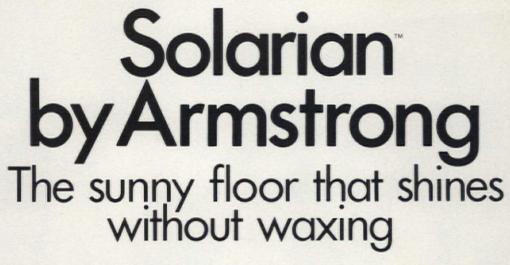


3 WAYS TO DECORATE DREAMY BEDROOMS





You've probably heard claims about floors that are supposed to keep a shine with no waxing. Armstrong has never made such a claim . . . till now.

Till Solarian.

Solarian is a totally new kind of floor. It comes with-and keeps-a gleaming shine with no waxing! And it takes a lot less work to keep clean.

Its secret is a major development from Armstrong research: the Mirabond™ wear surface. Just as an egg won't stick to the new coated frypans, most waxes won't stick to this unique surface. And, neither will most spills or tracked-in dirt. Even



black heel marks wipe right off. How long will the Solarian shine last? For over two years we've been keeping a close watch on many Solarian floors in busy kitchens like yours. Every one of

them is still bright and shining-with only occasional sweeping, damp-mopping, and no waxing.

Of course, every home is different, and eventually your Solarian floor could begin to show some slight gloss reduction in heavy-traffic areas. So just in case you should ever need it, your Armstrong retailer can supply a Solarian Floor Finish that you



can use in these areas like any floor polish to maintain the shine the way you like it. Shown here are just three of the many designs and colors available. See them at an "Armstrong Floor Fashion Center" or at other flooring stores which

carry Armstrong Solarian. They're listed in the Yellow Pages.

And if you'd like more information about Solarian direct from us, write Armstrong, 7202 Pine Street, Lancaster, Pa. 17604.

Armstrong



THE INDOOR WORLD"

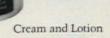


"You know the feeling.
I thought everyone was staring at my hands."

"Those horrid weathered age spots

Those horrid weathered age spots made me so self-conscious I hated to play cards. Then the girls told me about this cream Esoterica. What a blessing. It's just made to fade age spots. And it creams your hands beautiful besides. You'll see."

Esoterica.
It's made to fade age spots
(and it creams your hands beautiful besides).



WINSTON'S DOWN HOME TASTE!

So Real. So Rich. So Good.



American Hom

HOMES AND ARCHITECTURE

40 The Plumb Line

62 Jonathan-Midwest Wonder Town

78 New Town . . . Old Values

INTERIOR DESIGN AND DECORATING

37 Decorating Newsletter

38 Prime Timepieces

58 Restful Bedrooms by Night . . . Useful Dream Rooms by Day

101 Make a Bed Canopy and a Matching Quilt

FOOD

34 Saving Graces

48 Food Questions You Ask

68 All the World Loves Stew

70 Winning Ways with Molasses

72 Cooking Lesson No. 42: Turban of Sole

96 The ABC's of Doughnuts

EQUIPMENT

26 From Home Base: Coffee Makers

30 Super Bowls

53 The Joy of Kitchens

AMERICAN TREASURY

65 Beautiful Bennington Ware

GARDENING

44 Growing Things in Style

FEATURES

8 This Month in American Home

10 Lifestyle: The Bill Hubbards of New York City

The Roland Summits of Rolling Hills, California

22 The Good-Looking Homemaker: Pretty Mouth, Lovely Voice

24 The Beauty Counter

126 Shopping Information

HOME PROJECTS

16 Spring Beauty Pillow Kits

32 Hooked Rug Kits

50 Country Bouquet Embroidery Kits

SHOP BY MAIL

104 American Home Market Place

FRED R. SMITH BETTY KLARNET

Managing Editor JOSEPH TAVERONI

Art Director MERVYN KAUFMAN

Copy Editor

HELENE BROWN Interior Design

BARBARA PLUMB Architecture and Environment

FRANCES M. CRAWFORD

JEANNE M. BAUER Equipment

DOROTHY L. BRIGHTBILL Home Projects

> BINA BERNARD Features

NANCY C. GRAY Pacific Coast

LYNN HEADLEY Market Place

FERDINAND D'ESPOSITO Production Coordinator

ASSOCIATES

Carol Ceraldi/Art Lietta Dwork/Reader Service Dorothy B. Humanitzki/Editorial Jacques Jaffry/Chef

Rosemary L. Klein/Research Jane Levy/Housing

Stephanie Parker/Art Jane Uetz/Food

Alexandra Walker/Decorating

ASSISTANTS

Betty Borger Phyllis Cignarella Vicki Lynn Crowe Ellen de Villeneuve Frances S. Herbstman Eileen Denver Mimoso Kathy M. Ripin Christine B. Roth Anne Rutledge Sherman

CONTRIBUTORS

Mary Evans/American Treasury Arthur J. Maher/Building Denise McCluggage/The Woman Driver Lawrence V. Power/The Avant Gardener

JOHN F. DUNN Publisher

A MAGAZINE OF DOWNE PUBLISHING, INC.

JOHN MACK CARTER President

COVER: Stylish utensils, like these from The Pottery Barn in New York, contribute handsomely to "The Joy of Kitchens." You'll find 7 pages of them-new and remodeled, starting on page 53-all with ideas for the heart of Photographer: Irwin Horowitz your home.

© 1972 Downe Publishing, Inc., a subsidiary of Downe Communications, Inc., 641 Lexington Ave., New York, N.Y. 10022. All rights reserved. Title reg. U.S. Patent Office. Published monthly. Second-class postage paid at New York, N.Y. and at additional mailing offices, Authorized as second class mail by the Post Office Department, Ottawa, Canada, and for payment of postage in cash. All mail concerning subscriptions should be addressed to American Home, Subscription Service, Flushing, New York 1357; Subscription Pricet U.S. and Possessions and Canada: Oneyer, \$4.00.Pen American Countries: Oneyer, \$5.00. Downe Communications, Inc. also publishes Ledies' Home Journal and Family Weekly. Editorial and advertising offices, American Home, 641 Lexington Ave., New York, New York 10022

Advertising and Sales: Peter J. Moore, Advertising Manager; Robert E. MacVicer, Eastern Division Menager; Jack M. Brigham, Western Division Manager; Frank R. Zilla, Chicago Sales Manager; Richar S. Wasley, Boston Sales Manager; James L. Bidwell, William K. Hughes, Cleveland Sales Managers (Cetroil/Pitteburgh); Frank E. Gregory, Los Angeles Sales Manager; DeWayne G. Hunter, San Francisc Sales Manager; Elizabeth Riggins, Manager Special Services; Stephen E. Silver, Marketing Director; Fred R. Hermann, Promotion Director; Mary Powers, Director of Reader Reaction Bureau.

Manuscripts must be accompanied by self-addressed envelopes and return postage. Publisher assumes no responsibility for return of unsolicited manuscripts or art.

CHANGE OF ADDRESS: If you plan to move, notify American Home, Subscription Service, Flushing, N.Y. 11357, at least 8 weeks in advance. See coupon elsewhere in this issue. Send new and old address from a recent copy. Postmaster: Send form 3579 to same address.

"It makes a difference how you call Long Distance."



If you dial...

70¢

This is the rate for a three-minute, coast-to-coast, station-to-station call, 8 a.m. to 11 p.m. Saturday and 8 a.m. to 5 p.m. Sunday, when you dial it yourself without operator assistance.

If you don't...

\$140p

This is the rate for that call when you don't dial the call yourself or you need the operator to help you complete it. See the footnote below for conditions under which dial-direct rates do not apply.

Examples of Long Distance rates for station-to-station coast to coast calls

		Operator-assisted calls	Dial-direct calls	Your discount when you "dial it yourself"
Weekends	8 a.m. to 11 p.m. Sat and 8 a.m. to 5 p.m. Sun.	\$1.40 first 3 minutes	70c first 3 minutes	70c first 3 minutes
Evenings	5 p.m. to 11 p.m. Sun. through Fri.	\$1.40 first 3 minutes	85¢ first 3 minutes	55¢ first 3 minutes
Nights	11 p.m. to 8 a.m. daily	\$1.40 minimum call (3 minutes)	35¢° first minute (minimum call)	\$1.05 on the minimum call
Weekdays	8 a.m. to 5 p.m. Mon. through Fri.	\$1.85 first 3 minutes	\$1:35 first 3 minutes	50¢ first 3 minutes

Rates shown (plus tax) are for the days, hours and durations indicated on station-to-station calls. Rates are even less, of course, on out-of-state calls for shorter distances. Dial-it-your-self-rates apply on all out-of-state dialed calls (without operator assistance) from residence and business phones anywhere in the continental U.S. (except Alaska) and on calls placed with an operator where direct dialing facilities are not available. Dial-direct rates do not apply to person-to-person, coin, hotel guest, credit card, and collect calls, and on calls charged to another number.

*One-minute-minimum calls available only at the times shown. Additional minutes are 20° each.

Scrubbing



We scrub your bathroom clean

"So you wont have to"

bubbles:

Dow announces a remarkable kind of bubbles that scrub your bathroom clean.

Spray Dow Bathroom Cleaner on the tub, tile, sink, chrome. Watch the Scrubbing Bubbles go to work. You can hear them hiss and crackle as they foam. You can see them churn and bubble as they scrub... actually watch dirt being loosened and lifted out of grout crevices. And as they fizz and pop, the Scrubbing Bubbles destroy germs that cause odors, knock out mold and mildew.

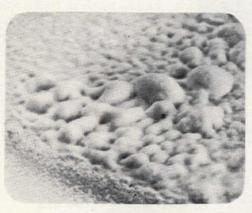
Then, all is quiet. All is clean.

Nothing is tougher on scum and dirt, yet so gentle on bathroom surfaces. You just wipe or rinse. No streaking. No gritty residue. Scrubbing Bubbles leave nothing behind but a shine. And with our 20-ounce size, Dow Bathroom Cleaner gives you three ounces more for your money than the other leading brand.



SLUGGISH FOAM (theirs)

Most aerosol bathroom cleaners just lie on the surface when you use them. At a standstill. Limp, lifeless, quiet and settled.



SCRUBBING BUBBLES (ours)

Dow is the active foam. It churns into Scrubbing Bubbles that bubble and scrub soap scum away. More effectively than any other bathroom cleaner.





Governor Carver



Paul Revere

Colonial ...

to mix or match!

At home in any home, Colonial is properly a decorator's delight. And you are so decorator-right if your chair is Nichols & Stone! In popular finishes, at better furniture and department stores.

Nicholst?

The Home of Windsor Chairs



LOOK FOR THIS TAG WHEN YOU BUY It's your guarantee of the authenticity of design, sturdiness of structure and fine finish that have made Nichols & Stone

chairs famous for more than 100 years. SEND FOR ILLUSTRATED BROCHURE

Nichols & Stone, Box 128, Gardner, Mass. 01441 Enclosed is 50¢ in coin for your 38-page booklet "How to Choose The Right Colonial Chair"

Name

Street

State

THIS

erican



Equipment Editor Jeanne Bauer in American Home's test kitchens.

Jeanne Bauer, the bright-eyed blonde peering over all of that gadgetry in the picture above, is one of the newest editors on our staff. Her domain at American Home is the world of home equipment-the tools, appliances and products that, if properly selected and well used, can make a woman's "homework" a joy instead of a bore. Our goal is to banish the bores.

As evidence of how important we consider the service area of home equipment, Jeanne has three stories in this issue. She tells you how to use your appliances to make a perfect cup of coffee (page 26), assembles a super-looking collection of one of the most basic of kitchen items, mixing bowls (page 30), and then in the lead story, beginning on page 53, she takes you on a tour of some of the happiest kitchens you have ever seen. Jeanne and photographer Stephen Green-Armytage toured the state of Colorado to photograph seven heart-of-America kitchens we're certain you'll love as much as their owners do, and from which you can borrow ideas unlimited for your home.

Heart of America is where Jeanne Bauer comes from, by the way Home was Campbellsport, Wis. (pop. 1,500), before she started her career trek through home ec. school at Milwaukee's Alverno College and the testing laboratories and consumer-relations departments of some of the giants of American industry, all specializing in products for the home: The Hoover Co., Lever Brothers and Westinghouse. Now she is putting that excellent experience to work on your behalf, and you'll be seeing a lot more about appliances, kitchens and equipment in our pages in the future. Have you any questions for Jeanne? Write: From Home Base, American Home, 641 Lexington Ave., New York, N.Y. 10022. What she doesn't know, she knows how to find out.

> nex Sonth Editor



Little Friskies gives them both. 31% protein-6 delicious flavors!

Treat your cat to Little Friskies. All the protein he's known to need...in the variety he wants.

Flavors like Giblets and Liver, Country Chicken, Seafood, Ocean Fish, Tuna, Braised Liver flavors.



A young Manhattan couple //// "recycles" old furniture, buildings, even neighborhoods.



Kristin and Bill Hubbard often go back to visit the friends they made when they worked as volunteers in the East Harlem community. The street mural behind them was one result of a neighborhood group's summertime beautification project.



At home in their combination guest room and study, the Hubbards relax on the sofa that Kristin built of plywood and foam-rubber cushioning. A doit-herself musician, too, she has taught herself to play the guitar. Together, Kristin and Bill enjoy fixing up and refinishing discarded furniture that they find on the streets of New York.

Bill and Kristin Hubbard are urban conservationists who have made saving neighborhoods their personal crusade. Bill, one of the organizers of Earth Day 1970, left a prestigious Wall Street law firm last March to help set up and organize the nonprofit Center for Housing Partnerships in the City of New York. The Center buys rundown buildings in marginal neighborhoods and rehabilitates them for low-income families in the area. "Big cities can be saved," says Bill optimistically, "because there are many concerned people willing to tackle the problems, despite the frustrations."

Bill and Kristin got their first view of "the problems" in 1967, when they came to New York. Bill, fresh out of University of Virginia Law School, was a VISTA volunteer storefront lawyer in East Harlem, and Kristin worked at a nearby community center. Now on the staff of an industrial magazine, she devotes her free time to Center projects, taking photos for their fund-raising presentations and acting as liaison with community planners.

The Hubbards enjoy exploring city streets in search of discarded "treasures." Their \$95-a-month walk-up is a scavenger's paradise of found furniture. Says Bill, "People think nothing of throwing away pop bottles, furniture and even buildings." Bill and Kristin have made it their business and pleasure to do some of the picking up.



Dermassage is just the help you need for dry skin problems. Because that's exactly what it was made for. It was first created for hospitals—to help solve dry skin problems and help promote healing. But there's a soft side to Dermassage. While it does work more seriously than non-medicated lotions, it's so full of creamy moisturizers it adds softness to your skin the very instant you smooth it on.

Use Dermassage from head to toe. After a bath.
After dishwashing or even after shaving. Use it
to smooth away rough spots. Use it everywhere you
want your skin to be luscious to touch. But use it
every day to help keep your skin silky soft and
young looking.

If you want to treat your skin beautifully—treat it seriously with Dermassage.

You're only as young as you feel.







A Rolling Hills, Calif., family remembers the merry-go-round and the horses that fly.



Amid a herd of carousel animals (above), Suzi watches her brother Mark scrape a horse's head clean for repainting. The Summits also own one live horse, which they enjoy riding about their horse-minded community.

Roland and Mary Jo Summit love horses—not conventional ones but the grace-ful wooden creatures that once made flying trips on merry-go-rounds. Jo had loved carousel ponies since childhood, so for their first anniversary, 13 years ago, Rol gave her a flying horse. That's how the Summit stable began. Over the years, Rol and Jo have researched the history and craftsmanship of carousel animals—and collected and restored those they could find. In addition to four youngsters—Steve, 10; Suzi, 8; Mark, 6; and Cheri, 3—their Rolling Hills, Calif., home boasts a menagerie that includes several dozen flying horses, a dromedary, giraffe, giant hare, ostrich and pig. The Summit garage, now a workshop, is filled with broken animals awaiting repair. Such work is painstaking and time-consuming, but the results reflect the effort. The Smithsonian Institution has one of the Summits' flying horses in its permanent collection.

Rol, a psychiatrist, and Jo, who was an art major in college, are nostalgic about the vanishing breed they have been collecting. "The American merry-go-round tradition is a great one," says Rol. "But the art of handcrafting its magnificent animals died out when amusement parks began to close. Unless we preserve these beautifully carved creatures, a happy time in our history will be lost forever."

Cheri rides her favorite (right), a wooden centaur whose top half is aglum-faced soldier. The family collection includes another mythical beast: a hippocampus, which has the head of a horse and the tail of a dolphin.

Jo and Rol (far right) are restoring one of their carousel pets. Carving new parts, gluing seams, stripping off old paint and putting on new usually takes 300 hours.





Christ





Kit 61491 12-inch Square Floral Needlepoint Pillow @ \$10.95 each.

Kit 61492 7-by-10-inch Oval Monogram Pillow (monogram included)
@ \$7.95 each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog of other available kits @ 35¢ each.

61014 Catalog



Every vote you cast means more money for one of these youth groups in the Colgate-Palmolive "Help Young America" Campaign. @1972 Colgate-Palmolive Co.

need money to help today's Boypower become tomorrow's Manpower.

's easy . . . all you have to do is vote.

Just pick your favorite youth group on the entry blank on this page. Your ote can mean money to the national organization as well as the local unit of

Here's how it works: First, Colgate will give each of these five national roups a donation of \$20,000 cash. Then each will share in another \$100,000 onation in direct proportion to the number of votes received.

And you may win a big cash prize for yourself and get a donation for the local nit of these same groups. A total of \$56,000 will be donated to these local units a random drawing of ballot entry blanks.

arand Prize: \$10,000 to the winner and \$1,000 donated to your favorite local youth unit named.

O First Prizes: \$500 to each winner and \$500 donated to local youth unit

000 Second Prizes: \$50 to each winner and \$50 donated to local youth unit

No purchase necessary. See complete rules on the back of coupon insert receding this advertisement.

IMPORTANT: Be sure to write the name of your favorite national youth group

OFFICIAL "HELP YOUNG AMERICA" BALLOT & ENTRY BLANK











Mail to: Colgate-Palmolive "Help Young America" Campaign P. O. Box 728, Rosemount, Minnesota 55068

Check the name of your favorite youth group.

☐ Boy Scouts of America ☐ Girl Scouts of the U.S.A. ☐ Camp Fire Girls ☐ Boys Clubs of America ☐ Girls Clubs of America

Please enter me in the "Help Young America" Campaign. I enclose 2 proofs-of-purchase (see rule No. 5 on back of coupon insert preceding this ad) from any of these Colgate-Palmolive products: Colgate Dental Cream, Cold Power, Fab, Ultra Brite, Bright Side, Hour after Hour, Ajax Cleanser and Palmolive Liquid, or the name of one of these products printed in block letters on a blank 3" x 5" piece of paper.

Address	(Please Print Pla	ainly)
City	State	Zip Code
The name and add	ress of my favorite local ur	nit is:
Name		-
Address		

With rising fuel costs, and the urgent need to conserve energy, here's how to find out if your home is wasting fuel.

A Presidential Committee has recently recommended that the Nation act now to conserve energy fuels. One of the best ways to do this is to make sure your home has adequate insulation.

In fact, if your home is more than 15 years old, it probably doesn't have adequate insulation and it may be wasting more than 45% of its fuel. Or costing almost twice as much as it should to keep your family comfortable.

If you're building a new home, you can nip this problem in the bud, by telling your builder to use Fiberglas*6"& 3" insulation. That's 6" of Fiberglas in ceilings and 3" in walls. It helps stop fuel waste, and can cut heating/cooling costs as much as 30%.

In an existing home, it's easy to find out if you're wasting fuel, either because of poor insulation, or other reasons:

Start at the top.

Take a ruler up to your attic, and measure the insulation. If it's less than 6" thick, you need more. Remember, heat rises. 6" of Fiberglas insulation in ceilings helps stop heat from escaping through your roof—allows significant savings in fuel costs. In summer, it stops solar heat gain that forces air conditioners to run longer than necessary. And finally 6" of Fiberglas insulation in ceilings will make your family feel a lot more comfortable year round.

Two thermometers let you double-check.

Place one thermometer against an outside wall and another thermometer in the center of the room. Leave them for 4 hours, then take readings. The thermometer on the outside wall should not be more than 5 degrees lower than the one

in the middle of the room. If it is more than 5 degrees lower, it's another sign your home needs more insulation.

A candle can lead to additional savings.

You may be losing heat from openings in your home. Light a candle and hold it near the edges of windows and doors. If it flickers, you probably need caulking, weatherstripping, or storm windows and doors. They can cut your fuel costs by as much as 10%.

Check your furnace and filters.

Start the heating season right. Have furnace serviced. Change air filters once a month. Dirty filters make your furnace work harder and longer, wasting fuel. Owens-Corning recommends Fiberglas Dust Stop* filters. In six packs.

The dollars and sense of Fiberglas insulation.

Installing 6" of Fiberglas in your attic isn't difficult or expensive.

You can do it yourself in less than a weekend. Cost for an average home is about \$100. If you're building a new home, the cost of 6" & 3" is less than 1% of the total construction cost. In both cases, fuel savings soon pay for the insulation cost.

How much you save with 6" of Fiberglas insulation in ceilings depends, of course, on the size and location of your home. But it's easy to get a good idea:

Send for Computer Analysis of heating and cooling savings in your area, and new booklet on reducing fuel consumption.

