add 75c post. Madison House, 7131 Greenland Bldg., Miami, Fla. 33054.



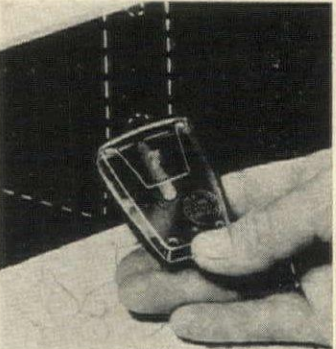
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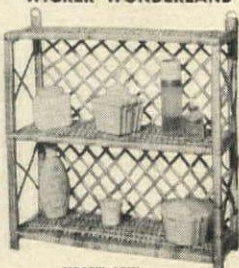
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With guaranteed accuracy the Magnicator helps you find stud in wall when hanging pictures or putting up shelves. When moved along baseboard, Magnicator will point to nail in stud. You can drill or nail right into stud instead of hitting empty space. \$1 ppd. Walter Drake & Sons, HG-79 Drake Bldg., Colorado Springs, Colo. 80901.

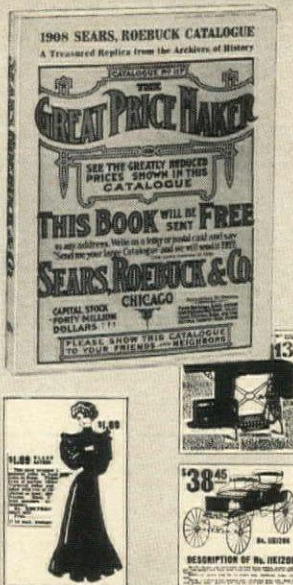


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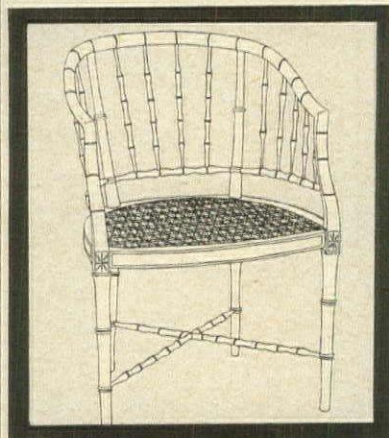
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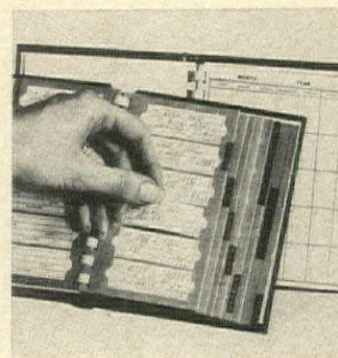
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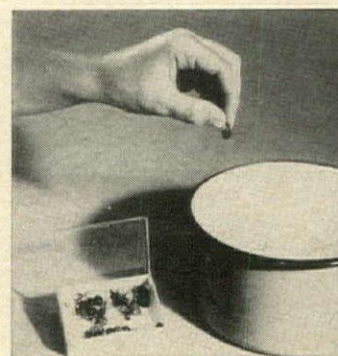
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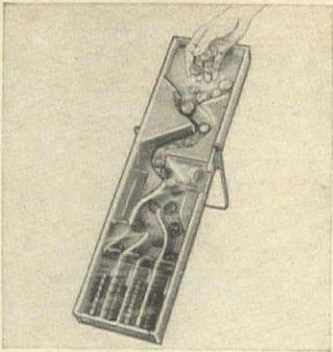
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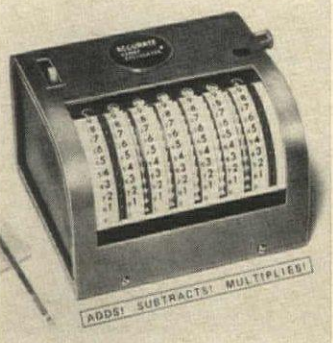
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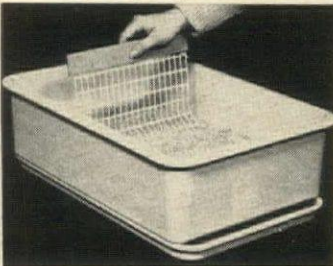
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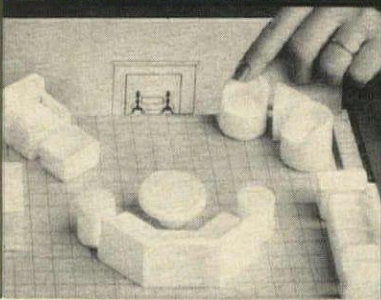
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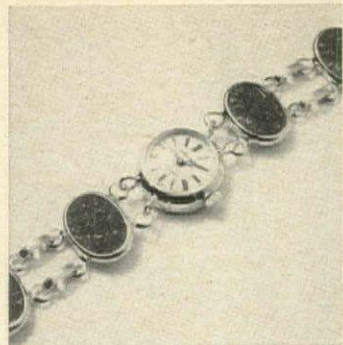
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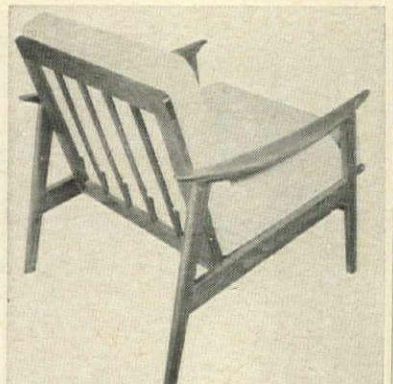
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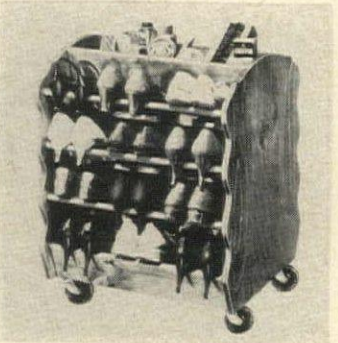
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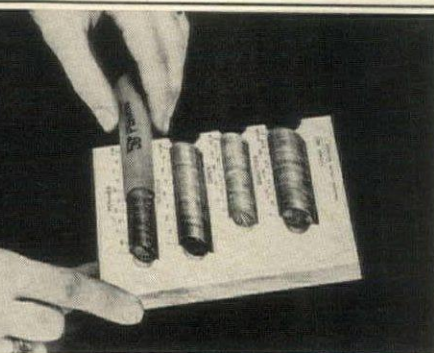
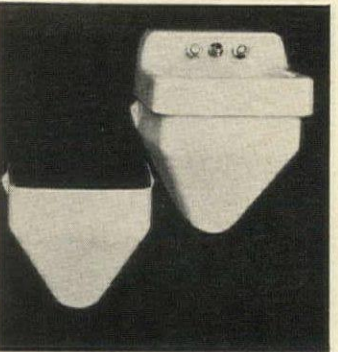
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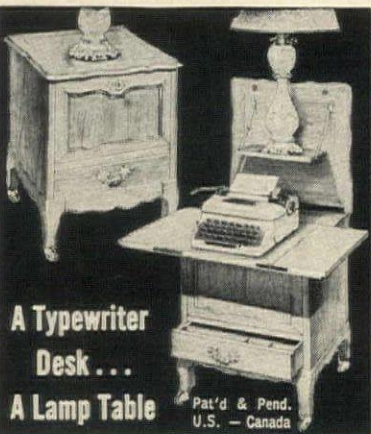
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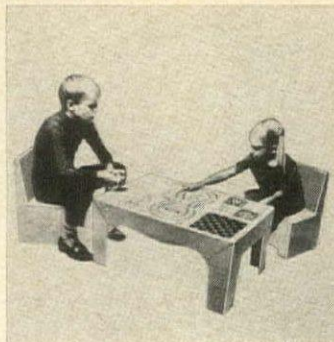
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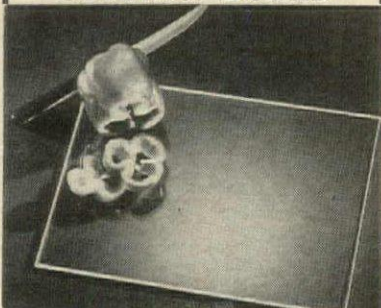
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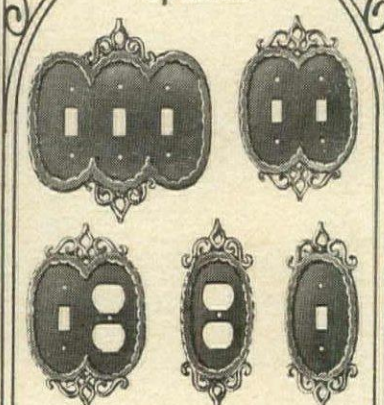
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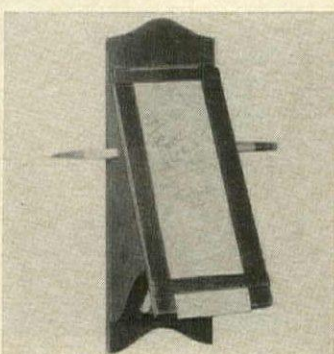