We will send you a free copy of a very helpful new booklet, "7 Ways of Reducing Fuel Consumption in Household Heating... Through Energy Conservation" prepared by the National Bureau of Standards and the Office of the Assistant to the President for Consumer Affairs. You'll find it's full of suggestions on how you can save fuel and save money.

Owens-Corning Fi Attn: C. N. Meeks	berglas Corporation	
Fiberglas Tower, T	oledo, Ohio 43659	
	a computer analysis of he also the free booklet on fu	
ings in my area. A	iso the free booklet off fu	er savings suggestion
Name		
Name		
Name		
Address		
Address	State	Zip
	State	Zip(essential)
Address	State rning is Fiberglas	(essential)
Address	rning is Fiberglas	OWENS/CORNING
Address	rning is Fiberglas	(essential)
Address	rning is Fiberglas	OWENS/CORNING

PRETTY MOUTH, LOVELY VOICE



Babette McDougall,
with daughter
Yvette, above, knows
that a radiant
smile can be
diminished by an
unpleasant voice.
She actually
landed her first
job because of her
telephone voice.

Twenty-seven-year-old Babette McDougall is a splendid example of today's active, vivacious woman. A native Californian, she is a film librarian for B.F.A. Educational Media (a division of CBS) in Los Angeles, in addition to her full-time job as wife to record-company executive Alan McDougall and mother to five-year-old Yvette.

To highlight her beautifully shaped mouth, Babette uses a transparent lip gloss. The look is glamorous, glossed and *right on*, in keeping with this year's beauty focus on the well-defined Sensuous Mouth. Babette knows that the trick to having beautiful lips is finding her own best style and working with it.

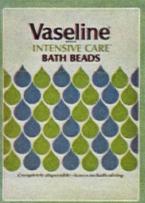
To form your own most flattering lip line, decide first which side of your mouth has the better shape by covering one side of your face and then the other, eye-examination style. Next, using a sable lipstick brush for good control, apply lipstick on that better side. With your mouth open in an "O," start from the corner of your top lip and go over the bow in one stroke (no pointed bows, please). Copy that shape on the other side, drawing from bow to corner. Outline your bottom lip corner to corner, then use either tube or brush to fill in.

Your luscious new mouth can be almost any shade on the color wheel; clear red, rich moist pink, bright golden orange, whichever looks best on you. If you feel too thin-lipped for the Sensuous Mouth, add fullness through illusionary color—by outlining your lips in a slightly darker shade. (continued)



HELP REBUILD THE MOISTURE BALANCE OF YOUR SKIN AS YOU BATHE.

Vaseline® Intensive Care® Bath Beads... for skin easier to moisturize. Turns water delicately blue and fragrant. Leaves no oily tub ring.





Vaseline® Intensive Care® Bath Oil ... for skin difficult to moisturize. A unique blend of fragrant emollient oils for extra thirsty skin.

Free Trial. It's this easy: Decide which is just right for your skin-our bath beads or our bath oil. We'll send you a free sample good for one bath. Then, prove to yourself that when you rebuild your skin's moisture balance, you restore its softness. And its smoothness.

Send to: P.O. Box 1009 D, Jefferson City, Mo. 65101.

Offer expires June 30, 1972. Please send me my sample of:

☐ Bath Beads, or ☐ Bath Oil (Check one).

Here's 10¢ to cover cost of mailing.

(Please print carefully: this is your shipping label.)

STREET

CITY, STATE, ZIP

Vaseline and Intensive Care are registered trademarks of Chesebrough-Pond's Inc.

But make sure your beauty doesn't vanish the moment you open those lovely lips. A pleasant voice can always work wonders. Babette McDougall's actually got her her first job: When a well-known Los Angeles interior designer heard her, he said, "I want that voice answering my phone," and hired her.

Today's woman doesn't need the whispery purr of a sex kitten or the throaty throb of a femme fatale. But her voice should reflect her best self. Dorothy Uris, voice coach of singers, actors and people in many other professions, says, "American women are vigorously involved in all phases of life. Socially, politically, at home—on every level—a woman can be held back if her voice isn't as alive as she is."

According to Mrs. Uris, a voice can be a sensitive barometer of your emotional state, or it can be a tonal lie. You may sound like a chronic complainer when you're truly pleased, or seem tired when you're actually alert. Listen to yourself and find out what you sound like!

A high-pitched voice may sound gay, but watch out for screeches. It's the lowpitched voice that usually expresses authority and demands attention. Next time you're angry with the children, try lowering the pitch of your voice, rather than letting it rise to an ineffectual screech.

Do people seem to doze when you tell a long story? It could be that you're a monotone. You need to exercise! Open the upper and lower reaches of your voice with some old-fashioned do-remi's. With mouth wide open, ascend the scale one note at a time, stopping for a breath when you have to, until you can't go any higher without forcing. Then descend the scale the same way. With practice you'll reach higher notes, and even lower ones, with ease.

Swallowed words are wasted ones, so try Mrs. Uris's exercises for speaking up. Hold a pencil about eight inches from your lips as though it were a hand mike. Focus your words toward it. Can you feel your voice sail out?

In her latest book, Speech Can Change Your Life (Doubleday, \$6.95), voice expert Dorothy Sarnoff recommends that you watch yourself speak. If you don't look good speaking, you won't be lovely to listen to, either. Study your mirror for excessive hand action, mouth distortions on certain sounds, taut jaw or neck muscles. Also try listening to yourself on tape. It's the best way to discover speech blem-

ishes. Lacking a tape recorder, Mrs. Sarnoff suggests that you speak with your nose almost touching a large, half-opened magazine. The sound you hear, greatly magnified, of course, will pin-point most problems—other than insufficient volume.

Nasality, including that clenched-jaw sound that some think of as "Locust Valley lockjaw" or the "society sound," is very common and most unattractive. It is the result of tension in the throat and jaw. To ease this tension, drop your chin as far as possible while keeping your lips lightly pressed together. That open feeling in the back of your neck is an open throat. When the throat is closed, your voice has to come through your nose.

A whispery, hard-to-hear voice, one that shrieks or is strident, even one with an embarrassing squeak at moments of stress, can each be eased through improved breath support. To find your breath-support muscles, Mrs. Sarnoff suggests that you clench one hand into a fist and blow into it as you would into a balloon. Place your other hand against your upper abdominal muscles, right below the center of your rib cage. The muscles you feel hardening and contracting as you blow are those forming the girdle of your breath support. To strengthen these muscles, do Mrs. Sarnoff's "steam kettle" exercise. "Take a short sip of breath and, as you exhale slowly, hiss in a fine thin stream through your teeth. H-i-s-s-s. Count to yourself and see how long you can make the hissing last. Don't push your breath; let it just come out. You should be able to count to 30 the first time and to 70 later."

Mumbling, that earmark of shyness and uncertainty, may be merely a case of lazy lips. Enliven those lips with a sentence like, "Why do wily women win wealth and wed well?" Repeat slowly, carefully enunciating each syllable and sound. Progress to faster and faster recitals, but make sure you don't leave out any of the syllables.

Just as you do in changing your figure, you need a daily program of exercise to change your voice. "If I noticed that my daughter was developing an offensive voice," says Babette McDougall, "I would first try to make her aware of it; then I'd begin to work on it with her. You can only have control over your voice if you first become aware of how you sound."

That's exactly what all the other voice experts say, too.

THE BEAUTY COUNTER

For the year of the Sensuous Mouth, Charles of the Ritz has come up with a new "Mouth Maker" (\$3) that's just ideal. Built like a graceful mascara tube, it combines a superfine sable blend brush and a soft-color cream or frosted lipstick. Outline your lips with expert control and just the right amount of liquid color every time, giving them a soft, natural definition.

Feel your lips aren't shaped right? For reshaping, block out your lip line with Estée Lauder's new Lip Primer Stick (\$3.50). An opaque white that won't change lipstick color, it's great for disguising your own lip contour and giving lipstick extra staying power. If you want your lips to start the day moist and shining, there's Lip Night Creme, also from Estée Lauder. As rich as a complexion cream but just for the mouth, it's \$3.50 for a fifth of an ounce.

What could be righter than rain when it comes to moisture? Watch for Frances Denney's Rain-Washed Gels for lips and cheeks. Little pots of Lip Sheen Gel or Cheek Sheen Gel are available in many colors, at \$3.50 each. And in Gel Sheen Duos, lip and cheek gels share a pot: Each Rain-Washed combination pot contains either "Apricot Red" plus "Apricot Blush," "Gingerain" plus "Ginger Blush," or "Cocoaberry" plus "Cocoaberry Blush," at \$3.75 each duo.

Brighter cheeks go with brighter lips, and so Elizabeth Arden introduces the new "balanced face" in colors that are sun-bright or earthy. Naturally Moist Lipcolor ranges from brilliant classics to deeper smoky tones in 12 different shades. And to coordinate with them, Cream Rouge in pots comes in four rich shades. For the "balanced face," pots and lipsticks are \$3 each.

Make an end to problem lips with a lipstick that has a long name. From Etherea of Revlon comes Special Formula Lipstick for Sensitive and Very Dry Lips, at \$3.75. Hypoallergenic, pure and fragrance-free, it smooths on in four new sparks-a'flying shades ("Pure Dynamite," "Flip Red," "Henna" and "Devil's Chocolate"). It contains conditioning proteins, a sunscreen and an abundance of precious moisturizers and emollients. So does its companion, Special Formula Shadowing Stick for Sensitive and Dry Lids, with all the same good qualities. For \$3.50, you get smoky colors like "Brown Gloss," "New Pewter" or "Mulled Orange."

The lady has taste.

20 FILTER

ASSET CICARETTES

MENTHOL OGARETTES

SALVANA

ASSET

A

Everything about her says taste. Like her cigarette. Eve menthol. With its cool, refreshing flavor. Smooth menthol flavor which really lasts. Eve, the natural choice for the lady with taste.

Smoke pretty menthol ®ular

Menthol: 17mg, "tar," 1.1mg, nicotine, Filter: 17mg, "tar," 1.2 mg, nicotine av. per cigarette, FTC Report (Aug. '71).

FROM HOME BASE

Today's coffee makers take the hit or miss out of brewing the perfect cupful.

Americans brew over 400 million cups of coffee every day. But how much of this is really good coffee? Are you known for the coffee you serve? You can be, for there's no mystery to making that perfect cup—just follow a few basic rules.

Good, fresh coffee is essential. Buy only enough for a week's use and store it in an airtight container in the refrigerator. Rather than buy one of the "all-purpose" grinds that are not ideal for any coffee maker, choose the one made for your pot: fine grind for a vacuum type; medium for the drip method; coarse or regular for a percolator.

Always measure accurately; precision is all-important. For medium-strength coffee, use two level tablespoons to each six ounces of cold, fresh water. (Six ounces, by the way, is what coffee-maker manufacturers consider a cupful, and that's the way measurements on their appliances are gauged.)

Use more coffee for a stronger brew; for a weaker one, dilute full-strength coffee with hot water. Remove grounds as soon as brewing is done to prevent coffee oils from making the coffee bitter. Never boil, reheat or let coffee stand for over an hour—its flavor and fragrance will be destroyed.

In the old days, any old pot would do for making coffee. Grandma added ground coffee, water, a pinch of salt and an eggshell (to clarify the brew); then she boiled this mixture until it seemed the right color and strength. It was all guesswork, and results were iffy. Today's coffeepots are both simpler and more sophisticated, and they brew a consistently good cup of coffee—without benefit of eggshells.

Vacuum-type coffee makers are usually nonelectric, and their capacities range from four to 10 cups. They consist of two bowl-shaped sections, one atop the other, with a filter in between. You bring the water to a boil in the

lower section, then firmly attach the upper bowl containing ground coffee. The tight fit enables steam from the boiling water to build up pressure and force the water into the top bowl. There it mingles with the grounds for one to four minutes. When you remove the pot from the heat, the bottom container cools, forming a vacuum that draws the coffee through the filter and back down into the bottom bowl. Take off the top container and your coffee is ready to serve.



For many coffee-lovers, the drip method creates the best brew. Actually there are two kinds of drip coffeepots to consider: The cone type fits over a server or can be an all-in-one flaskshaped unit; the three-piece dripolator has a top unit for boiling water, a middle one for coffee grounds and a bottom one for serving. The nonelectric drip pot comes in aluminum, glass or ceramic, with a capacity of from one to 20 cups. With the drip method, you pour boiling water over the grounds, which are in a perforated basket or on filter paper. The water mixes with the grounds and drips down into the lower serving container to produce coffee that's clear and flavorful.



The electric percolator is by far the most popular coffee maker, probably because it's the easiest to use. It turns itself on, brews the coffee and then keeps it hot. All you do is add water and coffee, cover and plug it in. The percola-

tor principle is simple. Boiling water bubbles up the stem and into the perforated basket containing the grounds. It filters through this basket and down into the pot. The "perking" process is repeated for six to eight minutes. Nonelectric percolators work the same way.

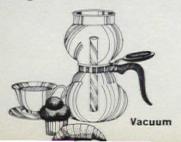
Among the slews of electric coffee makers on the market today, how can you select a good one? First, choose a model that makes the amount of coffee that most closely fits your needs. The reason: Percolators make the best coffee when more than 50 percent of their capacity is used. Look for a coffeepot that's sturdy, well balanced (not tippable), comfortable in your hand. A heatresistant handle and base are good features, as is a lid that stays put when you pour. Other good points are: immersibility, clear markings for water and coffee content: a smaller extra basket to use when you want only one or two cups; a light that signals when perking's done; easy-to-remove stem and basket assembly; and built-in timer/starter that you can set hours ahead.

No matter what kind of pot you use, be sure and keep it clean. Otherwise coffee oils will accumulate, turn rancid and spoil the coffee taste. Scrub every area of the pot with hot water and soap, then rinse and dry. If you have an electric-percolator but don't have one of the cleaners made specially for it, try this: Fill the pot with water and add one tablespoon of baking soda for every five cups it holds. Brew just as you would coffee, rinse and dry—and you've got a clean pot.

The simple art of making good coffee owes much to today's electric grinders for the home. Coffee connoisseurs know that the best flavor and aroma come from fresh coffee—and what could be fresher than coffee you've just ground? If you're in the market for a coffee grinder, shop for one that produces an even, uniform grind. And for safety's sake, look for a model that operates only when the lid is locked in place.

Whatever your taste, in grinders or in coffee makers, follow the few rules and hints above and you're sure to come up with a brew that has everybody coming back for seconds.

—Jeanne M. Bauer





Surprise them with cider. Not with spots.

Get the Cascade look... virtually spotless.

Serve cider for a change—your treasured family pitcher will go beautifully with the elegance of your modern crystal. Crystal you want to sparkle as only crystal can. That's why we suggest you use Cascade. It's an excellent dishwasher detergent. Cascade's sheeting action fights drops of rinse water that could dry into spots—leaves dishes virtually spotless. Try Cascade, in the shiny green box, and get the Cascade look.

Cascade fights drops that spot.



Hanes

If you're confused about pantyhose..



(Style 811. 6 sizes. \$5.95*)

Hanes explains For the working woman, it's graduated support all the way.

Alive® All-Sheer Support Pantyhose.

And nude right to the waist.

Holds up through that yoga ritual.



Hanes explains For super elegance, choose one of 19 delicious colors. This is Ice Blue.

There's nothing sheerer

Ultrasheer Pantyhose.

Note the tailored nude heel.



Hanes explains Start off a busy day with a good secure feeling. This panty has a little lift for tummy and hips knit right in.

Top Control Pantyhose

But it's not a girdle



(Style 885. 2 sizes. \$3.00*)

Hanes explains The nymph in you is daring.

All-Sheer Pantyhose

All-Sheer is almost like wearing nothing. (Nary a trace of a line at the thigh
It's nude from toe to waist.

explains.

alk across this page and unconfuse yourself.



ou can get Alive® with reinforced panty too.)

15 colors to choose from.

rom. For times when there's no time for sitting. Alive® helps you feel alive!



ing smoother on the leg.

Feel gorgeous.

Indulge yourself.

Ultrasheer.

For dressing up and going out and feeling very rich.



didn't gain a pound.

But, for those feeling lumpy days, Top Control takes out the jiggle without pinching. In 14 colors.

The park will be fun today.

MIR MARCHAR

Hanes colors. Leg colors, wild colors. For turning on the world...or just one guy.

Free booklet. If you still feel like walking, walk over to your favorite store and pick up our "Hanes Explains" booklet. It's all about how to care for, wear and select the hosiery that's just right for you. Or, write: Hanes, P.O. Box 1541, Winston Salem

Winston-Salem, North Carolina 27102, and we'll send you one.

*Suggested retail price.



You'll feel more natural using Delfen Contraceptive Foam.

Because it's easy to use. There's nothing to wear. Nothing to fit.

Delfen contains one of the most effective spermicidal ingredients in use today. And while no method of contraception can guarantee 100% effectiveness for all women, tests on thousands of women, plus the experience of hundreds of thousands of users, prove Delfen Foam to be highly effective for most women when used according to directions.

Delfen Contraceptive Foam or Cream. Available without prescription. Though many doctors recommend it.

Ortho Pharmaceutical Corp., Raritan, New Jersey 08869



Delfen.
Perhaps the most natural form of birth control available.



HOOKED RUG KITS

By Dorothy Lambert Brightbill

If you can tie a knot, you can make these two easy-to-hook rugs. The classic Chinese design above is so handsome that it could well become a prized heirloom. Called "Hankow," the luxurious rug is worked in a magnificent velvetythick all-wool varn with a silky sheen and texture that emphasize the color contrast. It is available in four sizes. "Merrythought" is the delightful name of the lovely and unusual semicircular rug at right, center. Because of its shape, it will adapt well to many settings: Try it alongside your bed as a cozy cushion for bare feet; or add its cheery note in front of your fireplace, before a chest of drawers or a chair. Like "Hankow," it is all wool, and both rugs will resist soil even with hard wear. "Merrythought" is available in two sizes.





An antique Oriental Ispahan rug inspired the jewel-like colors and intricate design of the rug pictured at left. Simple to make, this magnificent copy will bring a glow to any room, contemporary or traditional; its warmth is a perfect complement to both treasured antiques and handsome modern furniture. Made of wool yarn, the rug is durable and very easy to clean. It comes in two sizes.

Fill out coupon, enclosing check or money order. Sorry, we are unable to handle Canadian or foreign orders.

American Home Dept. 6646, 4500 N.W. 135th Street, Miami, Florida 33054

For the convenience of our readers, WE HAVE INSTITUTED A MONTHLY PAYMENT PLAN. You need only send the down payment with your order form. You will then receive your rug kit and each month be sent a detailed statement of your account. On each succeeding monthly billing date, a Finance Charge is applied to the previous balance, less payments made. The Monthly Payment Finance Charge is 1½% per month (18% annual percentage rate). The Finance Charge is applied to the cash price, less any down payment, immediately upon purchase and will appear on the first monthly statement. The remaining balance may be paid at any time, eliminating finance charges.

Check items desired: Kit 61476 "Hankow," size 30 by 56 inches. Kit 61477 "Hankow," size 36 by 70 inches. Kit 61478 "Hankow," size 45 by 75 inches. Kit 61479 "Hankow," size 60 by 84 inches. Kit 61480 "Merrythought," size 22 by 44 inches. Kit 61481 "Merrythought," size 27 by 54 inches. Kit 61294 "Ispahan," size 45 by 75 inches. Kit 61295 "Ispahan," size 60 by 95 inches.	Cash Price \$ 45 66 87 126 22.50 32 87 142	Down Payment \$ 5 5 10 15 5 5 10 15	Monthly Payment \$ 5 5 10 10 5 5 10 10 10
	Sales ta	x, if requi	

name

city

address

zip code

en Swedon

We kicked it, punched it, dragged it, pummeled it, insulted it, dropped it, flagellated it, zapped it, thumped it, even sneered at it. And

it still didn't break.

This Totem Trash Bag took all the punishment we handed out and stayed in one piece. Because Totem Trash Bags are strong. They're made of heavy polyethylene and fortified with the EO-2 process to give Totem twoway strength. Take this 10c coupon and buy a box of big strong bags today.

And we give you a 10¢ off coupon to boot.

We have to be a little crazy.

Take to any retailer selling Totembags



Save 10¢ on totem trash bags

RETAILERS: Gulf Oil Company — U.S. will reimburse you 10c plus 3c for handling this coupon if it has been used in accordance with our customer offer. Invoice proving purchase of sufficient products to cover coupons presented for redemption must be shown on request. Coupon is void if taxed, prohibited or otherwise restricted by law. Customer pays any sales tax. Cash value 1/20c. To redeem this coupon, send to Gulf Oil Company Coupon Redemption, P.O. Box 1003, Elm City, N.C. 27822.

Coupon expires Dec. 31, 1972



SAVING GRACES

Kitchen cues and comments from the food editor

THE QUESTION OF CARRAGEENAN

One day recently, one of our editors picked up a can of evaporated milk in our test kitchens and read the label: "Vitamin D and carrageenan added."

"What's carrageenan? It sounds awful!" was the immediate reaction. Turns

out it's a useful food stabilizer—one of several safe, natural products that come from animal, vegetable and plant materials. They include gelatin, starches, pectin, seaweed extracts (carrageenan, or Irish moss), agar, gum extracts (gum arabic, gum karaya) and seed gum extracts. In cereals they hold the added vitamins and minerals in uniform dispersion, so all portions will have equal amounts. They also improve the smoothness and uniformity of dairy products. Without these helpers, food might quickly lose its eye and appetite appeal.

NO CHICKEN FEED THIS!

Think you have a prize-winning chicken recipe? If you do, enter it in

the 1972 National Chicken Cooking Contest and it might win the \$10,000 first prize. Contestants must be 12 years or older and may not be professional home economists or cooks. Look for an entry blank in your supermarket or send a stamped, self-addressed envelope to National Chicken Cooking Contest, Suite 1100, 551 Fifth Ave., New York, N.Y. 10017 and ask for one. Closing date for entries is March 31, 1972, so hurry, and good luck!

BREAKFAST ON THE MOON

Children are sure to flip over Epicure Foods' Lunar Breakfast just like the ones all Apollo astronauts eat. Packaged in a



The Lunar Breakfast a cardboard rocketful of Apollo food.

16-inch cardboard "rocket," it contains one serving each of fruit cocktail, cornflake cereal, toast and a chocolate drink. Breakfast over, the rocket becomes a bank. Not a bad idea—since Lunar Breakfast, available in specialty shops, blasts off at \$5.

OUR COOKS SUGGEST

Need only a small amount of tomato paste in a recipe? Here's how to keep the remainder from becoming moldy. Transfer it into a cup and spoon over it a thin film of pure vegetable oil. You can store it in the refrigerator for weeks. To use, tilt cup to expose one side of the paste; take out what you need, and then let the oil re-cover the surface.

To salvage soft custard that curdles during cooking, put a teaspoon of milk into a bowl and add 1 tablespoon of the curdled custard, beating until it's creamy. Continue beating in custard, a tablespoon at a time. When it is all beaten in, follow recipe directions to finish cooking. —Frances M. Crawford

DECORATING NEWSLETTER

Nature inspires new furniture and tableware, and a museum salutes a traditional chair.

THE NATURALS IN FURNITURE . . .

Once we Americans became sensitive to our threatened environment, it was only natural that the impact would be felt in fashion and home furnishings, and designers would begin to let the outside in. The result is refreshing—all that plain cane and rushing, blond woods (natural and bleached), reed and butcher block. Naturals, in both wood finishes and color schemes, were dominant at the new furniture collections previewed recently in North Carolina. Manufacturers and designers really got down to basics.

The natural look begs to be mixed with handcrafts, baskets, pottery, woven fabrics, batiks, hand-screened prints and lots of real, live plants. The new naturals blend beautifully with each other and provide a nice complement to slick plastics and shiny steel.

... IN TABLEWARE

Inspired by California living and the natives' love of the out-of-doors, creative potters Taylor and Ng in San Francisco have designed two new flatware patterns, Habitat and Terrestrial, using materials found in nature. Handles of natural wood (Habitat) and stoneware (Terrestrial) have been combined with stainless steel to create a rustic, contemporary look. The handles are durable, and after exhaustive dishwasher testing, Messrs. Spaulding Taylor and Win Ng affirm that their designs are hot water- and detergent-resistant. Habitat pieces are \$1 each, Terrestrial \$1.25. Five-piece place settings are \$5 and \$6.25.

Taylor and Ng are also offering a new tea and soup group, made of a combination of glazed and natural stoneware, that's influenced strongly by Oriental design. Teapots are offered in two different styles at \$7.50 each; matching cups are 80¢ each. The \$12.50 tureen, shaped like a Chinese winter melon, and its companion bowls (\$1.40), ladle (\$3.50) and spoons (65¢) make up the soup set. These earthly delights are available at Bloomingdale's and Bonniers in New York City and other fine stores around the country, or at Taylor and Ng, San Francisco.

SPOTLIGHTING AN OLD FAVORITE

"In Quest of Comfort: The Easy Chair in America," the current show at New York's Metropolitan Museum of Art, is the first of what is hoped will be a successful continuing series of small exhibitions of treasures from the museum's American Wing. In two galleries the stage-by-stage development of the easy chair in America is highlighted in an especially telling way. Landmark chairs are juxtaposed with stripped-down counterparts that illustrate how construction and structural design of the easy chair evolved.

Curator Morrison Heckscher spent two years researching the easy, or "easie," chair, which dates back to the 18th century. Then as now, the chair was comfortably upholstered. It was designed originally for the aged and infirm, who might be sitting in it all day. Its two side projections offered protection from drafts. Today, this style is popularly referred to as the wing chair. (continued on page 102)



4500 N.W. 135th St., Miami, Fla. 33054 Enclosed is check or m.o. for \$	You May Charge Your Order
size \$10.98 Specify sizes(s)	BANKAMERICARD Acct. No.
□ PREPAID: I enclose full price PLUS S5c for each. □ SEND C.O.D. I ENCLOSE \$1.00 DEPOSIT for each and will pay postman balance plus all postal charges.	Good Thru MASTER CHARGE Acct. No.
each and will pay postman balance plus all postal	



electrics or battery cordless. You may not love the buzz or bell at seven in the morning, but what wonderful ways to stay right up to the minute!—Alexandra Walker

Mazola 100% golden Corn Oil It fries right You know, all vegetable oils don't come from good wholesome corn. But Mazola does! It's 100% golden Corn Oil, so it fries your foods with a tasty golden lightness. And Corn Oil makes Mazola high in polyunsaturates, too. Tonight, let Mazola fry your chicken right. Free "Cook With Love" Cookbook from Mazola! To order this book of exciting Mazola recipes, simply send your name and address plus 1 label from Mazola Oil to Cookbook, Box 307, Coventry, Connecticut

CORN ON ®



Tasty Fried Chicken

1/2 cup flour 2 teaspoons finely crushed rosemary leaves (optional) 1-1/2 teaspoons salt Corn Oil

1/8 teaspoon pepper 1 (2-1/2 to 3-1/2pound) fryer, cut up I cup Mazola

Mix together flour and seasonings. Coat chicken with mixture. Pour corn oil into large, heavy skillet. Heat over medium heat. Add chicken and fry, turning once, about 30 minutes or until golden brown and fork tender. Drain on absorbent paper. Makes 4 servings.

> MAZOLA-POLYUNSATURATES.

Best Foods, a Division of CDC CPC International Inc.



THE PLUMB LINE

Nicollet Mall, a daring experiment, is now a Minneapolis success story.

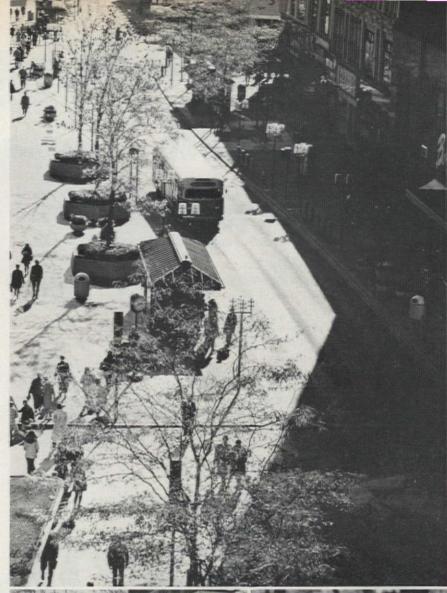
Back in the 1950s, in city after city across the U.S., the impact of a wide-spread flight to the suburbs first began to be felt. Not only were people moving out of the city, but in ever greater numbers they were deserting downtown stores for suburban shopping centers and branch stores. Core-city merchants despaired as the pulse of downtown commercial life slowly ebbed.

Not everyone stood idly by, however. In Minneapolis, for example, a committee was formed in 1957 to find some way to reverse the outward trend. The scheme that was finally adopted—with a price tag of \$3,875,000—was to convert eight blocks of Nicollet Ave., once a prime shopping street, into an auto-free mall. After a predictable number of delays, it finally opened in 1967—and gave downtown merchants as well as blue-sky planners a new lease on life.

Business in the shops and department stores along the mall is up 15 percent; \$169 million in new construction has risen nearby; and up to 40,000 bus passengers pour into the area daily—compared to 9,000 that once came by auto, taxi and bus. Nicollet Mall provides pedestrian promenades and a curving transit way for buses. It was designed by Lawrence Halprin, the San Francisco environmental planner whose Auditorium Forecourt Fountain for Portland, Ore., was featured in our April 1971 issue.

In Minneapolis, Halprin incorporated every known convenience plus some accounterments of his own to make shopping and walking along the mall a pleasurable, inviting experience: benches, drinking fountains, litter baskets, a do-it-yourself post office, a weather station, a sculpture clock and a stabile by Alexander Calder. To blunt the rigors of Minnesota winters, he installed 3,500 heating mats to keep promenades clear of snow, and infrared radiators to keep the bus shelters toasty.

Malls have also revived the heart of downtown Kalamazoo, Mich., Miami, Fla., and Pomona, Calif., and are being planned for New York.—Barbara Plumb





Stephen Green-Armytage



Nicollet Mall (top), with its ornamental trees and flowers that change with the seasons, has replaced a decaying street in the heart of downtown Minneapolis.

Granite fountain (left), which serves as a kind of walk-through-and-climbaround sculpture, is a design innovation of Lawrence Halprin.

A father assists his daughter at one of the many drinking fountains (above). Mall is for buses and people; autos use cross streets.

Win a Doral "Taste Me" Vacation Tour (for two) of America's Finest Restaurants

every year for 5 years...or \$ 10,000 cash! (Choice of Grand Prize)



3. Winners will be determined in random drawings conducted by Spotts International, an independent judging organization whose decisions are final.

an independent judging organization whose decisions are final.

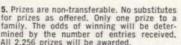
4. The GRAND PRIZE is an all-expense paid one-week vacation TASTE TOUR for two every year for 5 years to any city in the United States including Hawaii, Puerto Rico, and the Virgin Islands, or as an alternate prize \$10,000 cash. The vacation prize includes travel arrangements for one week each year for 5 consecutive years by Spotts International—round trip first class air transportation from winner's home airport to destination, double room hotel accommodations, meals, transfers, sight-seeing, services and taxes imposed by hotels and service companies. All 5 tours must be completed by December 31, 1977. 5 first prizes are 1972 Plymouth Satellite Sebring-Plus with V-8 engine, air-conditioning, automatic transmission, power steering, power brakes—front disc, AM push button radio, tinted glass and white sidewall tires. 250 second prizes—a Leeds Luggage Set which includes No. 931 Tote Bag, No. 921 21" Weekender and No. 930 Garment Carrier. 2,000 third prizes—"A Salute to American Cooking" Cookbook.

5. Frizes are non-transferable. No substitutes for prizes as offered, Only one prize to a family. The odds of winning will be determined by the number of entries received. All 2,256 prizes will be awarded.

6. Local, state and federal taxes, if any, are the responsibility of the winners.

the responsibility of the winners.

7. Sweepstakes open to residents of the Continental United States and Hawaii only. Entrants must be 21 years of age or older. Employees and their families of R. J. Reynolds Tobacco Company, its subsidiaries and affiliated companies, its advertising agencies and Spotts International are not eligible. Void in Idaho, Missouri, Washington, Florida, Georgia and wherever else prohibited or restricted by law. All federal, state and local laws, and regulations apply. To obtain a list of winners, send a stamped, self-addressed envelope to: "DORAL WINNERS," P.O. Box 8248, St. Paul, Minnesota 55182. Winners lists will be mailed before June 1, 1972.





LEEDS LUGGAGE SET NO PURCHASE REQUIRED



"A Salute to American Cooking" Cookbook

1972 R. J. REYNOLDS TOBACCO COMPANY, WINSTON SALEM, N. C.

alute to American Co	oking" Cookbook. lists will be mailed before	re June 1, 1972. menthol
	ORI B	Ò
0000	Warning: The Surgeon General Has Determined - Warning: The Surgeon General Has Determined - That Cigarette Smoking Is Dangerous to Your Health.	DORAL
	FUTED 14 " " 0.0	

FILTER: 14 mg. "tar", 0.9 mg. nicotine,

MENTHOL: 14 mg. "tar", 1.0 mg. nicotine, av. per cigarette, FTC Report AUG. 71.

Mail to: Doral "Taste Me" Tour Stakes P.O. Box 8246, St. Paul, Minnesota 55182 Please enter me in the Doral "Taste Me" Tour Stakes. Enclosed are two empty Doral packages, Filter or Menthol, or the words "Doral Filter Cigarettes" printed in block letters on a 3" x 5" piece of paper. I certify that I am 21 years of age or older. (PLEASE PRINT PLAINLY) Address_ _ Phone No. State (REQUIRED) Dealer's name Dealer's address Enter as often as you like. No Purchase Required.

"Sebring-Plus" cars

250 SECOND PRIZES: 2000 THIRD PRIZES:

EVERY FAMILY NEEDS THIS HOSPITAL PROTECTION NOW...EVERY FAMILY CAN EASILY AFFO PAID DIRECT TO YOU IN TAX-FREE CASH

\$600.00-A-MONT

When You Go to the Hospital!

and EXTRA CASH/PLUS PAYS YOU UP TO \$15,000.00!

PAYS YOU UP TO \$600 TAX-FREE EXTRA CASH a month under age 65 for each accident or illness. Benefits begin your first day in the hospital, and up to \$15,000. for each benefit period.

PAYS YOU UP TO \$600 TAX-FREE EXTRA CASH a month for each accident or illness of your insured wife, benefits begin the very first day in hospital. Up to \$15,000 for each benefit period. (Same 65 or over benefit as yours).

PAYS YOU UP TO \$300 TAX-FREE EXTRA CASH a month when you're 65 or over, for first 2 months and \$600 a month thereafter up to \$14,400 for each benefit period—this in addition to Medicare.

PAYS YOU UP TO \$600 TAX-FREE EXTRA CASH a month for maternity benefits from first day in hospital for your insured wife.

PAYS YOU UP TO \$600 TAX-FREE EXTRA CASH additional for Intensive Care.

PAYS YOU UP TO \$300 TAX-FREE EXTRA CASH a month for each covered child. Benefits from first day in hospital and up to \$7,500 for each benefit period.

PAYS YOU UP TO \$300 TAX-FREE EXTRA CASH a month for each hospital benefit period for Nursing Home Care, regardles of age.

PLUS: YOUR EXTRA CASH BENEFIT INCREASE 5% A YEAR, for 5 years—total of 25%—to keep pace with the ris ing cost of living!



EXTRA CASH/PLUS pays up to \$15,000. Pays new Cost-of-Living Raises and more. Puts TAX-FREE CASH right in your pocket. Pays sooner . . . from the 1st day . . . pays longer than most, up to 25 months. Pays on top of any other insurance you have, even Blue Cross or Medicare. Yes, Enrollment now only \$1.

This plan pays so much and the \$1 offer is so good, you probably have some questions—or even some doubts. We've put all the answers (including the minor limitations) down right here in black and white for American Home readers so you won't miss the Enrollment Deadline for the Extra Cash/Plus Plan. Ordinary hospitalization insurance alone just the potential of the extra cash/Plus Plan. dinary hospitalization insurance alone just is not enough now, when your family is hit with a hospital stay. Especially with the bigger bills at home. It takes a hospital income plan that pays enough extra moneyor you could end up draining your savings. Low-cost Extra Cash/Plus helps answer today's alarming jump in hospital charges. Pays more because it covers more. Helps ut for both sickness and accident the burst for both sickness and accident the burst. out for both sickness and accident, the burdensome costs of Intensive Care and convalescent facilities. Yes, even prepares for further inflation.

ther inflation.

Now-for only \$1-with no health questions asked and regardless of your age, or size of your family, you get your first month's protection for all eligible family members.

Your policy will be issued to you on your application with No age limit for adults, no physicals, no medical questionnaires, without the usual insurance investigations . . . without any red tape whatsoever . . . and no salesman will call! salesman will call!

All of your unmarried dependent children residing in your home may be included under this plan between the ages of 1 month and 19 years. Both you and your wife—if neither

has been hospitalized for sickness for more than a total of seven days in the past two years—are eligible for coverage. There are no other qualifications! The few customary ex-clusions which help keep your premiums low are described in question and answer (Number 22) at right.

All This and Low Rates, Too! N-BF Life

keeps costs down with no red tape and be-cause many people are enrolled at one time through the U.S. mails. So after the 1st month (\$1 only) you can continue your Extra Cash/Plus protection at these very LOW MONTHLY RATES shown below.

LOW MONTHLY RATES*

Age of Insured Policyholder*	Policyholder	Policyholder and Spouse
19-44 45-54	\$4.50 5.50	\$ 8.50
55-64 65 and over	6.50 8.00	11.50 14.50

Only \$2.00 more a month covers all your eligible children-NO MATTER HOW MANY. Sorry, only 1 policy per family.

*Premium based on age of insured and rate schedule on policy's effective date and at time of renewal. When husband and wife are insured, the husband is the policyholder.

MAIL NOW, ENROLLMENT ENDS MIDNIGHT, FEBRUARY 29, 1972

NO-RISK MONEY-BACK GUARANTEE Examine your policy. Show it to your insurance agent or other trusted advisor. If not absolutely satisfied, return it within 10 days after receipt; N-BF Life will refund your money at once.

Complete And Mail with JUST \$100 To Dept. 2439 National-Ben Franklin Life 360 West Jackson Blvd. Chicago, Illinois 60606

National-Ben Franklin Life Insurance Corporation

A MEMBER OF

The Continental Corporation

Established 1852



**NO ADULT AGE LIMIT • NO MEDICAL EXAMINATION • NO SALESMAN WILL CA

.. And Only \$1 Covers Your Entire Family for First Month.

22 Important Questions & Answers Tell Why:

National-Ben Franklin Extra Cash/Plus Policy is your best protection for the lowest cost

What are the chances of me going to the

I out of 7 people do each year. Could be your wife, children — even you. You could count on up to \$15,000 with Extra Cash/

\$15,000? How Come Extra Cash/Plus

Pays So High?
Pays longer than most. \$600 a month, under age 65; up to 25 months for each hospital benefit period. No waiting; pays from the 1st day whether for sickness or accident NET life agency for the control of dent. NBF-Life planned Extra Cash/Plus to plug gaps others miss.

3. What'll They Pay for My Wife

Same big benefit as yours, \$600 a month (under age 65); up to 25 months, to \$15,000 each hospital benefit period.

Are Maternity Benefits included?

4. Are Maternity Benefits included: YES! Unlike many policies, Pays \$600 a month, up to 25 months, for your wife's hospital confinement for any pregnancy, or its complications, beginning while both of you are insured. No extra charge!

5. Does "Intensive Care" DOUBLE Our

Yes, for adults under 65. Pays \$20 a day up to 30 days. Up to \$600 are added to your hospital income dollars. (Other generous benefits for other age groups.) Of course, regular recovery room service for less than 24 hours is not covered.

Does Extra Cash/Plus Cover Nursing

 Does Extra Cash/Plus Cover Nursing Home Care?
 Sure does and not many do. Regardless of Ige, it pays up to \$300—\$10 a day for 30 lays (each hospital benefit period) for coninement in a nursing home or hospital con-alescent unit, starting within 7 days of a day covered hospital stay.

Just What is the 25% Cost-of-Living

hedge against even higher hospital costs!

Each person's original benefits will increase 5% for benefit periods which start after the end of the 1st year; similar increases for 4 more years. Totals 25% more cash for you, No added cost!

8. What If I Have Other Insurance?

Extra Cash/Plus pays in addition to group coverage, Workmen's Comp, Medicare, Blue Cross, or any other company's policy.

9. WHO Gets the Cash?

You do. No payments to the doctor, hospital or nursing home unless you say so. It's all yours.

10. All Mine? No Taxes?

11. Will Extra Cash/Plus Take Care of Our Children?

YES! Pays up to \$7500. . \$300 a month up to 25 months for any of your children's hospital benefit periods. Each new baby is covered automatically after 1 month of age.

12. All at One Price? What a Bargain!

One very LOW premium covers all your children, NO MATTER HOW MANY, over 1 month through 18 years old.

13. Do They Get the "Plus" Benefits, Too? YES! Up to \$300 addditional for Intensive Care; up to \$300 Nursing Home Care. Cost-of-Living Raises will increase children's \$300 benefits to \$375 after 5 years.

14. Just Who Can Get In On Cash/ Plus? Any adult who has not been hospitalized for sickness for more than a week in the last 2 years. No Physical and No Age Limit for adults to apply.

15. What are We Paid at Age 65 or Over?

Extra Cash/Plus pays you up to \$14,400... for up to 25 months (over 2 years) for each hospital benefit period. \$300 a month, first 2 months; \$600 a month for 23 months more. This helps lower your rates and the \$600 benefit means more money when you need it most — when Medicare stops.

16. Do We Get the "Intensive Care" Feature?

YES! At age 65 or over, \$10 a day for 30 days, up to \$300, is added to your hospital income payment.

17. What is our total Cost-of-Living raise? In 5 years, your original benefits will also go up to a total increase of \$375 for each of the first 2 months and \$750 a month thereafter.

18. What am I Paid for Less Than a Month? You're paid 1/30 of your monthly benefits for each day of confinement from the 1st

Can Premiums Be Changed or My Policy Cancelled?

Your policy can never be singled out for change or cancellation because of claims or poor health. Rate schedule changes or cancellation could only occur for all policies like yours in your class and State upon proper notice; nothing of the sort is foreseen. You're Safe with Extra Cash/Plus!

20. When Do New Benefit Periods Start?

Each eligible hospital stay for a new sick-ness or injury starts a new 25-month benefit period. Same or related causes are cov-ered for 25 months; if you're not confined for that ailment for 12 months, a new benefit period begins.