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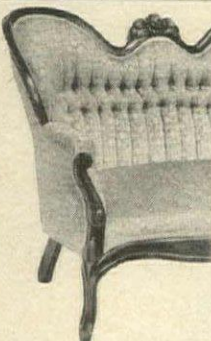
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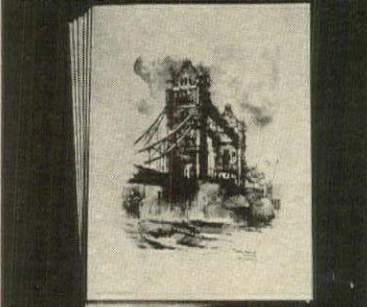
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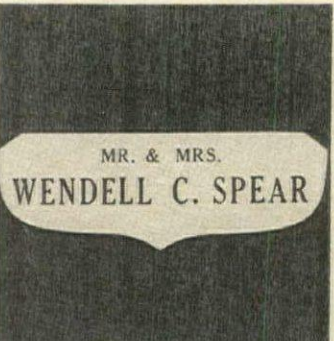
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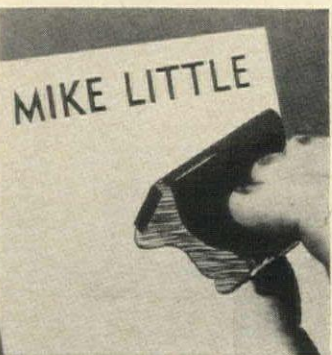
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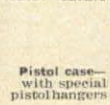
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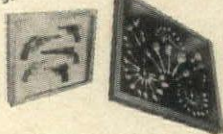
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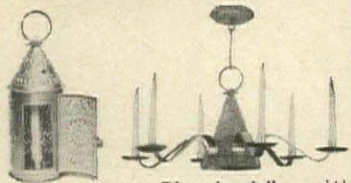
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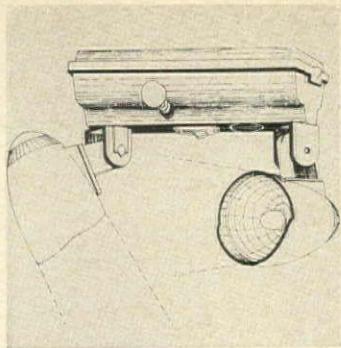
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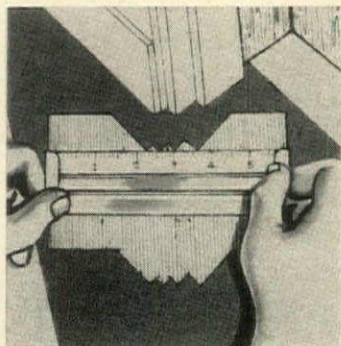


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Cordless closet light installs in minutes with two screws or adhesive strips right above closet door, turns on powerful twin beams when door is opened. Battery-powered beams adjust to cover wide area. On-off switch or automatic. Requires 4 "D" cell batteries (not incl.). \$5.95 ppd. Collier's, GE 170, Box 585, Skokie, Ill. 60076.



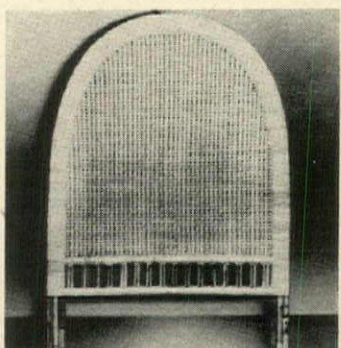
DAISY DECKED

Abloom with daisies the ordinary toilet seat adds a touch of decorative whimsy to any bath or powder room. The vinyl coated seat is in sophisticated black with moss green or orange with white daisies. Fits any regular fixture. \$14.99 plus \$1 post. Catalogue, 25c. Pier 16, Inc., HG170, Box 211, Jamaica, N. Y. 11435.



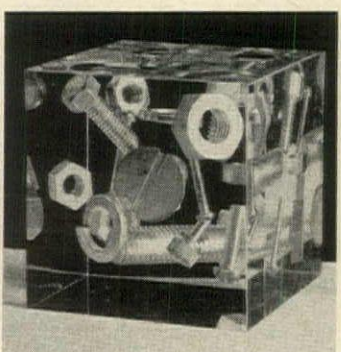
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Handy gadget copies contours to take the guesswork out of matching shapes during fix-it projects. Time-saver's best at ticklish tight corners, like bypassing pipes and fixtures when fitting tiles and other flooring. Purely practical 6" tool is \$1.98 plus 25c post. Gracious Living, Dept. 728, Berkeley, R. I. 02864.



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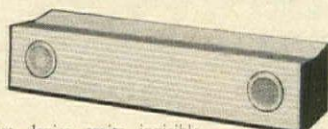
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ALSTO COMPANY Dept. HG-1 11052 Pearl Road, Cleveland, Ohio 44136