21. What About "Pre-Existing" Conditions? Even these are covered when hospitaliza-tion begins 2 years or more after protection starts.*

22. What Few Exclusions Are There?

Only a few — to help keep your rates low. They are: conditions resulting from declared or undeclared war or act of war, mental illness or nervous disorder; confinement in a federal hospital or federal convalescent facility. Even maternity is covered when both husband and wife are insured.

†Except under Missouri Policies *Washington and Montana Residents: 1 year

esidents of the following States may take advantage of this offer if they act now before enrollment closes! Alabama, Alaska, Arizona, Arkansas, Colorado, Delaware, Fiorida, i, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Massachusetts, Minnesota, Montana, Nebraska, Nevada, New Hampshire, New Jersey, North Dakota, Ohlo, Dma, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, Washington, D.C., West Virginia, Wisconsin, Wyoming.

NL TO: TIONAL-BEN FRANKLIN LIFE, Dept. 2439 O West Jackson Blvd., Chicago, Illinois 60606

OFFICIAL ENROLLMENT FORM

ENROLLMENT ENDS MIDNIGHT **FEBRUARY 29 1972**

APPLICATION TO NATIONAL-BEN FRANKLIN LIFE INSURANCE CORPORATION, CHICAGO, ILLINOIS

se Print UR NAME				DATE OF BIRTH_	NA ASS	AGE	SEX
	First	Middle Initial	Last		(mo./day/y	r.)	
DRESS				SOCIA	L SECURITY	Y NO	
Y			STATE_		ZIP	CODE	
		be covered. Use separate					
NAME (PLEA	ASE PRINT)	DATE OF BIRTH (mo	./day/yr.)	NAME (PLEAS	E PRINT)	DATE OF BIRTH	H (mo./day/yr.)
use				Child			
ld				Child			
ld				Child			
last two years.	at neither I nor I agree that if policy is issued	my spouse, if listed abo both husband and wife a	ve, has been hosp are covered, the	pitalized due to sicknown husband will be the	ess for a tota Insured. I ur	of more than senderstand that cov	ven days in the erage will take

TE. SIGNATURE

ase make check or money order payable to NBF Life.

801 NBL

This Policy Series (4767) is available in all states where approved by the insurar



THE AVANT GARDENER
By Lawrence V. Power

GROWING THINGS IN STYLE

There's more to this picture than meets the eye: What appears to be simply a still life of handsome plant and flower accessories is really proof positive of today's fresh, new approach to things that grow.

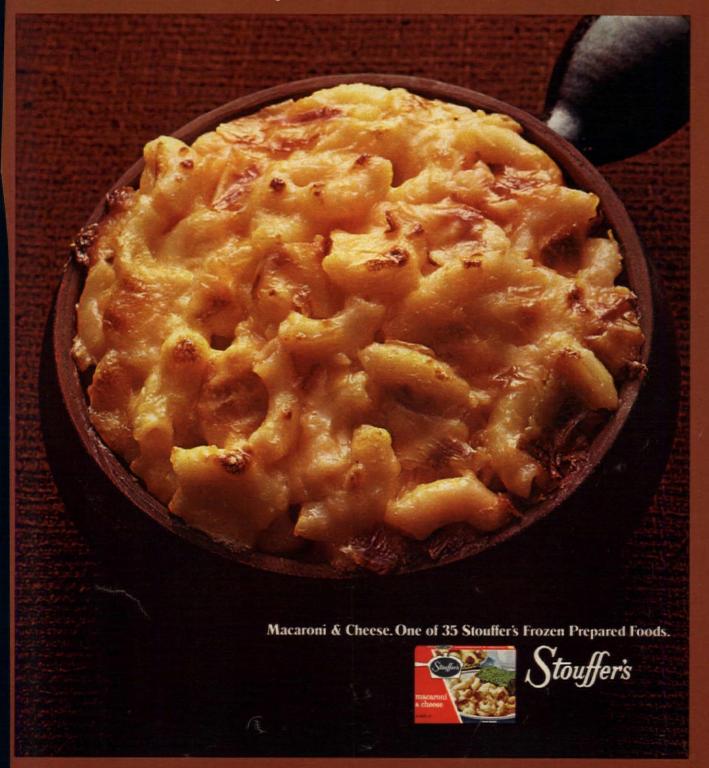
Pacesetters in the faddy '50s and the switched-on '60s once decreed that anything of worth had just to be slick, disposable or "in." Gardens, they felt, were the unrewarding property of the dreary drudges of this world. And gardeners were considered fusty, crusty fanatics who had dirt under their finger-

nails and nothing more exciting to do with their time.

But the enlightened '70s have changed all that. For one thing, we Americans have rediscovered the relevance of nature. Whether it's a sweep of forest, a garden of bright flowers or a simple fern in a window, we find the beauty of nature soothing and necessary in today's fast-moving world. We are turning to gardening—both indoors and out—to provide peace, to create a change of pace. The materialistic idea of achieving civilization by paving the (continued)

There aren't many babysitters like Nancy.
The kids adore her.
Maybe, because they know she feels
the same about them.
She even volunteers to do the dishes.

It's a good day for Stouffer's.



Want to lose 4 pounds fast?

Start now and save 15¢ on Slender

Just stick with 900 Slender calories a day and you'll get a thrill at the end of the week. We know. We put dieters who were at least 20% overweight on Slender for three weeks. Losses averaged more than 4 pounds the very first week. After that, they averaged 3½ pounds a week. Mixed with the substantial nutrition of milk or chilled from the

can, Slender's taste is unbeatable. So ask your doctor.
And try it while you can save money too!



GROWING THINGS IN STYLE continued

country from coast to coast has proved a flop. We've discovered that a world of synthetics is static; it doesn't offer the variety we need to maintain our interest. In short, it's boring.

And plants and flowers are becoming more and more a part of the contemporary scene because it has also been discovered that, when used with flare, they can be dazzling additions to the home. Designers have led the way, utilizing new materials for old functions and finding innovative uses for standard materials.

The indoor garden accessories pictured on page 44, available in fine stores around the country as well as in those mentioned here, are just a sampling of new ways to add long-overdue excitement to making things grow and displaying them with panache.

The two domed jars pictured—from Neiman-Marcus, Dallas—are a clever combination of form and function. They are attractive accessories for any room in the house and make perfect terrariums for raising moisture-loving plants. They are especially good for growing a kitchen herb garden, since they solve the white fly problem that plagues so many herbs grown indoors. To insurproper drainage, put a layer of pebble into the container before you add the soil.

The metal watering can, the mini tools and the tube sprayer, all at Taylo and Ng, San Francisco, prove what the Orientals have always known—that tending to plants can be an artful experience and not just a household chore. The brass mister (which emits a fin spray), also from Taylor and Ng, should be used for houseplants such as ferns dwarf citrus, most gesnerads and be gonias, which like a touch of moistur on their leaves to remind them of the morning dew in the outside world.

"Le Pot," a clear plastic flowerpot is a decorator's dream. From Jordan Marsh in Boston, it's available in six vibrant colors that can be mixed o matched to go with any room decor even if it's as traditional as Grandma o as now as a Fellini flick.

From Bonniers in New York, th square flower holder and the flower ar ranger of marbles held by plastic in round container solve the problem of small arrangements. They can and domake a simple group of cornflowers a scene-stealing as four dozen roses. And best of all, you can see over them at the dinner table.

Finally, a fabric softener that works in the wash cycle.

So you won't have to bother with the rinse.)

You put new Rain Barrel® in right at the start of your wash. Because it's made to work with your detergent.

And Rain Barrel's unique formula leaves all your clothes rainwater soft, rainwater fresh.

The women who've tried it ight in their own homes—say hey love the whole idea.

But why shouldn't they? It's lot less bother.



It works in the wash.

Laboratory tests

prove it.

Women say so, too.



Everything comes out rainwater soft, rainwater fresh.

You can feel it. They can feel it.

Rain Barrel

It's new from Johnson

A Special Introductory Offer for only \$298

60 PROFESSIONAL OIL PASTELS

New Professional Dustless Type



A huge assortment of pastels with no two colors the same. These professional dustless pastels can be mixed and blended but never make a mess. They are as convenient as pastels yet have the brilliance and color depth of oil paints. Sticks will not crumble or break easily and can be used on paper, board, cloth, stone or plaster. They are excellent for quick sketches as well as finished drawings and paint-ings. You may also use turpentine to blend colors and heighten the oil effect. Completed oil pastel paintings do not

require fixing and can be framed like a require fixing and can be framed like a water color painting. Non-toxic composition makes them perfect for adults or young "Picassos"! Great for portraits, landscapes, anything at all. A great gift and a great buy for only \$2.98.

OFFER WILL NOT BE

REPEATED THIS SEASON

Supplies are limited and orders will be

Supplies are limited and orders will be filled first come, first served so we urge you to order right now to avoid disappointment. The price is right and offer will not be repeated this season.

- MAIL 10 DAY NO-RISK COUPON TODAY!

PALM CO., Dept. 6869, 4500 N.W. 135th St., Miami	, Florida 33054
Enclosed check or m.o. for \$	

Please send items checked. I understand if not delighted. I may return any item for a complete refund.

Oil Pastel Sets (#9760) @ \$2.98 (Add

50¢ postage per set)
Large 9x12" Artist's canvas boards
(#11487) @ 2 for \$1. or 5 for \$2. ppd.
Large 9x12" heavy pastel art paper
pads of 25 sheets (#11488) @ \$1. per
pad or 3 pads for \$2. ppd.

NAME		
ADDRESS		
CITY	STATE	ZIP
Pastel	\$1. Enclose only sets and we will set will make a v	y \$5.96 for 2 Oil I pay the postage. wonderful gift.

QUESTIONS

When planning to serve pasta I never know exactly how much to cook. How many servings are there to a pound?

> B. Wagner San Francisco, Calif.

It varies. If pasta is served as a first course, one pound serves four; if it accompanies meat, six; if it's a main course, count on three servings per pound. But remember, if the sauce is very rich, the portions of spaghetti or noodles people eat may be smaller and you will get more servings per pound.

I recently saw a reference to ugli fruit. Can you tell me what it is?

J. Ramme Palisades Park, Calif.

This is a fruit from the Caribbean that is now appearing in some specialty markets in the U.S. It looks like a badly colored, misshapen grapefruit and has a rough, pebbly skin that is often yellowish, blackish or plain green. Inside, it has orange segments that are mellow in flavor.

I always have trouble with dough sticking to the rolling pin when I make pastry. How can I avoid this?

S. Rebeck Brewerton, N.Y.

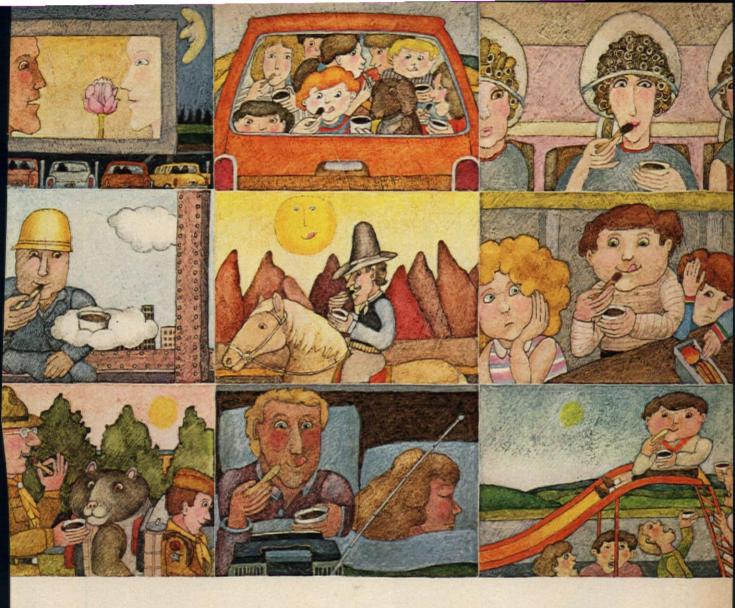
Flour the rolling pin very lightly or cover it with a pastry stocking (which you can find in most housewares departments). If you prefer not adding extra flour to your pastry crust, put the rolling pin in the freezer until it is very cold, then use it without flour. Whichever method you choose, always roll pastry with a light touch. Too much pressure will very often cause sticking.

Can bacon be frozen? And will freezing it make any difference when the bacon is cooked?

Mrs. G. Robertson Summerville, W. Va.

Yes, bacon can be frozen, but will shrink excessively if cooked from its frozen state. Thaw before using.

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



Cool'n Creamy leaves home.

Next time you go somewhere, take along something that's cold and creamy.

Birds Eye® Cool 'n Creamy™ pudding.

Cool 'n Creamy cups come frozen. Thaw in about 3 hours. So they're ready to eat just about the time you're ready to eat them.

Cool 'n Creamy cups are rich and smooth.

Cool 'n Creamy cups are rich and smooth, like pudding. And they're cool and creamy,

like ice cream.

There's light chocolate, dark chocolate, butterscotch and vanilla. If you can't make up your mind which one to take, take one of each.

New Cool'n Creamy cups. The best thing since ice cream.



COUNTRY BOUQUET EMBROIDERY KITS



Ben Swedowsky

American Home Dept. 6647	You may use your Charge Card for any purchase over \$4.98
4500 N.W. 135th Street, Miami, Florida 33054	☐ BankAmericard—Acct. No
Check items desired:Kit 61493 Daisy @ \$6.98 each plus .35 postage\$	Master Charge Acct. NoGood thru Interbank No. (Find above your name)
Kit 61494 Frame for above @ \$8.98 each plus .50 postage Kit 61495 Strawflowers @ \$6.98 each plus .35 postage Kit 61496 Frame for above @ \$5.98 each plus .50	 Send C.O.D. I enclose \$2 goodwill deposit and will pay postman balance plus all postal charges.
postage61014 Catalog of other available kits @ \$.35 each61451 New Fall-Winter issue of Ladies' Home Journal Needle &	print name
Craft Magazine bursting with beautiful things to make, to wear and to give. \$1.25 each	address
Total enclosed	city state zip code





By Jeanne M. Bauer

THE JOY OF KITCHENS



A delight to work in, a nice place to be—that's a good kitchen and an apt description of this one in the Kindel home.

The kitchen tells more about the people who live in a house than any other room: their personality, their lifestyle, their needs. The seven you see here and on the following pages were designed for particular families. Some are new; others have been remodeled; all are located in Colorado. But they vary, just as the families themselves do. Each was selected because it shows what the ideal result should be—the happy heart of a home. The Ted Kindels' kitchen (above) in Vail is among the larger ones you'll see. That's Nancy Kindel, mother of five, readying a roast to pass through to the dining room. Louvered doors cover the pass-through when not in use. Her son, "Tigger," helps by gathering silverware for the table.



USEFUL DREAM ROOMS BY DAY



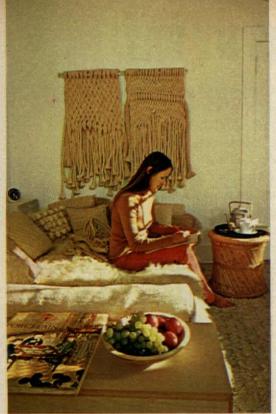
The super bedroom is an intimate nighttime retreat abounding in comfort and serenity-and with practical, double-duty fringe benefits during the day. The whiteswathed haven you see here, for example, becomes delightfully useful, despite its ethereal mood. A portable sewing machine, concealed by night, creates a functional daytime sewing center when switched to the clearedaway desk. Directions for making the bed hangings and matching quilt begin on page 101. For other space-saving dream rooms, turn the page.





A working woman who sews created this luxurious bedroom. Using her sewing machine and drifts of white Belgian linen, she made a canopy and curtains around the bed, a bowsprinkled quilt and a balloon shade at the window. More of the fabric slipcovers a sofa and skirts a table.

Bedside desk (above, left) is used for cutting fabric and setting up sewing machine. Pine molding caps slate-blue-lacquered walls, which are complemented by oversized sofa pillows in a mix of patterns. An 18th-century armoire (left) houses the Singer and other sewing gear.



For her studio-bedroom (above and opposite, top), a young-married artist chose a white-and-cream color scheme. Flokati rug on double bed is heaped with handwoven pillows and accented by macrame wall hanging. Pine chests and open bookcases provide storage. Serving cart on casters is a wheel-about worktable. Unpainted stools and canvas blinds carry out natural look.

BEDROOMS-DREAM ROOMS continued

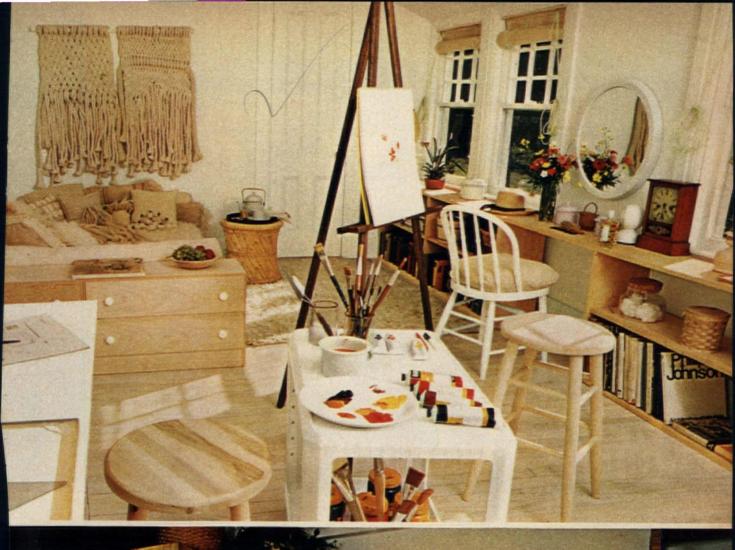
Convenience, comfort, versatility

One couple's way of devising an airy studio in their country home for the artist-wife was to break through the wall of two tiny bedrooms and create one large working-sleeping space. And in a city apartment, a young business couple converted their bedroom into a handy weekend office, mixing all the prosaic tools of work with their personal treasures. Though these bedrooms are geared to the special interests of their occupants, there's no reason why you can't stretch your imagination and make your bedroom just as versatile.

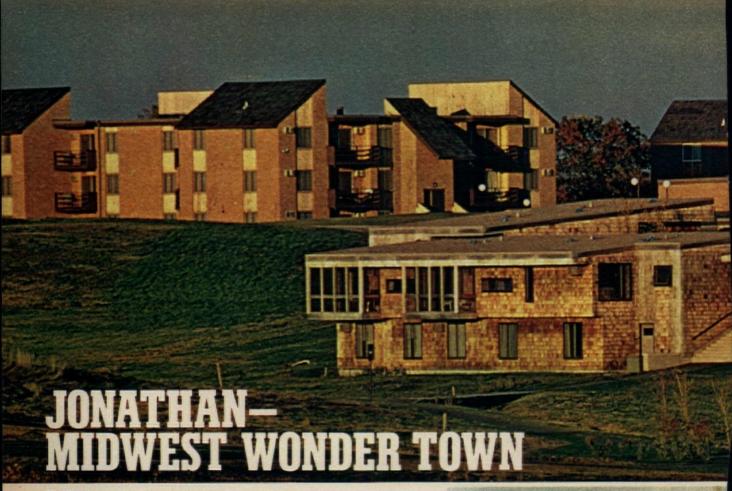
A career-minded but home-loving pair created this efficient office-at-home (opposite, bottom) without losing the charm of their bedroom. Wicker étagères housing their files and slick plastic-laminated Parsons tables used as desks mix with an antique brass bed, an embroidered Iraqi rug and a collection of patchwork pillows and quilts.









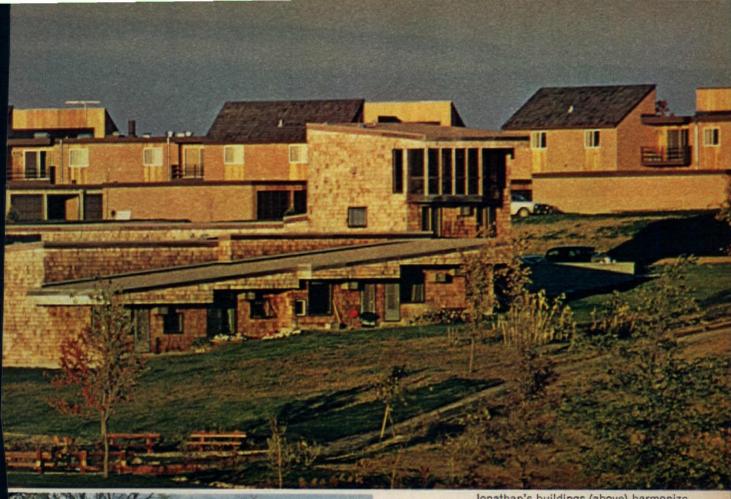


By Barbara Plumb

Gently rolling farmland studded with woods and artificial lakes sets the scene for the Midwest's first "new town." Named Jonathan, after Jonathan Carver, an 18th-century English explorer who discovered the Minnesota River, the 5,000-acre community is situated 25 miles southwest of Minneapolis. Now under construction, it will comprise five villages, an industrial park and a town center when completed in 1987. Each village will consist of single-family units, rental and condominium apartments and row houses, reflecting the planners' desire for a healthy, heterogeneous mix. In Village One, where nearly 1,000 people have already settled, highpriced dwellings sit next to low-income town houses; all children use the same playgrounds and recreation facilities. Jonathan's architectural innovation is a stackable modular system that can create almost any type of structure on any site. The first complex to be erected along these lines is the Tree Loft, shown right and opposite, which has one- and two-bedroom apartments with rents ranging from \$145 to \$200 a month-and such features as threestory living rooms and balcony sleeping lofts. For more on Jonathan, its plans, its planners and its style of living, see page 78.