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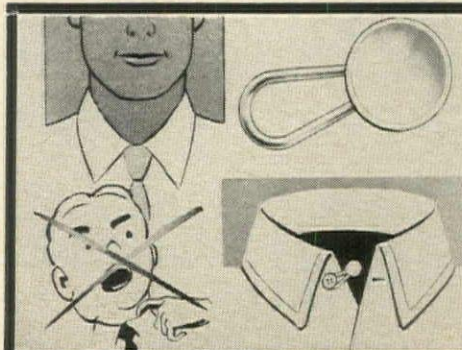
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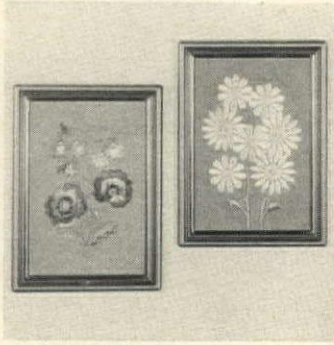
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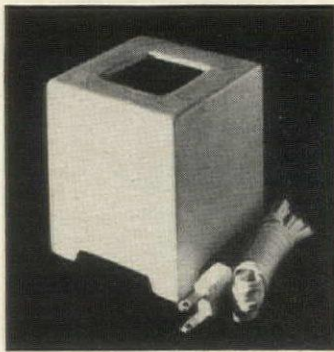
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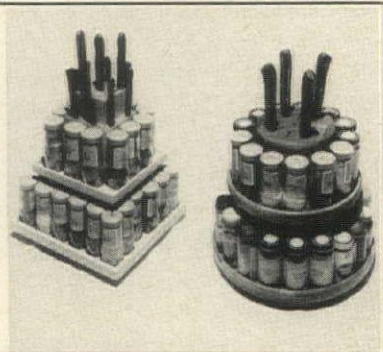
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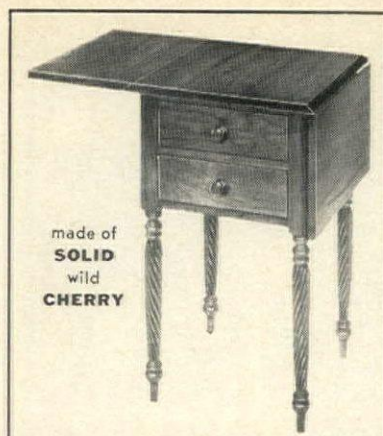


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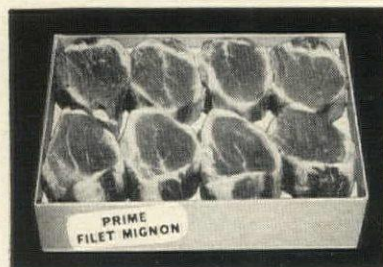
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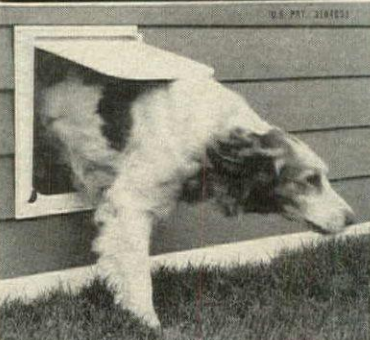
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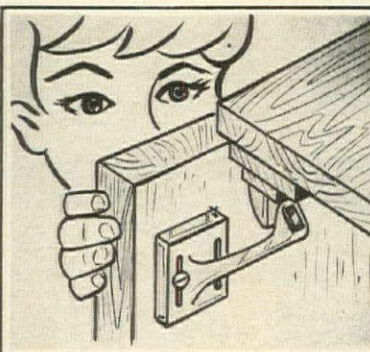
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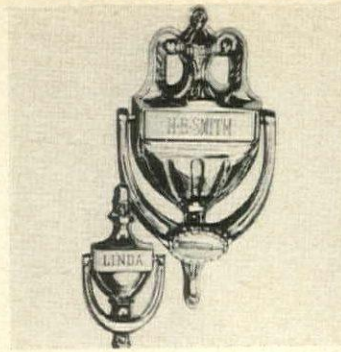


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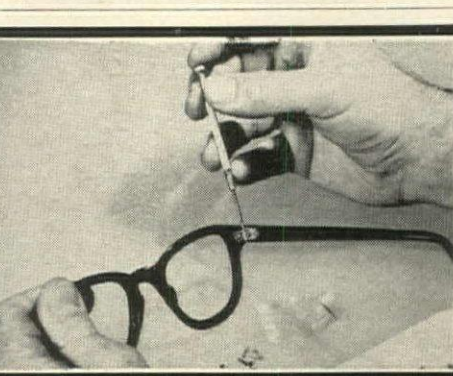
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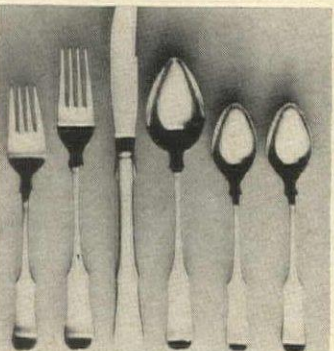
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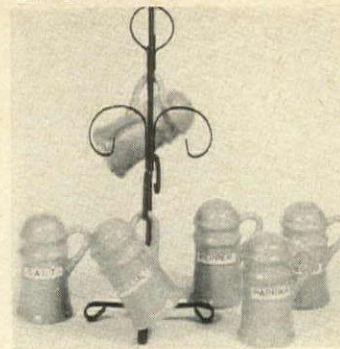
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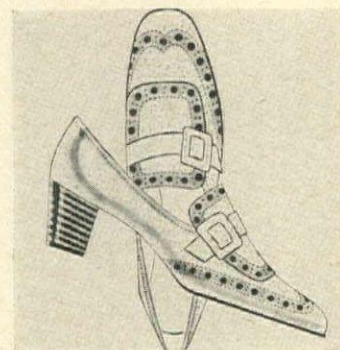
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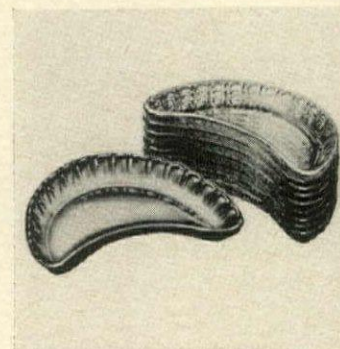
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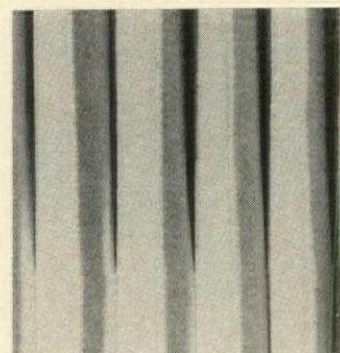
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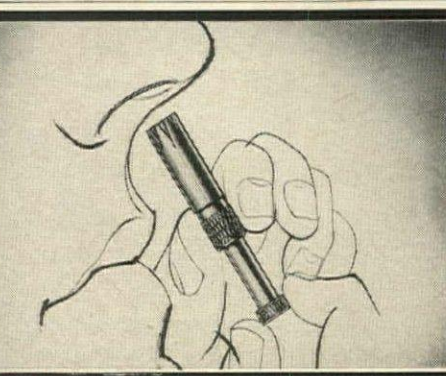
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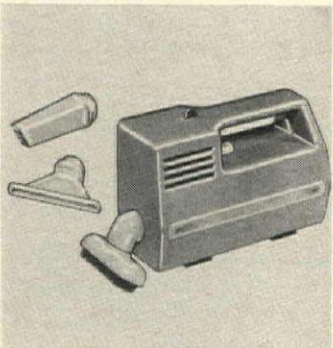
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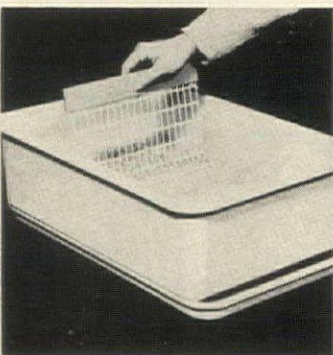
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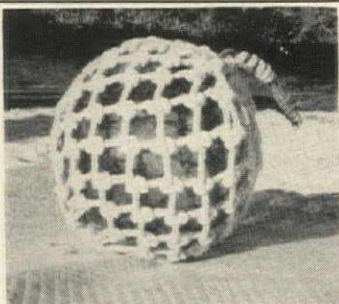
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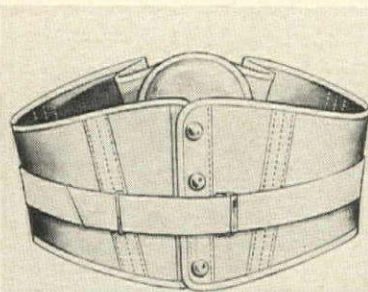
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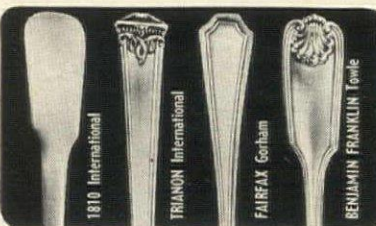