Young couples like Terri and Dan Desmond (right), who moved to Jonathan from Minneapolis, enjoy the openness of the Tree Loft's duplex apartments. They find living on different levels exciting.



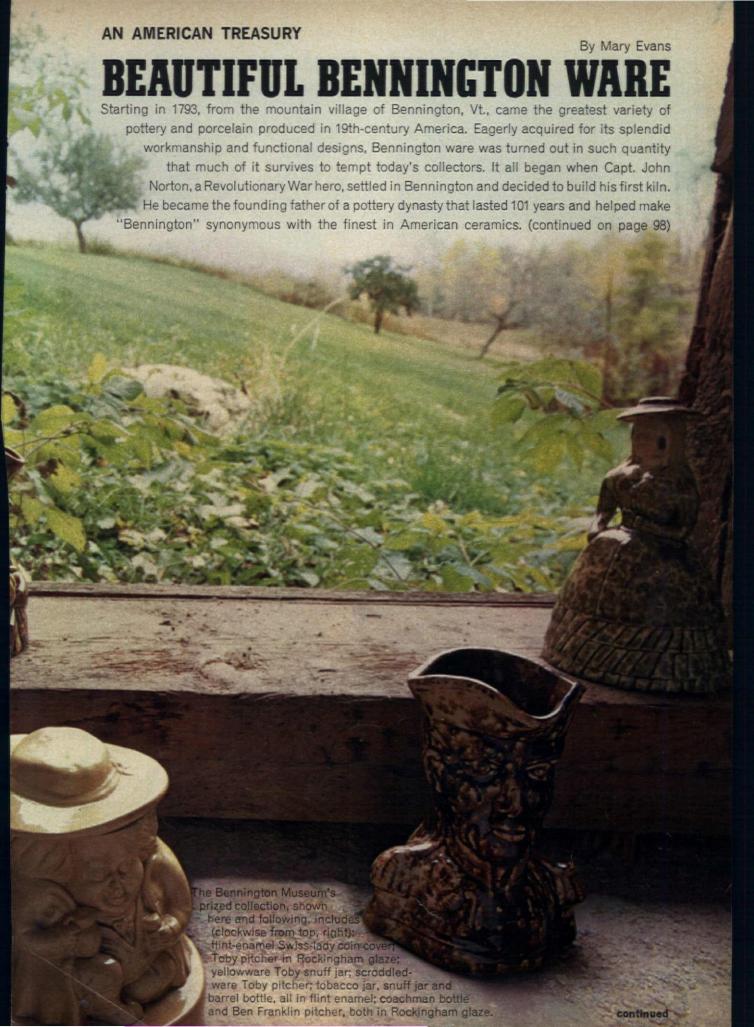
Jonathan's buildings (above) harmonize because of their simple shapes and human scale.



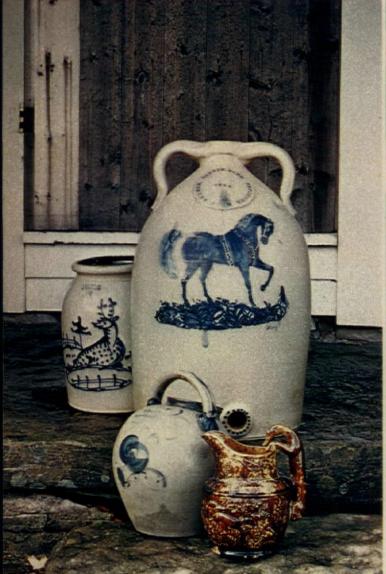
In the Tree Loft complex (above), slope-roof components resting on modular boxes expand interior space and make the rooms seem more like those in multilevel houses than in standard apartments.

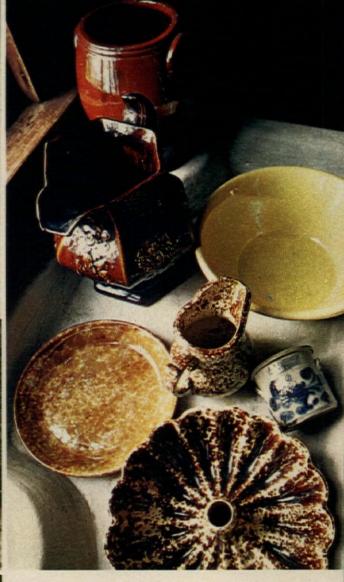
Boardwalks connecting Tree Loft apartments (left) stand on stilts and wind around existing trees.





Color and glaze gave the pottery its rich texture...







Kitchen wares in warm colors are set on Vermont marble sink in Topping Tavern (above), near Bennington. Clockwise from top: redware jar, yellowware bowl, small jug in mottled Rockingham glaze, miniature stoneware crock, Rockingham cake mold, flintenamel pie plate and dark-luster pitcher.

Brilliant blue designs enhance simple lines of salt-glazed stoneware crock and two jugs (above, left). Hound-handled pitcher (foreground), which came in four different sizes, was made only in brown Rockingham glaze. Each of these pieces is a collector's item.

Shown (left) with tools of the trade at Topping Tavern's blacksmith shop are, from left: a brandy flask in Rockingham glaze, four flint-enamel bottles shaped like books and four different-shaped stoneware bottles.

with the human touch present in every single piece.

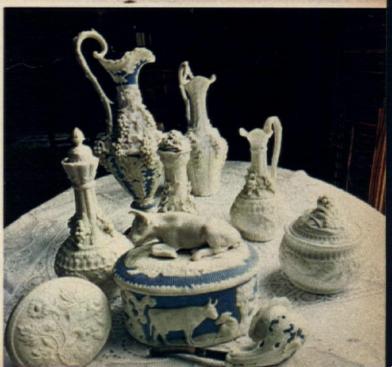


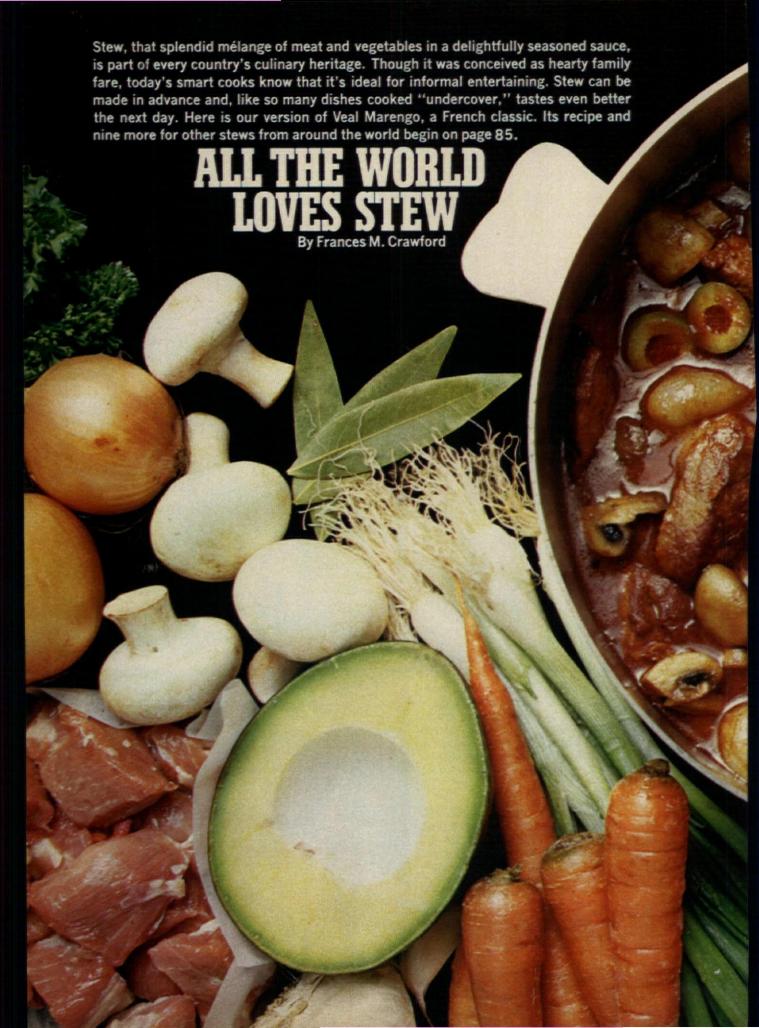


Historic Governor McCullough Mansion in North Bennington is the setting for these elaborate pieces of decorative Victoriana (above) in flint enamel. Pedestal-base oil lamp with original glass globe is framed by recumbent deer, rarest of Bennington animals.

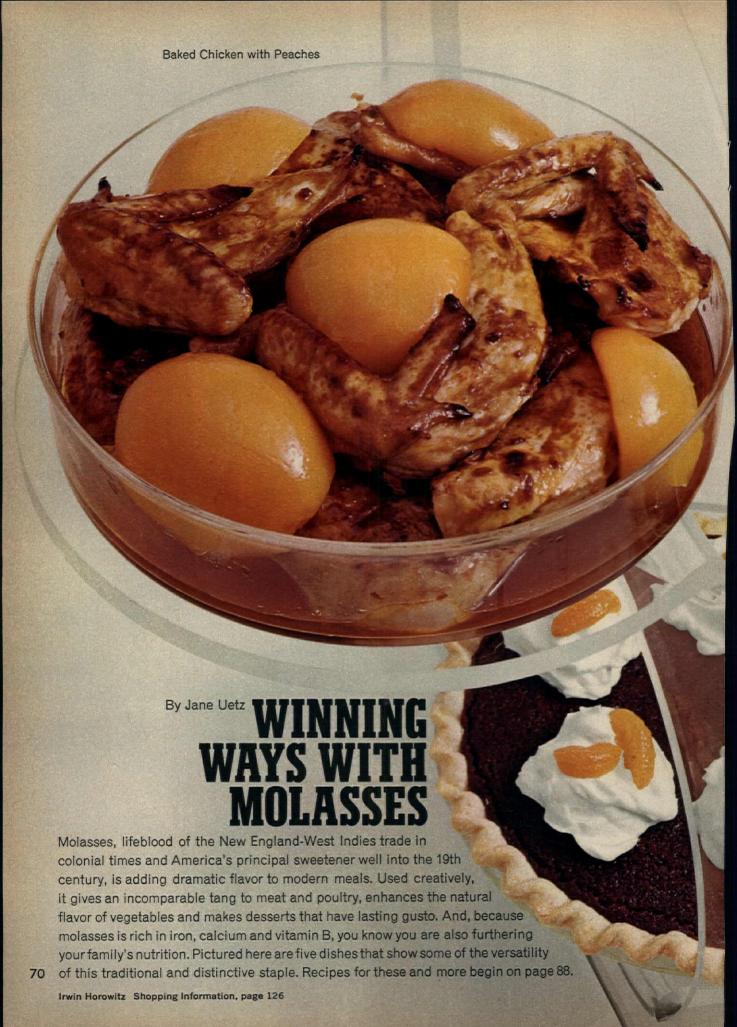
Solitary graniteware poodle with bright blue eyes (above, right) eagerly holds up an empty basket. Though this unique fellow never had a mate, poodles were usually made in pairs as mantelpiece ornaments, their baskets filled with tiny pottery fruit.

Heirloom tea cloth (right) repeats lacy swirls of Parian ware and blue-andwhite porcelain ewers, cologne bottles, trinket boxes, pipe and drapery tieback. Roses or grape bunches were applied separately to molded forms.



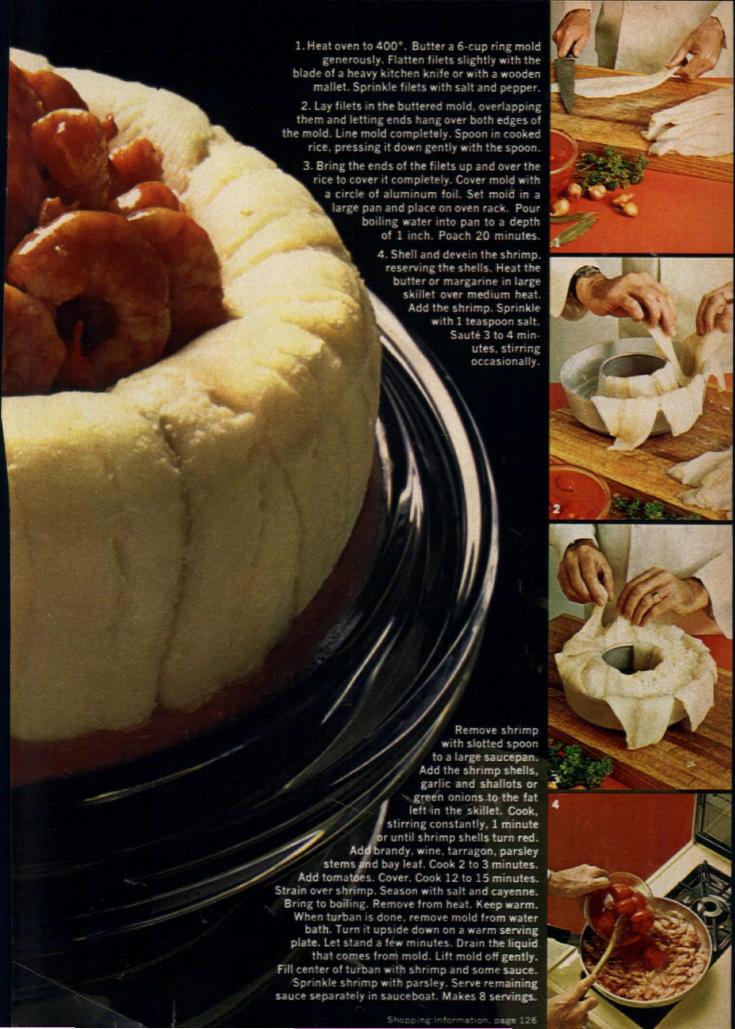












KITCHENS continued from page 57

This wood-rich room reflects the openness and majestic sweep of the Colorado countryside.

Eighteen feet tall at its apex, the Tom Hinsdales' kitchen in Steamboat Springs is high, wide and handsome. There are lots of windows for viewing the surrounding valley and mountains. The view also takes in an adjoining greenhouse. "I can see the bougainvillaeas blooming, even in the dead of winter," says Carolyn Hinsdale. The Hinsdales are an outdoor family. Both Tom and Carolyn enjoy skiing, hiking, horseback riding-anything they can do outside together with their two young children. Because they also love to entertain, their kitchen contains an enviable variety of modern conveniences.

There are double wall ovens (self-cleaning, of course), built-in gas surface units and an electric combination grill-griddle-rotisserie with a venting system that makes a hood unnecessary. There are also a built-in portable-appliance center, a side-by-side refrigerator-freezer and another big freezer in the adjacent mud room. To speed up cleanup, there are a dishwasher, garbage disposer and garbage compactor.

Butcher-block counter tops throughout ease food preparation. They also reflect Carolyn's love of natural wood. Counter tops, cabinets, breakfast bar even the floor is wood.

Carolyn does much of her party food preparation in advance; the two freezers come in handy then. She uses her indoor electric grill often for cooking steaks and roasts, and even more exotic dishes. Would you believe that Carolyn makes her own mincemeat out of elk meat?

Large enough to be a family center (activity area is to the right of the counter), the Hinsdale kitchen (above, right) lets Carolyn be part of family doings even while preparing a meal.

Equipment includes, from left: smallappliance center, garbage compactor, gas surface units, electric grill.





There was a time when the stories were more interesting than the vegetables.

Inside every man, lives a little boy who didn't like his vegetables.

Ask any man who was ever a kid. He'll tell you mother could turn

peas into buried treasure and carrots into rabbits and make asparagus taste as good as cotton candy at the circus on a Saturday afternoon.

Until the impossible happened: Little Jimmy opened his mouth as wide as his eyes and in went the vegetables, vitamins and all.

At Birds Eye; we never forget that little boy. That's why

we've come up with Birds Eye Combinations?

We started with and beans and peas. But Birds Eye Combinations the vegetables that gave all the problems to yesterday's mothers.

We've combined green beans, peas, yellow corn and baby limas. All swimming

in an onion sauce. Put a delicious brown sugar glaze on the carrots. Added crisp, toasted

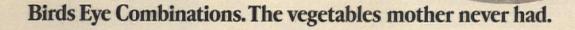
almonds to French green beans. With Birds Eye Combinations on the table

you can forget about the vegetables, for a change.

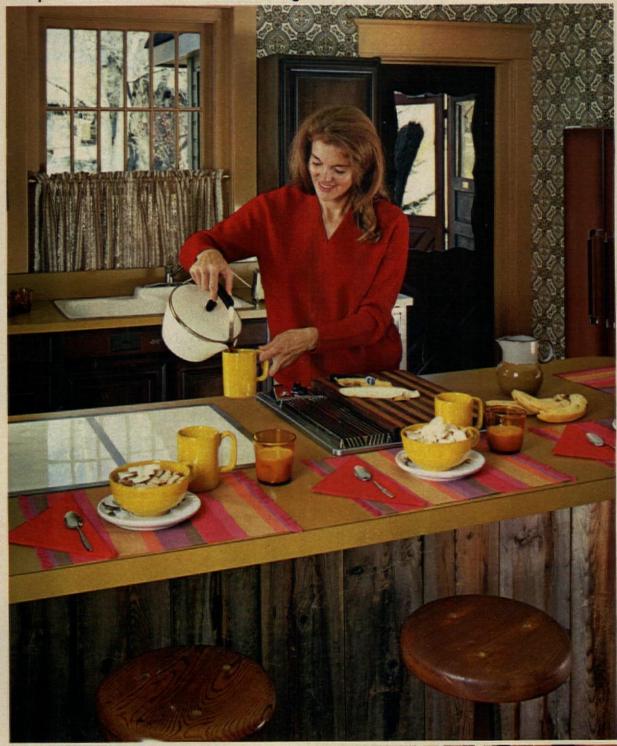
And concentrate on more important things. Like what you're going to serve him tomorrow night.

And the night his mother comes

to dinner.



A problem kitchen gets a super solution for smooth functioning.



With five doors, this kitchen in Steamboat Springs (above) has minimal wall space. So Duane and Barbara Rennels added an island counter that contains work space, a breakfast bar, Corning's Counter That Cooks and a built-in electric grill with a venting system like the Hinsdales', page 74.

By using an adjoining pantry for wall ovens, extra counter space and storage (right), Barbara turned a cut-up kitchen with no discernible traffic pattern into a functional kitchen-pantry.





Breakfast Insurance

Real breakfast nourishment - without a big breakfast

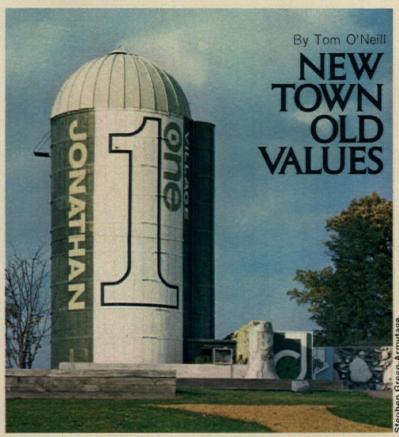


arnation instant breakfast mixed with nilk has as much protein, vitamins, minrals and food energy as a poached egg on oast, two strips of bacon and a glass of range juice. If there's one thing a body needs at breakfast time, it's real nourishment. And when you're too rushed for your regular breakfast, Carnation instant breakfast is real breakfast insurance. It delivers essential protein, vitamins, minerals and food energy... in an instant.

How does Carnation instant breakfast make a quick glass of milk a nourishing meal? Milk contributes substantial nutrition. (Read our package label.) Then to make milk a meal, Carnation instant breakfast contributes the rest of the protein, vitamins, minerals and food energy. It all adds up to as much nourishment as there is in a poached egg on toast, two strips of bacon and a glass of orange juice.

The next time you want real breakfast nourishment—without a big breakfast—get Carnation instant breakfast. It's real breakfast insurance on any hurry-up day. Keep it on hand.

Carnation® instant breakfast, Carnation Company, Los Angeles, Calif.



Master planning will make Jonathan, Minn., a model of peaceful coexistence for 50,000 people and 5,000 unspoiled acres.

From the air the land looks like a rumpled quilt, with undulating patches of green, gold and brown broken by irregular slivers of blue and fringes of green. This is the site of one of America's newest new towns, created from the ground up: Jonathan, Minnesota.