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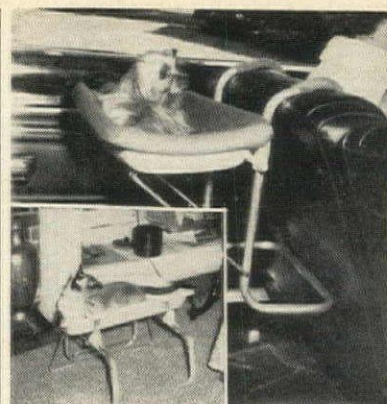
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Gardener's notes

BY JAMES FANNING

A LOT OF THE PLANT DAMAGE WE MAY HAVE THOUGHT WAS CAUSED BY DISEASE, INSECT OR MALNUTRITION ACTUALLY HAS BEEN DUE TO POLLUTED AIR. THAT WAS THE GIST OF A SYMPOSIUM ON "PLANTS IN THE CITY" AT THE AMERICAN HORTICULTURAL CONGRESS IN PHILADELPHIA LAST FALL. ALL OF THE EXPERTS AGREED THAT NOXIOUS GASES IN THE ATMOSPHERE MAKE THEIR EFFECT FELT NOT ONLY ON MAN BUT ON PLANTS, AND NOT ONLY IN CITIES, BUT IN BROAD AREAS AROUND CITIES, AND ALONG MUCH-TRAVELED HIGHWAYS. THE SYMPOSIUM CAME UP WITH A SMALL LIST OF POLLUTION RESISTANT PLANTS AND REPORTED SOME PARTIALLY SUCCESSFUL LABORATORY-TYPE MEASURES FOR PROTECTING PLANTS FROM AIR POLLUTION. NOBODY AT THE CONGRESS ASKED—NOT OUT LOUD, ANYWAY—WHY ALL THOSE ABLE PEOPLE WERE SPENDING THEIR TIME PROTECTING THE PLANTS INSTEAD OF STOPPING THE POLLUTION.

FROM FRANCE COMES WORD OF A NEW DODGE FOR ROOTING CUTTINGS:

dipping into melted paraffin as much of the cutting as will be buried in the rooting medium. It must be whisked out again quickly, of course, to avoid cooking the plant tissues or picking up a too-heavy layer of wax. From that point on everything is done in the usual manner. As roots begin to grow out of the cutting, they simply break through the wax, which flakes off and disappears. The advantage of this treatment is that it reduces transpiration from the cutting and kills the spores of disease-causing organisms. No first-person reports from people who have actually tried this treatment in the U. S. are available at the moment, but it sounds as though it would work and as if it might be particularly effective on such soft-stemmed plants as geraniums.

W. Ray Hastings has what must surely be one of the most pleasant jobs on earth: selecting the best each year's new varieties of flowers and garden vegetables for the designation "All-American." Under his direction test batches of the introductions are grown in different locations throughout the country and score sheets are made out, which he analyzes and makes the awards. Here are the six winners in 1970—four of them flowers and two vegetables:

Snapdragon "Madame Butterfly"

One of the new non-snapping (open-faced) types, double, in the full range of familiar snapdragon colors. The plants are medium sized (up to 30 inches high) and self-branching.

Dwarf French marigold "Boler"

A compact grower of about 12 to 18 inches, flowers up to 2 1/4 inches in diameter, in a combination of mahogany and gold. An early bloomer, flowering in fifty-five days from seed.

Annual dianthus "China Doll"

double (carnation-flowered) dianthus with clusters of salmon, red, and a combination of red and white. Colors are rich, plants compact and of uniform habit.

Morning-glory "Early Call Rose"

An early-blooming, large flowered morning-glory with white-throated flowers in a deep rose.

Tomato "Small Fry."

A very productive, uniform-sized cherry tomato, growing on a bush about 30 inches high. An early-season producer, disease resistant, and the only introduction to be given a silver medal for 1970.

Winter squash "Waltham Butternut"

A vigorous vine with butternut-type fruit.

THIS TIME OF YEAR, when these plants are the only touches of living green many of us can hope to come in contact with, it is good to know that a nationwide and very live-wire organization has been set up to help city folk and plant lovers everywhere with their problems. We use the term "live-wire" advisedly, since a moving force in the organization is the one, only, and incomparable Phyllis Diller. The Phyllis Diller King Exotic Plants Corporation, whose main office and largest shop are in New York City, recently opened a branch in Houston, and more are scheduled for Philadelphia, Phoenix, and several other cities throughout the country. This company grows all its own material, which helps to keep the prices low and also helps to keep the list of plants long and extremely varied. At its shops, you will be able to see demonstrations of every aspect of plant growing indoors: watering, lighting, feeding, and temperature control. And color-coded labels will tell you at a glance whether a particular plant is suitable for a sunny window, a dark corner, or any other spot where you might want to grow a plant.

RICHARD W. LANGER would seem to be on the road to fame as the Johnny Appleseed of Chinese gooseberries. His "After Dinner Gardening Book" (Macmillan, \$4.95)—ostensibly written to further the waste-not-want-not idea of growing fruit from the seeds of fruit you eat—is mostly an account of his adventures in growing such exotica as litchis, mangoes, and pineapples. Some of these adventures are hilarious. Others will discourage any less-persistent gardener from trying the same thing. But all are recounted with the exacting detail of a highly knowledgeable window sill gardener.

A LONG, LIGHTWEIGHT POLE, PREFERABLY BAMBOO, SHOULD BE KEPT BESIDE THE SNOW SHOVEL IN EVERY HOME WITH EVERGREENS IN THE DOORYARD. USED PROMPTLY AFTER OR DURING A SNOWFALL TO KNOCK THE SOGGY WHITE STUFF FROM EVERGREEN BRANCHES, IT WILL FORESTALL A LOT OF THE CROTCH SPLITTING, BOUGH BREAKING AND STEM BENDING THAT ARE OFTEN THOUGHT OF AS "NORMAL" WINTER DAMAGE.

ANY WOMAN WOULD HAVE TO BE OUT OF HER TREE EVEN TO CONSIDER USING A CHAIN SAW. SO WHEN THE HOMELITE PEOPLE TELL US THEIR NEW LIGHTWEIGHT SAW CAN BE HANDLED BY A WOMAN, WE SEE THIS AS THEIR SUBTLE WAY OF TELLING THE MALE SAWYER THAT THE E-Z AUTOMATIC IS NOT THE BONE-JARRING, MUSCLE-STRAINING JUGGERNAUT HE KNOWS OF OLD. LIGHT ENOUGH TO BE USED FROM A LADDER, THIS NEW SAW MAY BE JUST RIGHT FOR TREE TRIMMING, UNDERBRUSH CLEARING, AND OTHER WINTERTIME JOBS.