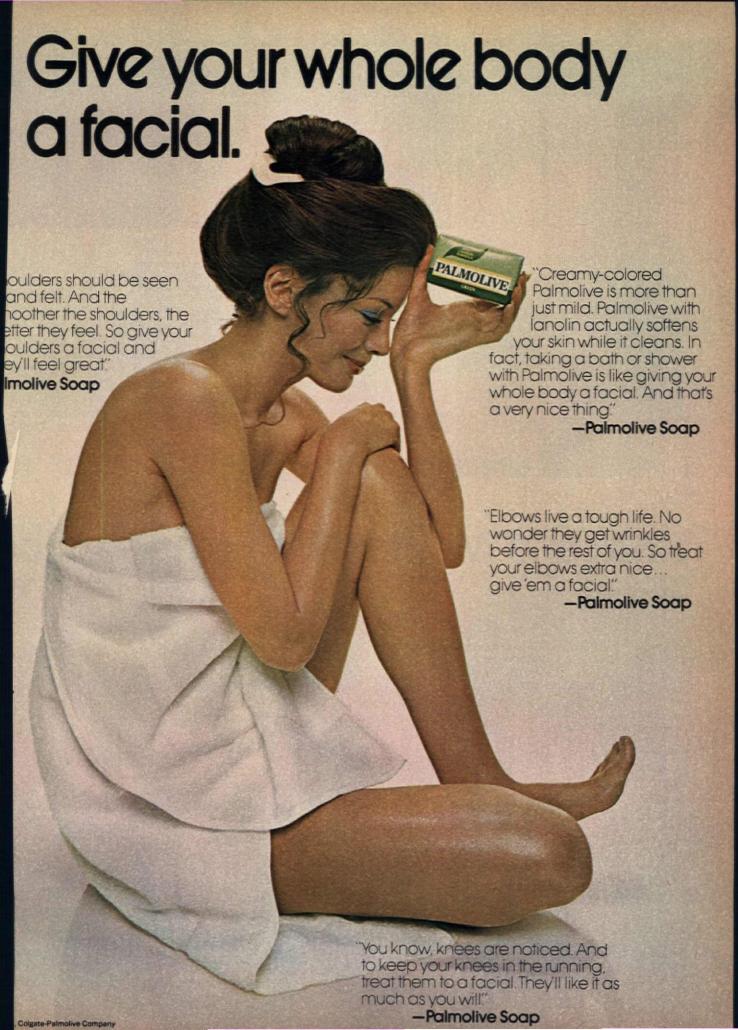
If you cringe at the thought that another piece of pristine American wilderness is being sacrificed on the altar of urban growth, rest your fears. This 5.000-acre development, ultimately the home of 50,000 inhabitants, is unusual. From the beginning its planners have been determined to preserve, not destroy, the countryside-to strike a delicate balance between land that is used and land left to nature. The indiscriminate bulldozer tactics associated with so many suburban developments are anathema to constituents in the Jonathan Development Corp., whose general manager, Ben Cunningham, is master planner for the entire enterprise. Cunningham, a noted architect, has

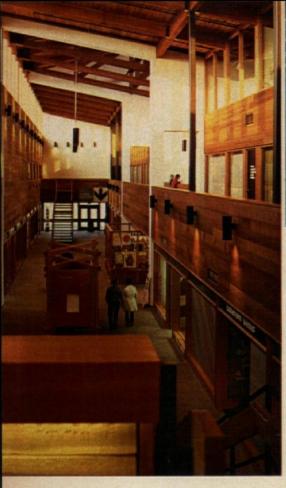
been careful to consider the existing topography when laying out each of Jonathan's five villages—and also to adhere to strictest ecological standards. Ground vegetation essential to erosion control is conserved; neighborhood clusters are separated by belts of green; homes and apartment complexes, roads, pedestrian walks and bicycle paths have all been carefully placed to disturb as little of the terrain as possible—and also to preserve the existing natural watershed systems.

Preserving land is one thing; making it serve the great demands of a growing population is another. But Jonathan aims to do both. When it is completed, in about 15 years, its residents will have the best of two worlds: countryside living and urban convenience. At present, downtown Minneapolis is an easy 30-minute expressway ride away; and an efficient rapid-transit system (possibly a monorail), expanding an existing railbed, is on the drawing boards.

Jonathan is the brainchild of Henry T. McKnight, a former Minnesota state senator and vice-president of a prominent real-estate development firm. As a result of a feasibility study he commissioned in 1964, his dream of creating a heterogeneous town began to take shape in a relatively unpopulated farm and woodland area. Many of the farms are still functioning, and some of the abandoned farm buildings are being used ornamentally—like the silo pictured above, which serves to mark the location of Jonathan's first completed village.

Four more villages are in McKnight's plan, each to have 7,000 people, its own churches, schools, recreation facilities and a village center with supermarket, medical facilities and a variety of shops. The villages will be linked by two access systems, one for cars and buses and one for pedestrians and bicyclists, with underpasses to assure safe crossing of major thoroughfares. (continued)







Village One Center is a feature attraction day or night (above). Easily accessible, it houses most of the villagers' everyday buying needs under one roof—a decided asset in the rugged Minnesota winters. Interior mall (left) contains shops and services, doctors' offices and a passageway leading to a supermarket.

NEW TOWN continued

The nucleus of Jonathan—department stores, offices, restaurants and theaters—will be contained in one Y-shaped Town Center, each of whose three wings will extend for three-fourths of a mile from a central axis. Upper floors of this megastructure will be devoted to apartments—to house 15,000 persons.

The figures are impressive; so is the

plan. But Jonathan is more than just numbers—people, acreage, miles of roads, strands of walkways and green belts. With Village One becoming a lively reality, a special character and flavor have begun to emerge. Unlike many of its new-town predecessors in Europe, Jonathan is not simply a lifesize architectural model, nor is it a

Knox and Mother Nature announce

She sent us the important things. The nutrients, vitamins, minerals, protein. And up here at Knox we blend them into a very healthy family indeed.

These drinks, for instance. Now most folks know Knox Gelatine Drinks are great for nails, but don't know about all the other good things inside. Like all the nutrition of gelatine protein. All the Vitamin C people need in a day. Plus, they never gel, they dissolve 100%, and they taste like Mother Nature had mixed them up herself. In orange, grape, cranberry-orange, grapefruit, and chocolate.



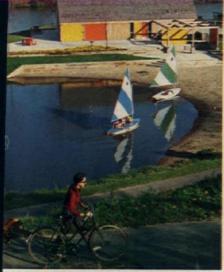












Bicyclist (above) pauses beside lake. Boathouse (rear) is a warming room in winter, a rec room in summer.



Trish Walsh, whose father owns a boarding stable near Jonathan, rides through a wilderness area of the new town.



A mock pirate's ship delights the children in Village One. Surrounded by a play area, it is climbed on daily.

place into which people are simply "put." For all its newness, Jonathan is not the 21st century; it contains not a hint of Brave New World.

Rather, it is a warm, casual, somewhat rustic community where people and land coexist in pleasant harmony. The structures are simple and unpretentious, their exteriors mostly rough-

sawn wood that is subtly stained to echo the soft but varied colors of the land-scape. Particular care has been given to siting, to avoid the cookie-cutter monotony so common in most suburban developments. One-fifth of all the land will remain untouched—unspoiled wilderness areas wind casually through all of the neighborhoods, assuring residents

of lovely, natural vistas. There are homes, apartments, town houses—all very different in style and price range, and all designed to suit a great variety of people-needs and income levels. Jonathan provides housing for top executives, blue-collar and white-collar workers, low-income families, singles, young marrieds and retirees. (continued)



NEW TOWN continued

But for all the variety, there is a unity of theme and a sense of identity. Jonathan is stamped with its own personality, which grows out of an abiding respect for traditions that were brought to this gentle but untamed land by its original settlers. Mostly Scandinavian, they were a hearty group, agrarian, adventurous and solid. They had an inborn respect for the land and a firm determination to make it work for them.

Today, in a way, history is repeating itself. The old values persist. It is to the planners' everlasting credit that in creating something new, they have the sensitivity to understand and incorporate the old. A strong sense of pioneer camaraderie is plainly evident among the people, along with great pride and a feeling of togetherness.

As Alvin Collins, a talented graphic designer for the Jonathan Development Corp., puts it, "I'm a Virginia transplant. I moved to Minneapolis, lived in the central city for a while, then in the suburbs, and now that I live in Jonathan I'm beginning to get the real feel of the Minnesota way of life. I may not be outdoorsy as most, but I enjoy relating to the land. I like just to look at the lakes and the trees. This is impossible in the city, of course, and the suburbs don't offer either the advantages of the city or the beauty of the country."

Collins also relates to the people of Jonathan. He enjoys the diversity so uncommon in middle-class, all-alike suburban communities. "In Virginia, things were much more rigid, more formal," he recalls. "Here there is a casualness, a certain open friendliness." This casual atmosphere begins with the look of Jonathan, the very architecture. "You won't find the formal, pillared facades on homes that you might find in Virginia," says Collins. "Almost everything here is reduced to its simplest line-call it 'rustic contemporary.' There are no meaningless frills and little 'curb appeal,' just honest structures designed to blend into the landscape as gently as possible."

Margarita Hidalgo lives in one of the Farmhill Townhouses, comfortable and efficient one-, two- and three-bedroom apartments, whose modest rents (because of federal rent subsidies to low-income housing) range from \$120 to \$162 a month. She and her husband and three children moved from the city about a year ago. "We love it here," says this young housewife. "The people are friendly, the trees and views are wonderful, and I don't have to worry about the children. We used to have to drive to get to any kind of recreation. Here we can

easily walk to the playgrounds or to the lake for a picnic."

"I like to tell friends and relatives who live in the suburbs to come out to Jonathan for a walk," says Susan Carleson, a freelance artist married to a copywriter who works in St. Paul. "They can't believe it until they get here. They are so used to crawling in and out of cars that they find it difficult to believe that here we walk everywhere. It's almost a sin to use

a car. We walk to the lake, to the woods—even to visit friends." Mrs. Carleson has a year-old daughter. "You have no idea how marvelous it is to take the baby out and never have to cross a street."

Claude and Janet Seal recently celebrated their 50th wedding anniversary in Jonathan by having a big party in Village One

Center. Some time back they sold their Minneapolis home and lived in a suburban apartment—but not for long—before moving to Jonathan. "We didn't like the cramped feeling, the lack of privacy," says Claude, "and there was nowhere to go. High-

ways were everywhere, streets and
traffic. Here we can
walk the trails, sun
in the parks, and I
have a workshop in
the basement. No
one feels afraid to go
out at night around
here."

And that seems to sum up the spirit of Jonathan. A place where people—all kinds of people—can relate to one another and to the land, where they are not victimized by automobile, pollution or the fear of one another. Jonathan is more than a

new town. It's a natural and organic thing—perhaps the beginning of the real greening of America.

To founding father Mc-Knight, Jonathan "is actually in some ways rather oldfashioned. We believe in the

old-fashioned values of community and neighborliness, which we seem to have

gotten away from in the world these days." And then he adds: "The real difference between Jonathan and old-style towns and cities is that Jonathan is for people . . . planned for all kinds of people with all kinds of needs and all kinds of ideas about how they want to live. It is not planned for how many buildings can be crammed into it. It's planned for lakes and laughter and happy family times. And it is planned for clean air and clean streets. It's a town whose primary purpose is to have open space and parks and elbow room, after the town is completely built."



ADVERTISEMENT





Chicken and dumplings, one of many varieti

"Heat and serve" isn't the best par Just because we bring you heat-and-serve chicken (eating is)

and dumplings, we hope you won't jump to conclusions.

The time and trouble we save you are nice. But we think the nicest thing about our Buffet Supper®

Main Dishes comes when you sit down at the table: generous chunks of plump, tender chicken in a rich, golden chicken-broth gravy. And light, undumpy dumplings. Family style. Family size. Family pleasing.

The two-pound Buffet Supper® Main Dish is the kind of old-time dish you'd least expect to find in your grocer's freezer: entrees like beef stew, spaghetti and meatballs, turkey and giblet gravy. And there are more than a half dozen others.

Expensive? Not a Buffet Supper® Main Dish. It just tastes expensive.





SHANGHAI PORK STEW (pictured above)

- 3 tablespoons peanut or pure vegetable
- 2 pounds pork shoulder cut in 1/2-inch pieces
- 6 green onions, cut in 1-inch pieces 1/2 cup chopped onion (1 medium)
- 1/2 cup soy sauce
- 1 can (1334 ounces) chicken broth
- 1 tablespoon sugar
- 2 cups pared, sliced carrots
- 1 can (6 ounces) bamboo shoots, sliced (optional)
- 1 package (7 ounces) frozen snow peas, cooked and drained

Heat oil in heavy saucepan or Dutch oven over high heat. Brown meat in batches, transferring meat to bowl as soon as it is browned. Add green onions and onion to fat left in pan. Cook 2 minutes, stirring constantly. Return meat to pan. Add soy sauce, chicken broth and sugar. Bring to boiling. Cover. Reduce heat. Simmer 40 minutes. Add carrots and bamboo shoots. Simmer 10 minutes. Add snow peas. Heat through. Makes 6 servings.

HUNGARIAN BEEF GOULASH

- 1/4 cup lard, butter or margarine
- 2 cups diced onion (2 large)
- 3 pounds lean chuck or round cut in 11/2-inch pieces
- 2 teaspoons paprika
- 2 tablespoons flour
- 2 cans (101/2 ounces each) beef broth
- 1 can (8 ounces) tomato sauce
- 1 can (1 pound, 12 ounces) tomatoes
- 1 bay leaf Salt

Pepper

Melt lard, butter or margarine in heavy saucepan or Dutch oven over medium heat. Add onion and meat. Sauté until lightly browned. Sprinkle with paprika and flour. Cook 1 minute, stirring constantly. Add beef broth, tomato sauce, tomatoes and bay leaf. Cover. Bring to boiling. Reduce heat. Simmer 2 hours or until meat is tender. Remove bay leaf. Skim as much fat as possible from surface of sauce. Correct seasoning with salt and pepper. Serve with noodles or small boiled potatoes, as desired. Makes 6 to 8 servings.

VEAL MARENGO

(pictured)

- 2 tablespoons butter or margarine
- 2 tablespoons pure vegetable oil
- 3 pounds veal shoulder, cut in 11/2-inch pieces
- cup minced onion (1 large)
- 1 clove of garlic, minced
- 3 tablespoons flour
- 1 cup dry white wine
- 1 can (133/4 ounces) chicken broth
- can (8 ounces) tomato sauce
- 1 small bay leaf
- 1/4 teaspoon leaf thyme, crumbled
- 1/4 cup butter or margarine
- 1 pound small mushrooms
- 1 can (1 pound) small boiled onions, well drained
- 1 cup sliced stuffed olives Salt

Pepper

2 tablespoons chopped parsley

Heat 2 tablespoons butter or margarine and oil in heavy saucepan or Dutch oven over medium heat. Brown veal on all sides, in several batches, removing meat as it browns. Add onion and garlic to fat left in pan. Cook 1 minute. Sprinkle with flour. Cook 1 minute, stirring constantly. Return meat to pan. Add wine, chicken broth, tomato sauce, bay leaf and thyme. Cover. Bring to boiling. Lower heat. Simmer 1 hour or until meat is tender. Melt 3 tablespoons butter or margarine in skillet over medium heat. Sauté mushrooms until tender, stirring or tossing occasionally. Remove from skillet: reserve. Melt 1 tablespoon butter or margarine in same skillet; add onions; sauté until glazed a golden brown. Add mushrooms, onions and olives to veal five minutes before meat is cooked. Simmer 2 to 3 minutes. Transfer meat and vegetables to serving dish with slotted spoon. Keep warm. Bring sauce to boiling. Simmer 5 minutes, skimming fat as it comes to surface. Correct seasoning with salt and pepper. Strain sauce over meat and vegetables. Sprinkle with chopped parsley. Garnish with toast points, if desired. Makes 6 servings.

IRISH STEW

- 2 pounds potatoes, pared and cut in 1/2-inch-thick slices
- 1 pound onions, sliced
- 3 pounds shoulder of lamb, cut in 11/2-inch pieces
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 teaspoon leaf thyme, crumbled
- 1 teaspoon Worcestershire sauce
- 2 tablespoons chopped parsley

Arrange layers of potatoes, onions and meat in heavy saucepan or Dutch oven, seasoning each layer with salt. pepper and thyme. Add just enough water to fill pan half the depth of in-

gredients. Cover. Bring to boiling. Reduce heat. Simmer 1 hour or until meat is tender. Add Worcestershire sauce. Correct seasoning to taste. Turn into serving dish. Sprinkle with parsley. Makes 6 to 8 servings.

MEXICAN LAMB STEW WITH CAPERS

- 2 tablespoons lard, butter or margarine
- 3 pounds boneless shoulder of lamb, cut in 1-inch pieces
- cups minced onion (2 large)
- 1 clove of garlic, minced
- 1 can (1 pound 12 ounces) tomatoes
- 1 jar (31/4 ounces) capers, well drained
- teaspoon salt
- 1 teaspoon dried oregano
- 1/4 teaspoon chili powder
- 1 avocado, peeled and sliced

Heat lard, butter or margarine in heavy saucepan or Dutch oven over high heat. Brown meat in several batches, removing pieces as soon as they are browned. Reduce heat to medium. Add onion to fat left in pan. Cook 2 minutes. Add garlic; cook 1 minute. Return meat to pan. Add tomatoes, all the capers except one tablespoon, salt, oregano and chili powder. Cover. Bring to boiling. Reduce heat. Simmer 1 hour or until meat is tender. Remove as much fat as possible from surface of sauce. Correct seasoning of sauce with salt and pepper. Turn into serving dish. Sprinkle with reserved capers. Garnish with avocado. Makes 6 servings.

CATALAN BEEF STEW

- 1/4 cup olive oil
- 3 pounds lean chuck or rump, cut in 11/2-inch pieces
- 1 cup sliced onion (1 large)
- 1 clove of garlic, crushed
- 1/4 cup brandy
- 1 cup dry white wine
- 1 can (1 pound, 12 ounces) tomatoes
- 1/2 teaspoon salt
- 1 bay leaf
- 1/4 teaspoon leaf thyme, crumbled
- 1/8 teaspoon ground cinnamon
- 1/4 teaspoon leaf marjoram, crumbled

Heat oil in heavy saucepan or Dutch oven over high heat. Brown meat in small batches, transferring pieces to a bowl as soon as they are browned. Add onion and garlic to fat left in pan. Cook 2 minutes, stirring occasionally. Return meat to pan. Add brandy and wine. Bring to boiling. Cook 2 minutes. Add tomatoes, salt, bay leaf, thyme, cinnamon and marjoram. Cover. Bring to boiling, Reduce heat, Simmer 2 hours or until meat is tender. Remove meat to serving dish with slotted spoon. Keep warm. Correct seasoning of sauce. Pour over meat. Makes 6 servings.

continued

What makes Wonder Bread so fresh?



STEWS continued

ARMENIAN LAMB STEW

- 1 package (1 pound) red or navy beans
- 1 cup diced onion (1 large)
- 1 tablespoon salt
- 2 tablespoons olive oil
- 2 tablespoons butter or margarine
- 2 to 2½ pounds lean lamb, cut in 1½-inch pieces
- 1 cup minced onion (1 large)
- 1/2 cup coarsely chopped parsley
- 1/4 cup chopped shallots or green onions
- 1 teaspoon dill seeds
- 1 tablespoon dried mint leaves
- 1/4 teaspoon turmeric
- 1/4 cup flour
- 2 cans (133/4 ounces each) chicken broth

Salt Pepper

Wash beans. Drain. Place in large saucepan with 6 cups cold water. Add diced onion. Cover. Bring to boiling. Reduce heat. Simmer 1 hour. Add salt. Simmer 30 to 45 minutes or until beans are tender. Keep in liquid until ready to serve. Heat oil and butter or margarine in heavy saucepan or Dutch oven over high heat. Brown meat in several batches, removing pieces as soon as they are browned. Reduce heat to medium. Add onion to fat left in pan. Cook 2 minutes. Add parsley, shallots or green onions, dill, mint and turmeric. Cook 1 minute, stirring constantly. Stir in flour. Cook 1 minute. Add chicken broth. Bring to boiling, stirring constantly. Return meat to pan. Cover. Reduce heat. Simmer 1 hour or until meat is tender. Correct seasoning of sauce to taste with salt and pepper. Arrange stew in center of warm serving dish. Arrange beans around stew, using a slotted spoon to remove them from their liquid. Makes 6 servings.

AUSTRIAN RABBIT STEW

- 1 rabbit (2 to 3 pounds) or 1 package (2 pounds) frozen rabbit, thawed
- 2 cups sliced onion (2 large)
- ½ cup chopped shallots or green onions
- 2 cloves of garlic, crushed
- 2 tablespoons chopped parsley, stems reserved
- 1 bay leaf
- 1 teaspoon salt
- 1/2 teaspoon peppercorns
- 1/4 teaspoon leaf thyme, crumbled
- 2 cups dry red wine
- 1/4 pound bacon, cut in
 - 1-inch pieces
- 1 can (1 pound) small boiled onions, well drained
- 2 tablespoons butter or margarine
- 1/4 cup flour
- 1 can (10½ ounces) beef broth
- 1/4 cup currant jelly
- 1/4 cup dairy sour cream

Cut rabbit in 2-inch pieces. Place in large bowl. Place sliced onion, shallots or green onions, garlic, parsley stems, bay leaf, salt, peppercorns and thyme over meat. Add red wine. Cover bowl. Refrigerate 12 hours or overnight. Drain meat well; pat dry. Reserve marinade.