FOR SUMMERTIME COLOR, of course, annuals—petunias, zinnias, etc.—are indispensable. We sometimes wish, though, that American seedsmen would use a bit more imagination in choosing the annuals they present to the gardening public. Take penstemons—although usually grown as perennials, several kinds flower soon enough after sowing to be classed as annuals, and lovely things they are. The colors are clear and bright, going from white through yellow to red, deep garnet, and violet. They grow in spikes like ultra-graceful foxgloves and make excellent cut flowers.



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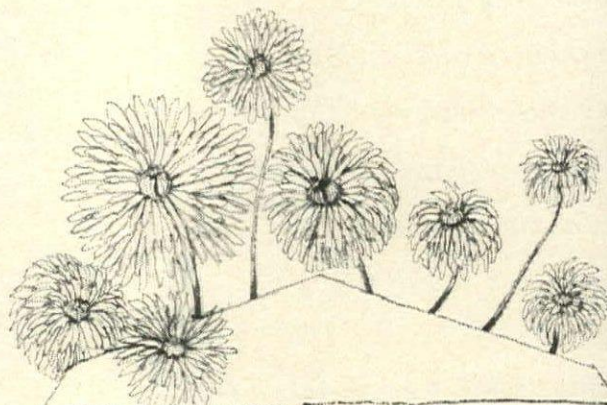
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A

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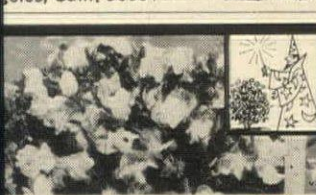
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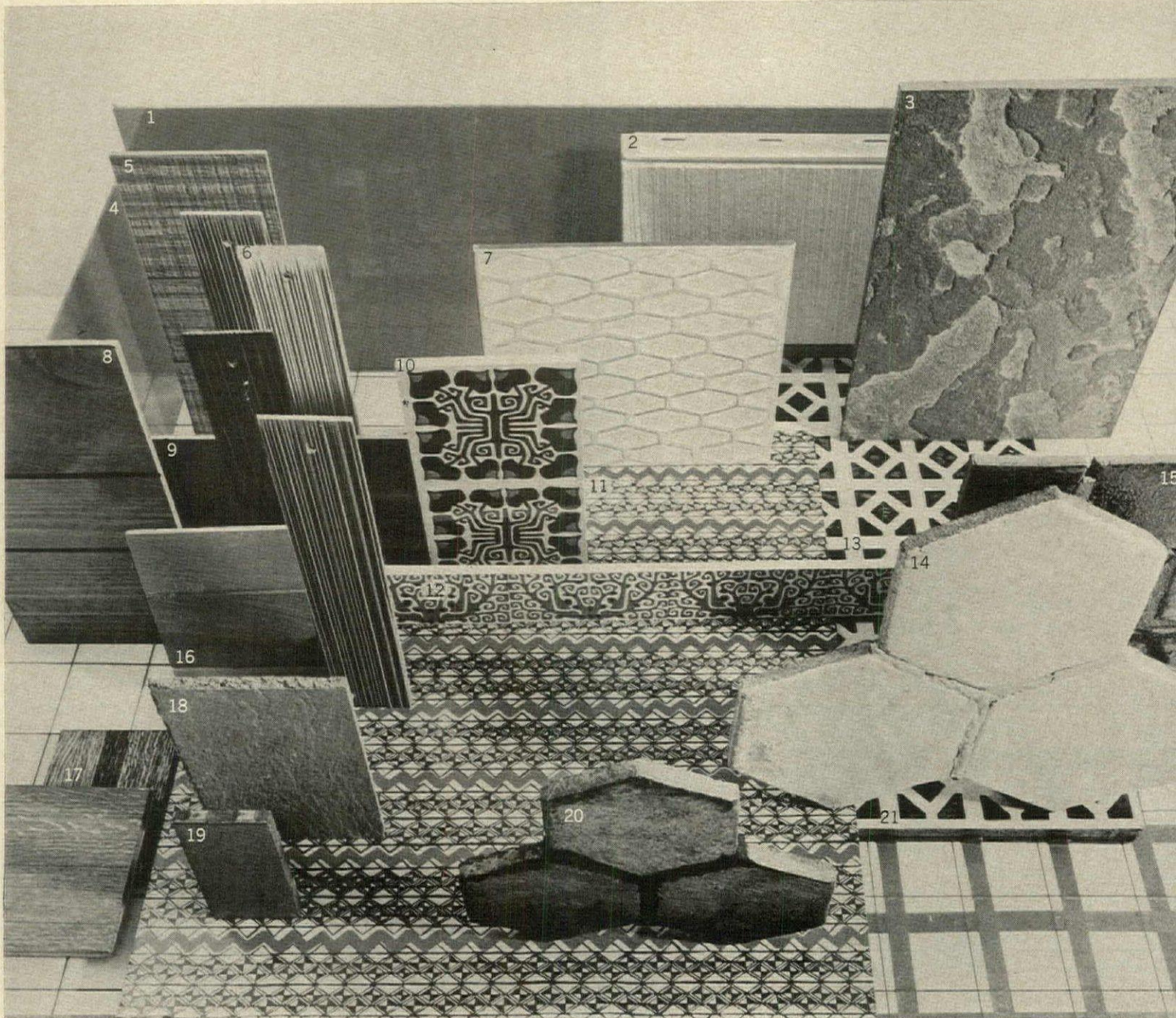
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Bell. **11.** Long floor tiles of wood with rickrack pattern. Bill Bell. **12.** Wood border tiles, 6 inches square. Bill Bell. **13.** Wood flooring with grille pattern. Patterson, Flynn & Johnson. **14.** Cream colored hexagonal floor tiles— $3\frac{3}{4}$ inches across, $\frac{1}{2}$ inch thick. Structural Stoneware. **15.** Brick-size floor tiles, 4-by-8-inches, in soft shiny greens. Structural Stoneware. **16.** Interior plywood—precolored in red. Ply-Gen. **17.** Two more examples of atomic-treated wood flooring. Radion Products. **18.** New roofing that looks like slate but weighs half as much. Colorbestos by Johns-Manville. **19.** Another vivid color for the floor in the way of a fire engine red ceramic tile. Interpace. **20.** Glossy gray hexagonal floor tiles, 6 inches across. Structural Stoneware. **21.** Plastic tape for floors or walls. Comes in various widths from 1 inch up to 5 inches. 3M Company, eight colors plus metallic-looking gold and silver.

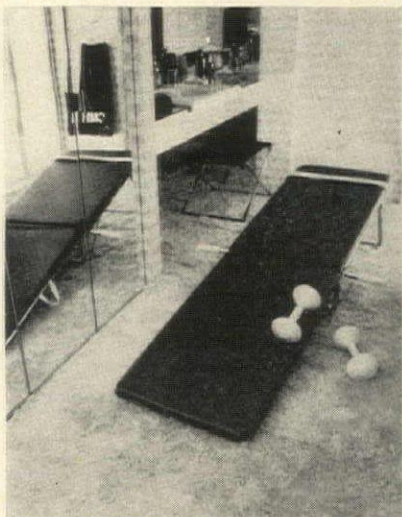
A few of the super fringe benefits

Leisure and storage



Almost always, it is the small, thoughtful details that make any room a nice place to come home to. In the Super Bath-Bedroom, a cushioned 13-foot-long window seat, *above*, makes a good place for morning coffee or watching television. Window, also 13 feet long, is hung with solid wood shutter covered in wallpaper. In bedroom area, an in-season closet, *above*, is stocked with pink and white garment bags and storage boxes made by Lasky Bros. & Elish of fabric by Cyrus Clark. Closets are covered with patterned wallpaper.

Exercise and storage



Masculine side of the Super Bath makes provision for clothes and keeping fit. Fold-up and put-away exercise equipment fits neatly in the back of the closet. When in use, the slant-board works very well in the 4-foot-wide aisle. The white, 5-pound dumbbells are by Diversified Products. Along with hanging space, the closet has a *semainier*—a cabinet with a drawer for every day of the week. On the top shelf, the steam generator for steambath-shower takes up amazingly little space.

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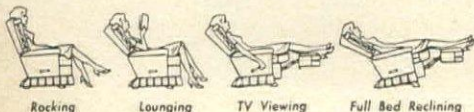


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1. SPRING PLANTING garden subjects are described in Wayside Garden's 224-page full-color catalogue. Includes everything from annuals to trees. \$2.

2. SEEDS PLUS garden aids are found in Burpee's new catalogue. Flower and vegetable seeds, bulbs, house plants, roses, fruits, berries, nuts, trees, shrubs, vines, and ground covers are offered.

3. THE FUTURE GREEN THUMBERS OF AMERICA will find this booklet from the Union Fork & Hoe Co. entertaining and educational. Written by Mel Lazarus after the popular comic strip "Miss Peach," it explains how to grow flowers, vegetables—and weeds! 25c.

4. 1970 SPRING FLOWER catalogue from George W. Park Seed Company contains over 3,000 varieties of flowers, including many rare, unusual blooms such as the Impatient Shady Lady and the Carefree Geranium.

5. IT BLOOMS FOR SIX MONTHS. A colorful ground cover called Penngift Crownvetch, requiring no care, is the specialty of H. J. Brusca Nursery. Full-color brochure shows possibilities.

6. LANDSCAPE BY MAIL—The Earl Ferris Nursery 1970 Planting Guide offers a mail-order landscape service plus a complete line of shrubs, trees, flowers, fruits, and vegetables.

7. HOW DOES YOUR GARDEN GROW? With the help of the new Jackson & Perkins catalogue everything will be coming up roses! Four new varieties are featured in this full-color booklet.

8. HOME BEAUTIFICATION HELP from Inter-State Nurseries. Colorful mail-order catalogue shows what you and nature can do to make your home more beautiful. Also contains handy diagram on what and where to plant.

9. COMPLETE LANDSCAPING—evergreen and hardwood seedlings, landscaping shrubs, rhododendron, azaleas, ground covers, perennials, and container grown plants available with planting directions through full-color catalogue from Musser Forests.

10. LIVING FENCE of Red Glory Roses creates a hedge up to 6-feet high that blooms all summer, for every home from a bungalow to an estate. From Armstrong Nurseries, plants-by-mail.

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11. TIMBER! That's what this idea-filled booklet from Western Wood Products is all about. It presents great projects you can build yourself or have built for you. Transform an eyesore into a thing of beauty with imagination and Western Wood. 25c.

12. HUMIDITY AND YOU. Research Products Corp. offers an easy-to-understand brochure about relative humidity in the home. The dangers dry air presents to a family and home are explained, and there's a check list of questions to ask your heating dealer when selecting a humidifier.

13. PRACTICAL IDEAS FOR ELEGANT LIVING. 8-page, full-color folder from the Formica Corp. shows versatility and beauty of Formica® brand laminate throughout the home. Complete rooms and individual applications.

14. "SINKRONIZE" YOUR HOME with stainless steel sinks from Elkay. Stainless steel never limits color choices . . . doesn't require hard scouring and bleaching. 48-page booklet is filled with new sink ideas for the entire home. 25c.

15. DON'T BE A GARBAGE COLLECTOR. Informative booklet by In-sink-erator people tells what you should know about garbage disposers. Covers individual engineering and design features and explains installation possibilities.

16. THERE'S MORE THAN ONE WAY TO WASH A DISH. Brochure from the Maytag Co. answers oft-asked questions about dishwashers. Gives helpful information about loading, detergents, rinsing, additives, etc.

17. MAKE YOUR "DREAM KITCHEN" COME TRUE with the help of Roper's Kitchen Planning Guide. Whether you're building a new home or remodeling an old one, this illustrated booklet can help you achieve an attractive and practical kitchen.

18. BRIGHT IDEAS in paneling from Georgia-Pacific. 24-page guidebook presents many practical suggestions on how to choose and apply paneling for the home. Covers such vital subjects as

style, color, texture, pattern, and floor plan. 50c.

19. HAPPY HOUSE HUNTING! The American Wood Council presents a kit to aid you in making the best home-buying decision. Invaluable collection of booklets contains product information on names you rely on and look for in the houses you'll be seeing. \$1.50.

20. WHERE THE LIVING IS EASY. Handsome, full-color, 36-page book full of vacation home ideas. Features 88 imaginative, family-tested home designs by Lindal Cedar Homes. All are pre-cut, ready for quick, easy assembly. \$1.

POTPOURRI

21. THE CELANESE HOUSE. Full-color workbook contains inspired home decorating ideas with Celanese fibers. Included are room arrangements, anatomy of furniture periods, points on how to care for and maintain fibers as well as sewing tips. \$1.

22. TRY A CHANGE-OF-PACE VACATION at the Homestead in Utah. Colorful brochure of this country resort offers fun for all the family. Take your pick of swimming, golf, horseback riding, or bicycling.

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January, 1970

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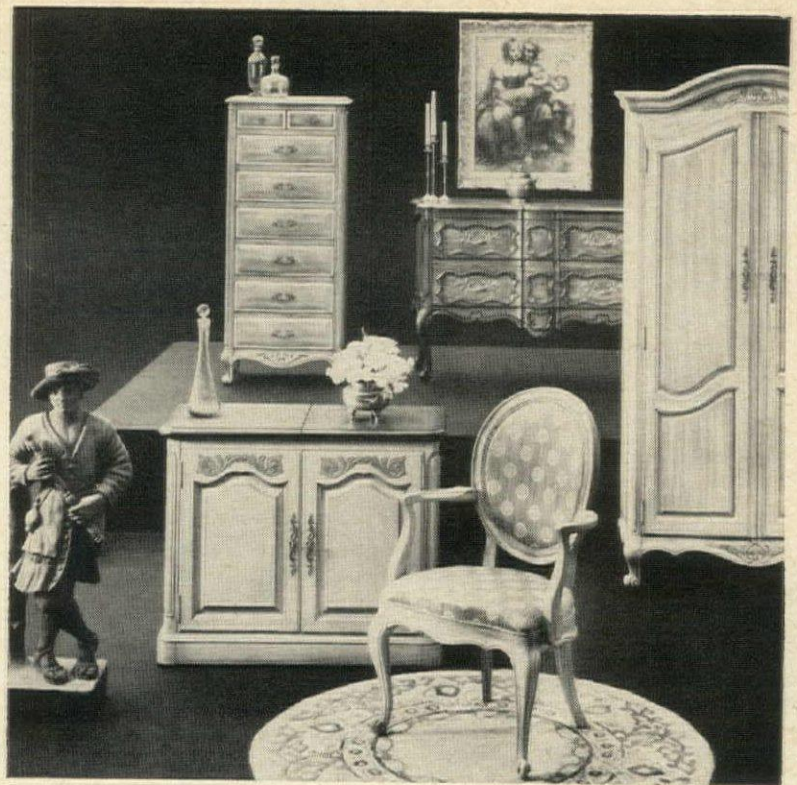
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On window seat:

Window seat cushions covered in 3" repeat "Easy Street" design, 44½" wide, cotton, at & Vice Versa.* Orrefors ashtray (same as on p. 89) from Georg Jensen.