Cook bacon until crisp in heavy saucepan or Dutch oven over medium heat. Remove with slotted spoon; reserve. Add canned onions to fat left in pan; cook until lightly browned. Remove; reserve. Add butter or margarine to pan. Brown rabbit pieces on all sides. Sprinkle

flour over meat. Stir gently until all fat is absorbed. Add beef broth and reserved marinade. Cover. Bring to boiling. Reduce heat. Simmer 45 minutes to 1 hour or until meat is tender. Remove rabbit pieces to serving dish. Place reserved onions and bacon over meat. Keep warm. Strain sauce into saucepan. Bring to boiling. Reduce heat. Simmer until sauce is reduced to half its original volume, skimming foam as it comes to surface. Add currant jelly. Stir until dissolved. Remove from heat. Stir in sour cream. Cook 1 minute, but do not let sauce boil. Correct seasoning to taste. Pour over rabbit. Sprinkle with parsley. Makes 6 servings.

continued



STEWS continued

BRAZILIAN CHICKEN STEW

1 broiler-fryer (3 pounds), cut up Salt

Pepper

1/4 cup butter or margarine

1 cup minced onion (1 large)

- 1 green pepper, seeded and chopped
- 1 small clove of garlic, minced
- 1 can (10½ ounces) chicken broth
- 1/2 teaspoon coriander seeds, crushed
- 1/4 cup peanut butter
- 4 bananas, peeled and fried

Sprinkle chicken pieces with salt and pepper. Heat butter or margarine in large skillet over medium heat. Sauté chicken pieces until golden brown on all sides. Remove. Reserve. Add onion, green pepper and garlic to fat left in skillet. Cook 2 minutes. Add chicken broth, coriander and peanut butter. Bring to boiling, stirring constantly. Return chicken pieces to skillet. Cover. Reduce heat. Simmer 15 to 20 minutes or until chicken is tender. Garnish with fried bananas. Makes 4 servings.

ITALIAN PORK STEW

1/4 pound bacon, cut in 1/2-inch pieces

- 2 pounds lean pork, cut in 1-inch pieces
- 2 cups sliced onion (2 large)
- 1 cup sliced celery
- ½ pound sweet Italian sausages, each cut crosswise in half
- 3 tablespoons flour
- 1/2 cup dry white wine
- 1 can (8 ounces) tomato sauce

1 bay leaf
½ teaspoon dried oregano, crumbled
1 can (10½ ounces) chicken broth
Hot, cooked rice

Cook bacon until crisp in heavy saucepan or Dutch oven over medium heat. Remove bacon. Reserve. Add pork pieces to fat left in pan; cook until brown on all sides. Add onion, celery and sausages. Cook 2 to 3 minutes, stirring occasionally. Sprinkle with flour. Stir until all fat is absorbed. Add wine, tomato sauce, bay leaf, oregano and chicken broth. Cover. Bring to boiling. Reduce heat. Simmer 1 hour or until meat is tender. Skim fat from sauce. Add bacon. Serve with rice. Makes 6 servings.



MOLASSES

continued from page 70

GINGER GLAZED CARROTS

(pictured)

- 2 cups sliced, pared carrots, cooked and drained
- 2 tablespoons butter or margarine
- 2 tablespoons light molasses
- 1 tablespoon lemon juice 1/2 teaspoon ground ginger Chopped parsley

Combine all ingredients except parsley in medium-size saucepan. Cook over medium heat, stirring occasionally, until carrots are well glazed and thoroughly heated. Turn into serving dish. Sprinkle with parsley. Makes 4 servings.

BAKED CHICKEN WITH PEACHES

(pictured)

2 broiler-fryers (2 pounds each), quartered

Salt

Pepper

2 tablespoons butter or margarine, melted

1/4 cup molasses

- 3 tablespoons lemon juice
- 2 tablespoons finely chopped onion
- 1 teaspoon ground ginger
- 1 can (1 pound, 13 ounces) cling peach halves, drained

Heat oven to 375°. Sprinkle chicken with salt and pepper. Place in 2-quart shallow baking dish. Combine butter or margarine, molasses, lemon juice, onion and ginger; brush generously over chicken. Bake 30 minutes, basting once during cooking. Add peach halves; baste; cook 10 minutes or until peaches are thoroughly heated and chicken is tender. Makes 6 servings.

continued on page 92



Beautiful and practical for you! GH's Americana Sampler Clock

This easy-to-make clock combines the charm and elegance of Good Housekeeping's famous Americana Sampler with the practicality of an accurate clock. It can be just the right item you've been seeking for a wall or mantel!

After completing the cross-stitch clockface, you need only a screwdriver to assemble this beautiful sampler clock from detailed, easy-to-follow directions. All wood parts are precut, drilled and rough-sanded. (The doorframe comes assembled.) Wood is unfinished so you can stain or paint it to suit the decor of any room.

Overall size of this exclusive GH design is 11 inches by 15 inches by 3 inches. The clock can be ordered with either its electric or battery (cordless) movements, both made by Westclox. Also included in the kit are imported, stamped Belgian linen for the clockface, embroidery floss, all necessary hardware, a mounting board and clock hands. Glass, stain or paint are not included.

Good Housekeeping P.O. Box NK Teaneck, New Jersey 07666
Enclosed is my check or money order for \$
Please send me the following GH Americana Sampler Clocks:
☐ Electric
Name
Address
City
StateZIP
Please allow 4 weeks for delivery



"Don't let its nice lemony smell fool you."

Lemon Fresh Dow Oven Cleaner is my baby.

I didn't like the way oven cleaners smelled or the way they cleaned. (And I've cleaned a few ovens in my day.) As head of Dow Consumer Products, I insisted on changes.

The result is Lemon Fresh Dow Oven Cleaner. It does everything better than any oven cleaner you've ever used. Everything.

Especially smell better. Overwhelmingly, women who tested it said so.*

It stays on your oven walls better, wipes out easier, has no obnoxious eyestinging or choking fumes.

But don't let its nice lemony smell fool you. Lemon Fresh Dow Oven Cleaner works so hard, it's the next best thing to a self-cleaning oven.

*Results of Consumer Panel tests available on request.

"Lemon fresh Dow Oven Cleaner works so hard, it's the next best thing to a self-cleaning oven."

DOWN

JEMPS

OVER

CLEANER

MET WT.16 OZ (118)

William L."Buzz" Nelson. Head of Consumer Products, Dow Chemical Company.



MOLASSES continued from page 88

MOLASSES BARBECUED SPARERIBS (pictured)

4 to 5 pounds spareribs, cut into serving-size pieces

Salt
Pepper
1/3 cup light molasses
1/4 cup undiluted frozen concentrated orange juice
1/4 cup tomato catsup
1/4 cup very finely chopped onion
2 tablespoons pure vegetable oil
2 tablespoons vinegar

Heat oven to 350°. Sprinkle spareribs with salt and pepper. Arrange in shallow baking pan. Bake 40 minutes; remove from oven; drain off all the excess fat from pan.

Combine remaining ingredients. Pour over ribs. Return to oven; bake 30 to 40 minutes, basting frequently with sauce, until ribs are brown and thoroughly cooked. Makes 4 to 5 servings.

SHOOFLY PIE

(pictured)

1½ cups sifted all-purpose flour ½ cup sugar ½ teaspoon ground cinnamon

3 tablespoons butter or margarine 34 cup molasses

1/2 cup hot water

1/2 teaspoon baking soda
1 unbaked 9-inch pastry crust

Heat oven to 350°. Sift flour, sugar and cinnamon together. Cut in butter or margarine with two knives or pastry blender until mixture resembles corn meal. Combine molasses, hot water and baking soda. Add molasses mixture to flour-butter mixture; stir only enough to moisten. (You must work rapidly after adding the molasses mixture. The bubbles that form act as a leavening agent, and over-mixing will result in a fallen or soggy pie.) Pour into unbaked pastry crust immediately. Bake 40 to 45 minutes or until filling is set. Serve with whipped cream or ice cream, if desired.

MOLASSES MARBLE SPICE CAKE (pictured)

2½ cups sifted all-purpose flour 1½ teaspoons baking powder 1 teaspoon ground cinnamon ½ teaspoon ground cloves ½ teaspoon salt 1 cup butter or margarine 1½ cups sugar 4 egg yolks 1½ teaspoons vanilla ½ cup milk 4 egg whites ⅓ cup molasses

Heat oven to 350°. Grease 9-inch tube pan lightly. Sift flour, baking powder, cinnamon, cloves and salt together. Beat butter or margarine and sugar in large bowl until light and fluffy. Add egg yolks, one at a time, beating well after each addition. Mix in vanilla. Add flour mixture alternately with milk, beginning and ending with flour. Beat egg whites until stiff but not dry. Fold into batter gently. Divide batter in half. Fold molasses into one half. Spoon each mixture alternately into prepared pan. Cut through batter once with spatula. Bake 1 hour, 5 minutes or until cake springs back when lightly touched with fingertip. Cool completely. Remove from pan.

MOLASSES BRAN LOAF

The baking-soda/buttermilk/molasses mixture is the only leavening agent in this bread: It is essential to work quickly after these ingredients are combined.

2½ cups whole-wheat flour, unsifted 1½ cups wheat germ ⅓ cup brown sugar, firmly packed ½ teaspoon salt 1 cup raisins 2 teaspoons baking soda 1¾ cups buttermilk ⅓ cup molasses

Heat oven to 325°. Grease 9x5x3-inch loaf pan. Combine whole-wheat flour, wheat germ, brown sugar, salt and raisins in large bowl. Mix söda, buttermilk and molasses together. When mixture begins to bubble, stir into dry ingredients immediately. Spoon batter into prepared pan. Bake 1 hour or until bread is lightly browned. Remove from pan. Cool thoroughly on wire rack.

OLD-FASHIONED GINGERSNAPS

1/2 cup soft shortening
3/4 cup brown sugar, firmly packed
1 egg
1/3 cup molasses
21/4 cups sifted all-purpose flour
2 teaspoons baking soda
1/2 teaspoon ground cloves
1 teaspoon ground cinnamon
1 teaspoon ground ginger
Granulated sugar
Water

Combine shortening, brown sugar, egg and molasses in large mixing bowl. Beat until mixture is light. Sift flour, baking soda, cloves, cinnamon and ginger together; blend into molasses mixture gradually. Cover; chill 1 hour.

Heat oven to 375°. Shape dough into balls about the size of a walnut. Dip tops in granulated sugar. Place, sugar side up, about 3 inches apart, on greased baking sheet. Sprinkle each cookie with 2 drops of water. Bake 10 to 12 minutes or until cookies are lightly browned. Remove cookies immediately from baking sheet with broad spatula; place on wire racks; cool. Makes about 3 dozen.











203919

eco if you join the Columbia Record Club and agree to buy ten records (at regular Club prices) in the next two































VAN MORE



























































THE OSMONDS

HOMEMADE ouble Lovin'



SERGIO MENDES

& BRASIL '66 GREATEST HITS



CAT STEVENS

TEA FOR THE TILLERMAN PLUS Wild World - 9 MORE



HITS. Vol. 1





168



THE PARTRIDGE FAMILY

202135

UP TO DATE

I'll Meet















176891

208017 %





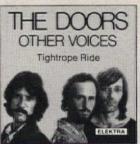
172411 205450 * * Selections marked with a star are not available in reel tapes

94



209239





211805*



even tapes (at regular Club prices) in the next two years

JIMI HENDRIX

Rainbow Bridge DOLLY

6 MORE



STER REALITY o - Orchid 8363

Was Easier

thing I'll in) 8 Mor

084 *

544 ×

S ROOTS

245 *

PENTERS

957 ×





ROD STEWART











EVERYTHING YOU ALWAYS WANTED TO HEAR ON THE MODG* olero - Espana - Carmen

Deg.



8-track cartridges



COLUMBIA HOUSE, Terre Haute, Indiana 47808

OR



OR

TAKE YOUR PICK OF TAPES

tape cassettes



7" reel-to-reel tapes

Just look at this great selection of recorded entertainment available on 12" Records OR 8-Track Cartridges OR Tape Cassettes OR 7" Reel Tapes! So no matter which type of stereo playback equipment you now have — you can take advantage of one of these introductory offers from Columbia House!

If you prefer your music on 12" Stereo Records join the Columbia Record Club now and you may have ANY 14 of these selections for only \$2.86. Just indicate the 14 records you want on the application and mail it today, together with your check or money order. In exchange, you agree to buy ten records (at the regular Club prices) during the coming two years . . . and you may cancel membership any time after doing so.

OR - if you prefer your music on Stereo Tapes join the Columbia Tape Club now and take ANY 8 of these selections for only \$2.86. Just write in the numbers of your 8 selections on the application — then mail it together with check or money order. (Also indicate whether you want cartridges or cassettes or reel tapes.) In exchange, you agree to buy seven selections (at regular Club prices) during the coming two years . . . and you may cancel membership any time after doing so.

Your own charge account will be opened upon enrollment . and the selections you order as a member will be mailed and billed at the regular Club prices: records, \$4.98 or \$5.98; cartridges and cassettes, \$6.98; reel tapes, \$7.98 . . . plus a processing and postage charge. (Occasional special selections may be somewhat higher.)

You may accept or reject selections as follows: whichever Club you join, every four weeks you will receive a new copy of your Club's music magazine, which describes the regular selection for each musical interest . . . plus hundreds of alternate selections from every field of music.

- ... if you do not want any selection in any month, just return the response card always provided by the date specified
- . if you want only the regular selection for your musical interest, you need do nothing - it will be shipped automatically
- ... if you want any of the other selections offered, order them on the response card and return it by the date specified
- and from time to time we will offer some special selections, which you may reject by returning the dated response form provided . . . or accept by simply doing nothing.

You'll be eligible for your Club's bonus plan upon completing your enrollment agreement - a plan which enables you to save at least 33% on all your future purchases. Act now!



I am enclosing check or money order for \$2.86, as payment for the 14 records indicated below. Please accept my membership application for the Columbia Record Club. I agree to buy ten records (at regular Club prices) in the coming two years — and may cancel membership at any time after doing so. RECORDS MY MAIN MUSICAL INTEREST IS (check one box only) (BS-Z) AY3 ☐ Easy Listening ☐ Young Sounds ☐ Classical ☐ Broadway & Hollywood ☐ Country ☐ Jazz TAPES
I am enclosing my check or money order for \$2.86, as payment for the 8 tapes indicated below. Please accept my membership application for the Columbia Tape Club. I agree to buy seven tapes (at regular Club prices) in the next two years — and may cancel membership any time after doing so. SEND ME THE FOLLOWING TYPES OF TAPES (check one box only) ☐ Cartridges (PN-W) ☐ Cassettes (PP-X) ☐ Reel Tapes (MH-Y)

use the card t regular selection be shipped auto	o order any sel- on for my musica omatically. Occa	ection I do il interest, I sionally, I'll	by the date specificant. If I want or need do nothing — be offered special the dated form pro-	it wil
Mr. Mrs. Miss	First Name	Initial	Last Name	
Address				
City		Sta	te Cip	
Do You Have A	Telephone? (che	k one) Y	S NO	

MY MAIN MUSICAL INTEREST IS (check one box only)

Whichever Club I've joined, all selections will be described in ad-

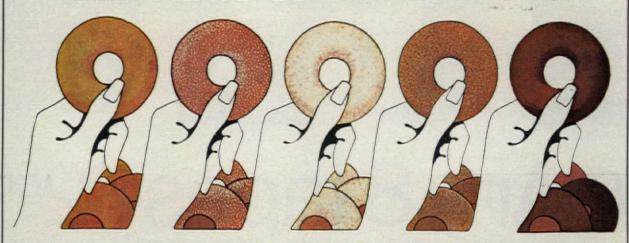
vance in the Club magazine, sent every four weeks. If I do not wish

☐ Young Sounds

☐ Country

Easy Listening

THE ABC'S OF DOUGHNUTS



Fried cakes, in one form or another. have always been popular in America. It is said they arrived with the earliest Dutch settlers, though there is a legend that a playful Nauset Indian once shot an arrow through a patty his squaw was making, frightening her so much she dropped it into a kettle of hot fat. But who dreamed up the hole that makes a fried cake a doughnut? Hanson Gregory, a 19thcentury New England sea captain, claims that credit. As a boy in Maine, he complained that the center of the fried cake his mother had cooked was soggy and suggested she "cut a hole in the middle where it doesn't cook." The little "holes" are also fried now, and though traditionally they are set aside for children, many an adult thinks them the best part, too.

To make ideal doughnuts, here are some points to remember.

Chilling the dough makes it easier to handle and also helps the doughnut keep its shape while frying.

Forpuffierdoughnuts, use a broad spatula to slip them into the fat.

Use a deep-fat thermometer.

DOUGHNUTS

- 41/4 cups sifted all-purpose flour 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 eggs
- 1 cup sugar
- 3 tablespoons soft shortening
- 1 cup milk
- Pure vegetable oil or shortening for frying
- Sift flour, baking powder, salt, cinnamon and nutmeg together.
 Set aside.
- 2. Beat eggs, sugar and shortening in large bowl until blended.
- 3. Add flour mixture alternately with milk to egg mixture, beginning and ending with the dry

ingredients. Beat well after each addition.

- 4. Chill 1/2 hour.
- 5. Turn dough out onto floured board.
- 6. Roll dough out about 1/3 inch thick with a floured rolling pin.



Cut out with floured doughnut cutter. Be sure to flour the cutter each time.



- 8. Pick up trimmed-off dough around doughnuts. This makes it easier to handle them. Then take a thin spatula and lift out the centers. Set on a piece of floured wax paper. 9. Roll out and cut trimmings the same way until all dough is used. 10. Let stand, uncovered, 10 to 15 minutes.
- 11. Put enough oil or shortening in a deep, heavy saucepan to fill 2 to 3 inches.
- 12. Clip a deep-fat thermometer to rim of pan. Be sure thermometer doesn't touch bottom of pan.

 13. Heat to 375°.



14. Lift doughnut with broad spatula and slide it into hot fat. Put in only 3 or 4 doughnuts at a time. Don't crowd them.

15. Fry about 2 minutes or until golden brown on one side. Turn with a two-tine fork and fry the second side 2 minutes or until golden.



16. Remove from fat carefully; do not prick the surface. Drain on paper towels.

- 17. Fry remaining doughnuts the same way, checking the temperature of the fat before you add them. If the fat is too cool, doughnuts will absorb it before they brown. If it is too hot, they will brown before they are cooked through.
- 18. Fry the center pieces, a few at a time. Drain on paper towels.
- 19. Roll doughnuts in fine granulated or confectioners' sugar. Or shake them, a few at a time, in sugar in a paper bag. Makes about 2 dozen doughnuts and tiny balls.

No dishwasher detergent can prevent water spots.

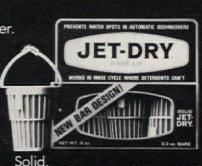
No detergent, even the best, can prevent water spots. Jet-Dry is made to sheet off water in the rinse cycle.

(It's there that water spots form—after your detergent has gone down the drain.) Jet-Dry comes in liquid form for machines with dispensers. Or a solid little basket you hang in your dishwasher.

So the next time a dishwasher detergent promises you nothing but spotless, spotless, spotless, remember its claim goes down the drain when it goes down the drain.

Try Jet-Dry Water Spot Remover. You'll see what spotless really means.

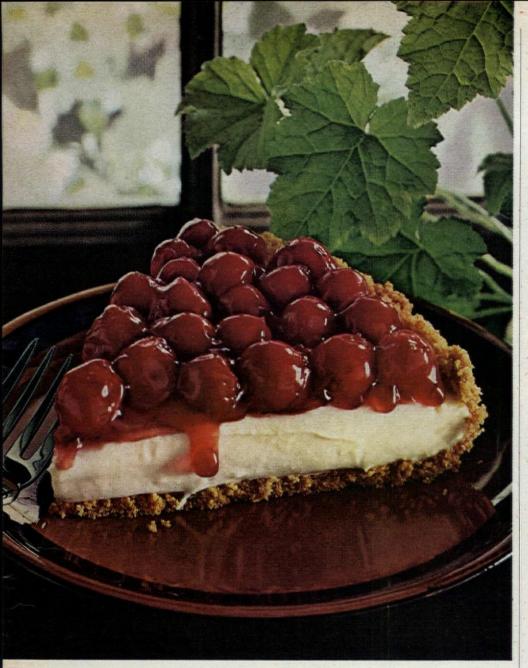
Promise.





Liquid.

Jet-Dry Water Spot Remover.



Cherry Breeze

A luscious no-cook, no-bake cream cheese pie with a crisp crumb crust. Convenience ingredients cut your time and work. All you do is blend and chill.

- 1 cup Kellogg's® Corn Flake Crumbs
- 1/3 cup regular margarine or butter, melted
- 1 package (8 oz.) cream cheese, softened
- 1 can Eagle Brand® Sweetened Condensed Milk
- (not evaporated milk)
 ½ cup ReaLemon®
 Reconstituted Lemon Juice
 (Measure accurately.)
- 1 teaspoon vanilla flavoring
- 1 can (1 lb. 5 oz.) chilled Comstock® Cherry Pie-Filling

Mix corn flake crumbs and margarine or butter thoroughly in 9-

evenly over bottom and sides of pan to form crust. Chill.

Beat the cream cheese until light and fluffy.

Add sweetened condensed milk. Blend thoroughly.

Stir in lemon juice and vanilla.

Turn into crust. Refrigerate 2-3
hours, or till firm. (Do not freeze.)

Top with chilled cherry pie-filling before serving. Serves 8.



BENNINGTON WARE continued from page 65

Using the clay he found in abundance his land, Capt. Norton began make the simple brown earthenware piec that were essential for households in pioneer community: jugs, milk pans ar jars. Every rural housewife needed h wares, so Capt. Norton's busine thrived. Few of his early pieces surviv however. The Bennington Museum has one charming exception—a tiny brow jug that was made for a young girl whereasured it—and tucked it away.