White sheepskin rug by Janice International, \$35.

Custom-made quilt covered in pumpkin Glosheen, cotton, 50" wide, \$3 yard at Waverly Fabrics.*

In linen closet:

Curled animal from Mexico, dates from 500 BC to AD 1000, \$175 at Richard Carleton.*

Executive Unit in brown case by Relax-A-Cizor.

The following stores are featuring big beautiful beds inspired by House & Garden:

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Fifth Ave. & 38th Street
New York, N.Y., 10016

MACY'S
Herald Square
New York, N.Y., 10001

REICH'S, INC.
Broad & Alabama Streets
Atlanta, Ga., 30302

WOODWARD & LOTHROP
11th & F Streets
Washington, D.C., 20013

SUPER KITCHEN

Page 93:

Swivel bar stools, white vinyl seat, base in House & Garden's Ultramarine Blue, 24" high, \$44 by Rattan Specialties at Rattanland, 217 Main St., Seal Beach, Calif., 90740.

Corning Ware 9-cup percolator, \$13. "Poppy" pattern earthenware salad plate, \$3, and "Poppy" mug, \$2, by Brodegaard at Far Corners, 531 Lake Ave., St. James, Long Island, N. Y. Clear glass salad bowl, 9" diam., \$4, by West Virginia Glass Specialty Co.

Page 94:

Magnalite deep kettle dutch oven with meat rack, 7½ qt. capacity, \$17, by General Housewares.

Pyrex 16 oz. liquid measure cup by Corning, 80c.

Afro-teak peppermill with walnut finish, 12" high, \$11 at Bloomingdale's, Lexington Ave. at 59th St., New York, N. Y., 10022.

French olivewood mortar and pestle, \$12, by Harriet Amanda Chapman.

Closet 1:

Desk accessories by Eaton: Jumbo Jotter, \$10; Month-at-a-glance, \$7.50; address book, \$5; pencil well, \$5;

shopping list, 60c.

Sony portable TV, 8" diagonal picture, private-listening earphone, 10" high x 9" wide, \$130.

Closet 3:

Crêpes suzette pan, \$25; omelet pan, \$20; open skillet, \$15; au gratin pan, \$20; flame set with 12" tray, stand, and alcohol burner, \$25; covered 3 qt. buffet casserole, \$7; 4 stainless steel sauce pans with dome cover and bakelite handle from 1 qt. to 3 qt. capacities, \$8.50-\$12.50; stainless steel 3 qt. whistling tea kettle, \$10; 6 cup "Regency" whistling tea kettle, \$8. All by Revere Copper & Brass.

Aluminum colander, 5 qt. capacity, \$3.70. Copper covered aluminum: spiral mold, 4 cup capacity, \$1.70; fluted buffet mold, 12 cup capacity, \$3. All by Wear-Ever Aluminum.

Tin recessed bottom mold, 1 qt. capacity, \$3. Set of 4 tin fondant molds, largest 1¼ qts., \$6.25. Both by Harriet Amanda Chapman.

Basting spoon, \$1.75; pancake turner, \$1.75; ladle, \$2.50; fork, \$1.75: All by Ekco Housewares.

Nucelite fondue by Etco, 1½ qt. capacity, \$35 at B. Altman Gourmet Dept., Fifth Ave. & 34th St., New York, N. Y., 10016.

Copper espresso pot, \$17 at Bazaar de la Cuisine, 160 E. 55th St., New York, N. Y., 10022.

Closet 4:

French colander of white porcelain, \$10 at Williams-Sonoma, 576 Sutter St., San Francisco, Calif., 94102.

Conical sieve, \$1.50; round sieve, \$5; yellow wire cake cooler, \$1.80: From Ross Havers.

Food mill by Foley, 2 qt. capacity, \$4. White duck ovenproof casserole, 3 qt. capacity, \$11.50 at Hammacher Schlemmer, 145 E. 57th St., New York, N. Y., 10022.

White fish oven proof casserole, 2 qt. capacity, \$18 at Environmental Ceramics, 651 Howard St., San Francisco, Calif., 94105.

Corning Ware: 1 qt. covered saucepan, \$6; 1¼ qt. covered saucepan, \$7; 2½ qt. covered saucepan, \$8; 8½ qt. covered skillet, \$7; 10 qt. covered skillet, \$10; 4 qt. covered dutch oven, \$14. Corning Ware 2 qt. loaf dish, \$4; 2 qt. covered saucemaker, \$7. Pyrex: 1½ qt. double boiler, \$6; 8" pie plate, 40c; 9" pie plate, 50c; 10" pie plate, \$1. All by Corning Glass. Copeco yellow soufflé dish, 1 qt. capacity, \$4 at Bloomingdale's. Stoneware custard cup set, 5½ oz. capacity, \$4. Stoneware bean pot, 2½ qt. capacity, \$5. Both by Pfaltzgraff Co.

Wear-Ever Aluminum: 6 cup muffin pan, \$1; 12 cup muffin pan, \$1.30; 12 cup gem pan, \$1.10; loaf pan, \$1.80; bake pan, \$2.50; spring-form pan and set, \$5.80; tubed cake pan, \$3.50; layer cake pan, \$1.20.

Bundt cake pan, \$5; from Nordic Ware.

Closet 5:

Wire vegetable basket, \$2.50 by Harriet Amanda Chapman.

Page 95:

Basketweave plastic tray, 19" x 20", \$15.50 at Hammacher Schlemmer.

Bristol English Ironstone, "Blue Scroll" pattern from Fisher Bruce & Co.: salad plate, \$1.75; tea cup and saucer, \$2.50; at R. H. Stearns, Boston, Mass.

Teak salad bowls by Etco Industries, \$7 each.

Delphinian linen napkins by Leacock & Co., \$1 each.

Glass salt and pepper shakers, \$5 at Tablerie, 1033 Third Ave., New York, N. Y., 10021.

"Colonial Shell" stainless flatware by Reed & Barton, 5 piece place setting, \$10.50.

Covered buffet casserole, 3 qt. capacity, \$22, by Revere Copper & Brass.

Yellow closets:

Stainless steel 18 cup automatic coffee maker, \$30. Automatic corn popper of polished aluminum, 4 qt. capacity, \$12.50. Both by West Bend. Electric Egg Cooker/Poacher, \$20. Electric bun warmer, \$12. Holiday Hotray controlled at 200°, \$11. All by Salton Manufacturing.

Baconer grille with Teflon cooking surface, \$22. "Pressure-flo" 10 cup coffee maker, \$19. Both by Westinghouse Electric.

Keep-warm toaster by Hamilton Beach, \$18.

Mix-O-Matic 12 speed hand mixer by Rival Manuf., \$20.

Farberware broiler-rotisserie of stainless steel, \$50.

Cast aluminum electric pressure cooker with hard surface DuPont Teflon, 4 qt. capacity, \$33. Aluminum electric deep fryer with hard surface DuPont Teflon, 5 qt. capacity, \$27. Both by National Presto Industries. Clam steamer, 20 qt. capacity, from U. S. Stamping Co., \$13.

Pyrex Store 'n' See containers: 2½ qt. jar, \$2; 1½ qt. jar, \$1.80; 1 pint dry container, \$1.30. Pyrex liquid measure cups: 8 oz., 50c; 16 oz., 80c; 32 oz., \$1. All from Corning Glass.

Set of 3 Revere stainless mixing bowls, 1, 2, and 3 qt. size, \$7. Foley 5 cup sifter, \$2.50.

Cornish Blue 4 bowl pudding set, \$7.50 at Hammacher Schlemmer.

Kitchen knives by Henckle: kitchen carver, \$7; bread knife, \$6; grapefruit knife, \$3.50; decorating knife, \$5; tomato knife, \$3; spreading knife, \$4.25. All at Bloomingdale's.

Closet 6:

Pyrex Store 'n' See containers: 2½ qt. jar, \$2; 1½ qt. jar, \$1.80; 1 qt. jar, \$1.60; 1 pint dry container, \$1.30; ¾ cup jar, 90c.

Set of 12 spice jars with labels and cork stoppers, \$9 at B. Altman.

Closet 7:

Boda yellow glass: vase, \$15; bowl, \$27; pitcher, \$14.50; at Georg Jensen.

Glass vase, \$24 at Bonnier's, 605 Madison Ave., New York, N. Y., 10022.

Glassware by West Virginia Glass Specialty Co.: 9 oz. parfait, \$1; 10 oz. sherbet, \$1.25; cake salver, \$11.

"Poppy" pattern Italian earthenware from R. F. Brodegaard & Co., 5-piece place setting \$24, at Far Corners.

Rectangular hot and cold server, compartments, \$38.50. Round hot and cold server, 2 qt. capacity, \$16.50. Ice bucket, 3 qt. capacity, \$19.75. Tray and dome set, \$35.25. All by Thermalene at Saks Fifth Ave., Fifth Ave. & 49th St., New York, N. Y., 10022.

Closet 8:

Orrefors crystal: hurricane lamp \$20; wine bucket, \$38; vase, \$25. Bristol English Ironstone, "Blue Scroll" pattern, 5-piece place setting \$8. All from Fisher Bruce at R. H. Stearns, Boston, Mass.

Nordic Ware, 6 piece sizzler server set, \$9.

Stainless steel hors d'oeuvre plate by Spring with 9 glass dishes, \$50 at Tablerie.

Oak carving block with handles, 14 x 20", \$22.50. Oak bar block, 7 square, \$5. Both by Copo.

Teak salad server with 8 bowls, \$40. Teak serving spoon and fork, \$7. B. Etco Industries at B. Altman.

Closet 9: Ceralene china from Limoges, France "Vieux Chine" pattern, 5 piece place setting \$37.50. "Montaigne Plain" pattern crystal, #1 water goblet, \$6.50. Both at Baccarat, 55 E. 57th St., New York, N. Y., 10022.

Sterling silver hollowware by Reed & Barton: Paul Revere bowl, 9" diam. \$160; bread tray, 12" long, \$55.

"Dublin" gravy boat and tray, 8 oz. \$85; "Chippendale" tray, 15" long, \$180; tray, 14" diam., \$185; pointed antique waiter, 18" x 13", \$325; open vegetable server, 10¾" long, \$75.

pointed antique salt and pepper, 5 high, \$67.50; pointed antique meat platter, 16" long, \$265.

Closet 10: Decanter with stainless coaster, \$11. Stainless martini pitcher, 48 oz., \$10.

5 piece bar set on chrome and marble stand, \$15.

Plexiglass ice bucket with lucite cover, \$31. All by Etco Industries at B. Altman.

Stainless steel cocktail shaker, \$3.25. Chrome finish serving tongs, 9" long, 60c. Both by Ekco Housewares.

Glassware by West Virginia Glass Specialty Co.: 21 oz. tumbler, \$1; 1 oz. tumbler, 85c; 10 oz. tumbler, 55c; 8 oz. tumbler, 55c; 18 oz. beer mug, \$1.75.

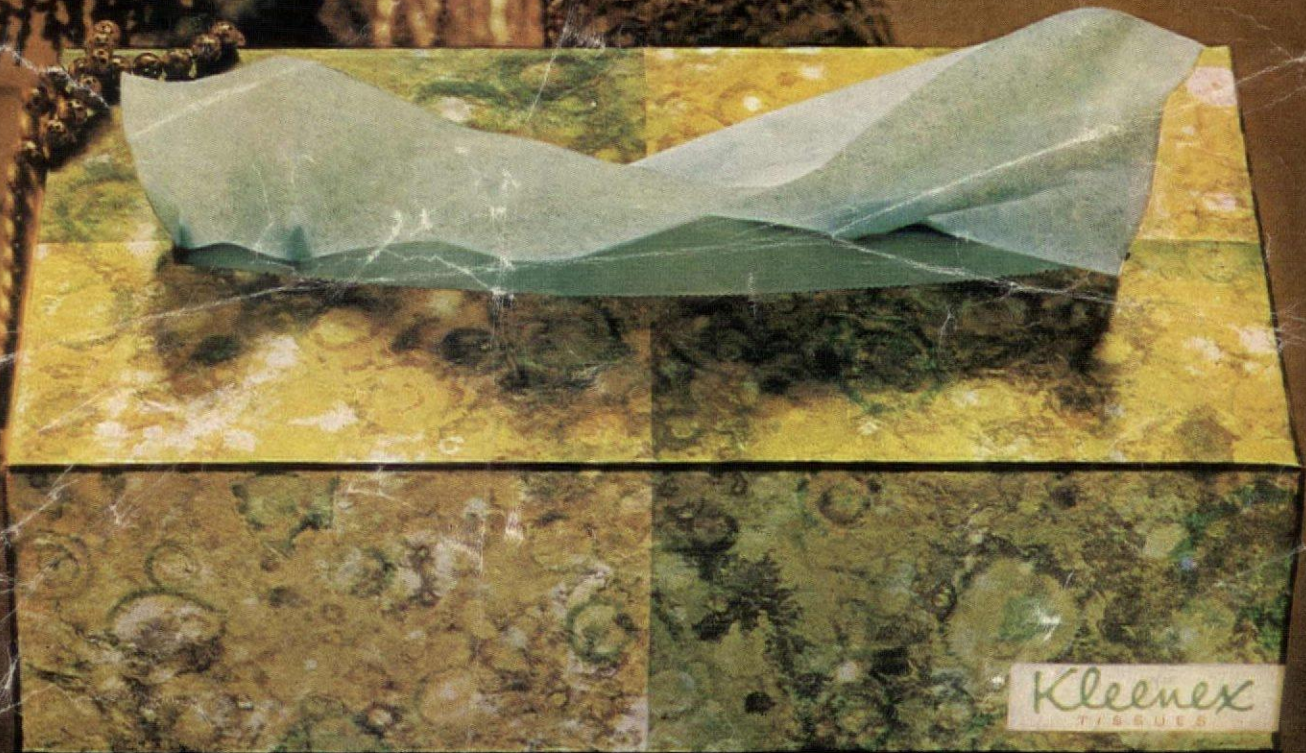
Vant slicing board of maple and walnut, \$4.50 at Burdine's, 22 E. Flagler St., Miami, Fla., 33131.

Do-it-yourself bottle rack of unfinished hardwood painted House & Garden's Ultramarine Blue.

Gun & Tackle Shop, 1900 W. 14th St., Cleveland, Ohio.

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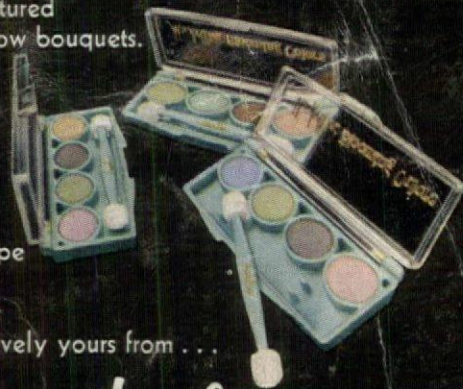
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