For its first 30 years in business, th Norton Pottery remained small, en ploying only six workmen. But durin this time Capt. Norton began selling hi products as far afield as Albany and Troy, N.Y., places where his pieces wer in demand and where clay was discov ered to be suitable to the more durabl stoneware he had begun to make. Afte a wagonload of Bennington ware had been sold, the driver would look around for a newly dug cellar and offer to re move the clay, free of charge. Thus returning pottery wagons rolled int Bennington with fresh loads of clay, no cost to Capt. Norton.

Most in demand from Norton w salt-glazed stoneware, which at first w completely plain. But by 1823 simple decoration gained favor—warm umbed that was quickly replaced by cobblue, which remained a Norton tracemark for more than 60 years. T painted designs were often of animals stags (like those that pulled a plow one of Norton's neighbors), a wond struck lion, a prancing horse.

Salt-glazed stoneware was not a N ton invention, having been brought North America by European immigran early in the 18th century. It was dura and heavy, ideal for butter churns, v ter coolers, crocks and jars. Its sub gray gleam was produced by the vap created when salt was thrown into a k during firing. Many potteries ma stoneware, and Norton's basic shar were no different from those produc by potteries all over New England. H the cobalt-blue decorations were finest and most delicate ever done, a there was considerable status attach to owning these highly individual d orated pieces.

The Nortons had nine children, a Capt. Norton liked nothing better the to gather them at his side in the enings, with their friends, to enjoy chor chamber music. Years later, the catain's son Luman carried on this tration of family gatherings in a slight different way. As devoted to (continued)

or the first time...the expert who teaches DOCTORS how to CURE WITH HYPNOTISM helps YOU unleash explosive powers you've kept "chained up" since babyhood!

Are You Ready To Use SELF-HYPNOTISM To Make Life Give YOU What You Want!

Now, at last, the world-famous expert who teaches doctors and psychiatrists MEDICAL HYPNOSIS has prepared the master work of his life on SELF HYPNOTISM.

...a book that reveals Nature's own key to reaching and controlling the subconscious—a technique that is available to all who dream of a better life—who want to increase their joy in simply being alive—who want more money, power and prestige—who deeply want a more beautiful and satisfying sexual life-who want to conquer pain and depression.

Now, don't let the word hypnotism frighten you for a minute. Many folks shy away from such a powerful force... yet how can a force which relieves tiredness instantly – that does away with pain and black moods—that stops nervous tension—a force that has been proven to be the greatest power in the world for self-advancement—a technique that you can use at the office, while travelug, anytime you wish—be anything but a marvelus force for good?

This astonishing technique is SELF HYPNO-ISM, a method you can use yourself. It's a cura-ve process you use in privacy, WITH THE REATEST EASE AND SAFETY.

It's a force that can control fears-conquer bad mper-change bad habits overnight-turn sor-ws into joys-transform defeats into overwhelm-g victories-a natural loyage fears-conquer ws into Joys-transform defeats into overwhelm-g victories-a natural, joyous force God-given every one of us. It is an infallible way of laxing ourselves completely, of bringing back ir natural feelings of vigor and vitality, of call-g upon fantastic powers for use in study, learn-g, work, thinking, getting well from the "slings id arrows of outrageous fortune"!

A "PROGRAMMED COURSE" in Living at Total Power

Through the techniques of SELF HYPNOTISM u learn self-confidence beyond anything you've er dreamed of; you acquire a memory that is vesome in its dimensions; you say goodbye to pression and unhappy moods forever; you get i, almost instantly, of mental blocks that have srupted your life; you bury phobias and other orbid habits and face the world joyous and free.

orbid habits and face the world joyous and free. You liberate your natural thinking ability. Inad of using just the top 10% of your mind, you
lease the explosive 90% that you've kept "chainup"... literally multiplying by TEN the brain
wer at your disposal. And this will make you
ther faster than anything imaginable. The first
y you start to use SELF HYPNOTISM, you'll
gin to reach 100% brainpower and start buildg your money-making capacity at a phenomenal
te.

Here Are Just a Few of the Secrets Revealed in This Fabulous Volume

The book helps you unlock the door to a full life th the seven keys to health and life-long vitality, ere, in these pages is the essence of a full-scale If-therapy program that has made author Leslie

About the Author

LESLIE M. LeCRON is internationally LESLIE M. LeCRON is internationally known as one of the modern authorities on hypnotism and self-hypnotism. He is the author of three textbooks and many technical journal articles on medical hypnosis, He is a Fellow of the International Society for Clinical and Experimental Hypnosis, an honorary member of the British Society of Medical Hypnosis, and a member of the American Board of Psychological Hypnosis.



Actually 36 Lessons That Show You How To Use SELF HYPNOTISM To Get What You Want From Life!

With these unique, safe, ex-traordinarily easy techniques, you can give yourself the power that guarantees blooming new health – new success – in your business – a brand-new wonderfoll were of brings. ful way of living.

Here, for the first time, is the "pendulum" test of reading the subconscious, the "finger-movement" technique of getting infallible answers to your problems, Post-hypnotic suggestions that instantly break bad habits such as smoking, drinking, even dope addiction. IN JUST ONE EVENING, you can use Self Hypnotism to master your emotions, make over your persontions, make over your person-ality, turn your marriage into a glowing, impassioned success.

M. LeCron one of the most sought-after teachers in the world today. Here are just a few of the secrets revealed in this fabulous volume:

- How to use self-hypnosis to cure your slipped disc, backache, headache, low back pain, even the painful torticolis or "wry neck" that has defied medical science
- How to conquer a condition we call "loneliness" but which our subconscious mind knows to be a genuine starvation of our love needs
- The amazing truth about arthritis and bur-sitis—conditions which reveal themselves instantly to self-hypnotic probing
- How we subconsciously hold on to symptoms long after the "need" for them is gone, (Example: how to get rid of a 50-year bout with hay fever in just one session.)
- What happens to almost every asthmatic who asked a sudden, unexpected question by a wise hypnotist
- Even if you've been smoking for twenty-five years you can give it up overnight—and actually enjoy the so-called "withdrawal" period
- · How to relax completely and free yourself of each day's accumulation of nervous tension
- · How to overcome the fear of death and illness.
- How to use post-hypnotic suggestion to over-ome hostility and anger, hopelessness, frustration, fear of rejection
- First time in print . . . the most effective way ever discovered to free yourself forever from liferuining sexual inhibitions
- An entirely new and different way of control-ling overweight—on a self-hypnotic diet that re-quires no dieting · How to do away with fatigue in your life-
- The 10-count method that creates ideas-and brings you advancement in your job

Read Leslie LeCron's SELF HYPNOTISM for 30 Days-AT OUR RISK

Is this the day you decide to do something about your life? For with this book to help you, YOU

GREENLAND BOOKS, Dept. 6870 4500 N.W. 135th St., Miami, Fla. 33054 CAN! Just mail the coupon with your check for \$5.98 and we'll send you a copy of SELF HYP-NOTISM for a 30-day NO-RISK TRIAL.

The first time you relax through Self-Hypnotism you'll find your whole life changed because you will never before have felt such peace and contentment – and you'll arise from your relaxation period totally refreshed and ready for anything.

Yes, you have 30 days to prove it, If SELF HYPNOTISM doesn't meet every aspect of every dream you ever had for a fuller, richer, healthier, more beautiful life, simply return the book for a full refund. Make the right choice now-TODAY!

	RISK COUPON TODAY!
	BOOKS, Dept. 6870 35th St., Miami, Fla. 3305
#80008. I und only \$5.98 cor	Please rush me a copy on's SELF HYPNOTISM erstand the book is mine for mplete. I may examine it t your risk or money back
Enclosed is che	ck or M.O. for \$
	MAY CHARGE MY:
	MASTER CHARGE
Acc't #	/W: 4 4
Inter Bank #	(Find abov
Expiration date	of my card
OR YOU	MAY CHARGE MY:
Acc't #	
Expiration date	of my card
Name	
Address	Please print
City	
State	Zip

BENNINGTON WARE continued

the poet Homer as he was fascinated by electric storms, Luman often summoned his family to the porch—and, according to legend, recited Homer over the rumbling and crashing of thunder.

In 1832 his daughter Louisa married Christopher Webber Fenton, a gifted young potter from East Dorset, Vt. At first young Fenton worked in the Norton Pottery and for a time was a partner. But his ambition and eagerness to expand and experiment led him to start a business of his own, in 1847. He called it the United States Pottery, and in its 11-year history it added a great variety of items in a dozen or so different wares to the reputation of Bennington pottery, which was already considerable. He hired the finest American artisans to work as designers and molders, and lured craftsmen from England and France—men skilled in the art of bringing beauty and sophistication to simple objects.

Fenton's company made pottery, which is opaque, and porcelain, which is translucent. Much of what they produced was highly utilitarian—cake molds, mixing bowls, even doorknobs. Other objects, though useful, were valued more for their whimsy: cow creamers, Toby jugs and flasks in the shape of books and boots. And there were exquisite animal figures—stags, poodles, lions—whose only function was to charm the eye.

Because of the extraordinary versatility of Fenton and his artisans, the term "Bennington ware" came to mean many kinds of ceramics—yellowware, graniteware, redware, Parian ware, for example—each of which reflects the composition of the clay. Among the most sought-after of all Bennington ware is Bennington Rockingham, a pottery whose mottled brown glaze is as deep and mysterious as tortoiseshell. No two pieces of Rockingham look exactly alike because they were all individually glazed—at first hand-dipped, later spattered as they revolved in a rotating vat. A work-

man would dip a paddle into liquid brown glaze and knock the paddle against the side of the vat so that color spattered down on the pottery. He could apply the color thick or thin, in spots or streaks, whatever way he wished. Pottery finished in Rockingham glaze has great depth and brilliance; one envies the housewives whose kitchens glowed with the

subtle radiance of Rocking-

ers and jugs.

ham bowls and mugs, pitch-

Another kind of glaze, flint enamel, was created by sprinkling dry colors onto clear underglaze from a perforated box. During the firing the colors melted and ran, mingling with the glaze. Like Rockingham glaze, flint enamel looked different each time it was made, but unlike Rockingham it was created in combinations

of colors. Another unusual Bennington product is scroddled ware (like the other wares, it was made by many firms), whose marbled appearance comes not from a glaze but from the material itself. Clays of different colors were sandwiched together, then kneaded, before a shape was molded. As a result, color is not just on the surface; it appears throughout.

By trusting to his artisans' skill and judgment, Fenton oversaw the production of ceramics of infinite variation and beauty. He wanted each potter to share in the excitement of creation, and because of his interest in techniques and his desire to experiment, he extended the potter's possibilities. For example, Fenton became the first potter in America to make Parian ware, a delicate unglazed porcelain that originated in England. Because it resembled white marble, it was often used for statuary and decorative vases. Among the best of Fenton's Parian ware (and made in all the wares) are the famous Bennington poodles—curly-coated dogs with great eyes, carrying baskets between their teeth.

Fenton's Bennington ware was delivered all over New England—to Boston and even to New York—on wagons drawn by teams of four matched black horses, driven by young men in high silk hats whose jobs were much coveted in Bennington. But neither the company's prestige nor its magnificent output was destined to last. Rising costs and competition from cheaply made Ohio wares, which were flooding the East via the Erie Canal, forced Fenton to begin economizing. By 1858 he had to close his doors.

The Norton Pottery, being more conservative, continued until

> Today, pottery and porcelain pieces that graced the parlors and kitchens of many a Victorian home in the East-and were carried west in the sacks and satchels of wagon-riding pioneers-are museum pieces. And the finest collection of Bennington warepart of which is pictured on pages 64 through 67can be seen in the Bennington Museum, which is open daily from March to December. Travelinformation can be obtained from the Bennington Museum, Dept. AH, West Main St., Bennington, Vt. 05201. Admirers as well as collectors of Bennington ware might enjoy reading Bennington Pottery and Porcelain (Crown \$3.95) by

> > Richard Carter

Barret, curator-

director of the

museum. END

Without Endust®

The dirty dust cloth wins

With Endust

Because that's the cloth we sprayed with *Endust*. And with just one swipe across the table, it picked up 6 times more dust and dirt than the plain cloth.

Endust turns any cloth or mop into a "dust magnet," so dust can't scatter.

Don't push dust around. Pick it up with Endust. ©1971 Drackett Company

ADVERTISEMENT

DREARY-DAY HOUSE LIFTS By Arthur J. Maher

Some days the weather is so dreary that you can't get enthusiastic about anything. Even curling up with that proverbial good book offers only short-lived relief from pervading boredom. So what do you do? Doze off and hope things will improve when you wake up? Hardly.

A better idea would be to devote the time to simple household repairs and improvements—tasks that are easy enough to finish in a day or less, yet important enough to give you a sense of accomplishment. A good idea? We think so. And we think you'll agree.

The time to plan these tasks is now. After all, your next dreary day might be a Sunday or holiday, making it impossible to buy necessary tools and materials. So think the jobs through now, and stock up on supplies.

REPAIR BATHROOM TILE

One job that meets dreary-day requirements is calking the open joints that may be appearing in your ceramictile bathtub and shower walls—unless, of course, your house is relatively new. Aside from being unsightly, these cracks let water in, thus accelerating the erosion that caused them in the first place.

The only tools you'll need are a putty knife, a stiff brush and possibly a flat stick with rounded ends—an ice-cream stick would do. Use the putty knife and brush to clean out all the loose grout you can find between the ceramic tiles, and between the tiled area and upper rim of your bathtub. Once that's done, wipe away all the resulting powder with a dry cloth.

Next you'll need a tube of calking compound. Anticipating this job, you will have bought the material in advance, right? Most hardware stores carry it under such names as tub and tile calk, bathtub sealer, etc. Chances are, your dealer will have two types on hand—one that's a silicone formula and one that's latex. Others might be butyl-based. They're all good.

If the only crack you have to fill is the one between the tub and the ceramic tile, we recommend the silicone; it lasts longest. But if you also plan to fill cracks between individual tiles, then latex is a better bet because it will do both jobs very well. If in doubt, read the label.

Directions on the tube of calking compound will tell you how to complete the job. Essentially, all you have to do is squeeze the compound from the tube into each crack. As you do so, move the tube along the crack. If you're using silicone calking, you then form the compound into a concave shape by running over it with the rounded end of an ice-cream stick. If you're using latex, this function can be performed by a moistened finger. Then you need only clean away any excess compound that has accumulated near the cracks.

HANG HOOKS HANDILY

One of the most useful things a bathroom can have is plenty of hooks—to hold bathrobes, towels and sleepwear, until needed. Almost any hardware or housewares store can supply the hooks. Some are installed by using short screws that come with the hooks. Others, made of bent wire, have screwlike projections on them, and are installed by turning the whole hook clockwise to drive the projection into a hole—which you have drilled in advance.

Since screws will not hold in plaster or plasterboard, the best place for screw-mounted hooks is the back of the bath-room door or some other wood surface. If you want to have hooks on your ceramic tile, get the kind that can be mounted with adhesive. The adhesive will hold quite well, as long as you clean the tile before applying.

FOIL THE UNFRIENDLY

Possibly the quickest job for a dreary day is installing one-way viewers in your front and back doors—for the obvious purpose of enabling people inside to size up and/or identify people who ring the bell. These viewers are available at many hardware and housewares stores, and from some mail-order firms. They are tiny metal "telescopes" equipped with wide-angle lenses, and fit most wood and metal doors. Just be sure the ones you buy are suited to the thickness of your doors. Install them at eye level in the center of each door.

To do so, drill a hole clear through the door. Usually, this is a half-inch hole, but it might be smaller, depending on the viewer you buy. For doors clad with heavy steel, use high-speed drill bits, which stay sharp even with heavy use. To keep a wood door from splintering when the drill goes through, hold a block of scrap wood behind the door, so the drill bit can cut into it after passing through the door. Once the hole is drilled, you need only insert one part of the viewer into each end of the hole, then screw the two parts together by turning clockwise until firmly seated.

IMPROVE YOUR KITCHEN

One room that can always stand improvement is the kitchen. It's likely, for example, that your counter work area could use better illumination, because the storage cabinets above it block out light from the ceiling fixture. If this is true of your kitchen, you can buy a small fluorescent fixture called, by an odd coincidence, a fluorescent counter light. It's only an inch or so thick and can be fastened to the bottom of a wall cabinet with ordinary screws. Simply remove the fixture's plastic cover, drive a couple of screws, replace the cover and plug in.

Almost as easy, and just as useful, would be the addition of a shelf under the wall cabinets. Make the shelf of 1-by-8-inch pine and fasten to the wall with metal brackets from the hardware store. The shelf should be 8 to 12 inches below the bottom of your cabinets.

Fasten the brackets to the shelf before you fasten them to the wall, using half-inch screws. (To make sure they fit, buy them at the same time you buy the brackets.) With brackets screwed to the shelf, position the shelf on the wall, and with someone helping you hold it in place, mark on the wall the location of each screw hole. Then take the shelf away and drill a quarter-inch hole at each mark. In these holes you'll place not screws but little metal cylinders called hollow-wall fasteners. Only one end of a fastener will fit in a hole so you can't go wrong there.

After inserting a fastener, you'll notice a small screw head in the end facing you. Turn this screw clockwise as far as you can. This will cause the fastener to expand behind the wall, anchoring itself in place. When each hole has been fitted with its own fastener, remove the screw from each one. Now hold the shelf in place again, replace the screws in the fasteners, tighten—and your shelf is ready for use.

Next time the weather keeps you indoors, make an inspection tour of your home. No matter how well you maintain it or how well built it was, it can always use a little lift. END

TEA CONNOISSEURSHIP

Nothing's quite so good on a chilly afternoon as a hot cup of tea. Popular all over the world, this inexpensive and refreshing beverage is simple to make and a delight to drink. To brew a perfect pot of tea, first preheat your teapot by rinsing it with hot water. (A china, pottery or heat-resistant glass pot is best for keeping tea at a constant temperature.)

Bring freshly drawn cold water to a full rolling boil. Never reheat water—that makes tea taste flat. And only boiling water will extract the full flavor from the tea leaves. Add tea to the

heated pot, using either one teaspoon loose tea or one teabag per cup. Pour in the water; cover. Let steep from three to five minutes to open the pores of the leaves and release their flavorful oils.

Don't judge the strength of your brew by its color, because some weak teas produce a dark brew and some strong teas a light one. If you like weak tea, add water after the brewing.

If you're making iced tea, brew the tea as usual, but use 50 percent more per portion to allow for melting ice. Let it cool to room temperature, then pour

over ice cubes. Do not refrigerate hot tea; refrigeration makes it turn cloudy. If clouding occurs, add a little hot water.

Tea comes from the dried leaves of an evergreen plant grown in hot sun and abundant rain. India, Ceylon and Indonesia are the world's leading teagrowing countries. There, every 14 to 16 days, harvesters in the "tea gardens" pick the new young shoots (called "flushes") from the top of the two- to three-inch tea plants.

Differences in processing these green flushes give us the four main types of tea: green, oolong, black and scented. The flushes are dried or steamed (for green tea) and then "rolled," a process that breaks up the cells, softens the

> leaves and liberates the oils. Most leaves are then placed in a cool, damp room to oxidize and turn a copper color. They are then dried to prevent further oxidation.

Green tea is steamed to prevent any oxidation. The dried leaves remain green, and will brew a light green tea that has a wonderfully subtle flavor. Oolong (from the Chinese wu-lung, meaning "black dragon,") is semi-oxidized, the leaves part brown, part green; it brews a light and winelike tea. Black tea is fully oxidized; it has a dark color and a hearty flavor. Scented teas have been exposed to another substance.

There are literally hundreds of teas available today, all variations of these four types. Most of what we see in the markets are blends of different teas.

According to legend, tea was first discovered about 2737 B.C. Servants to the great Chinese emperor Shen Nung were boiling his water as a health precaution when a few leaves from a tea tree blew into it. The boiling water took on a delightful aroma and flavor; everyone, it is said, was enchanted with the discovery. Through the years, people drank tea as a cureall as well as for pleasure. In the 17th century teareached the West. In Amsterdam and New Amsterdam, it soon became the drink of the fashionable and the rich (the price was then \$30 to \$50 a pound).

Today tea is just as popular, but its price is more democratic. Back then, the only tea was loose tea; now we not only have tea bags but powdered instant tea. Convenience, variety and flavor all go hand in hand—today anyone can be a tea connoisseur. —Colleen McGee



Make a flower
Or a leaf
Or a star
Or anything
You like
With 4
Handy tips
In 5
Happy colors





With Cake Wa

For today's active, creative woman...a book club devoted to helping you in everything you do including your hobbies. It brings you the fines how-to-do-it books (they're good reading, too) SEE FOR YOURSELF...JOIN WOMAN'S HOW-TO BOOK CLUB TODAY AND

\$52.85 worth

As a WOMAN'S HOW-TO BOOK CLUB member, you'll be offered books on needlework, cooking, entertaining, sewing, decorating, coping with household emergencies, figure improvement, family life, health, gardening, furniture upholstering and refinishing, ceramics and many other subjects . . books that'll help you with just about everything you do . . . books that are fun to read, too

HOW THE CLUB WORKS

First, you choose any four of the 20 books shown below for only \$1, plus postage and handling, to start your WHBC membership. (You can choose up to \$52.85 worth of books.)

Then, every month, you'll receive a Club bulletin fully describing the coming selection. If you want the book, you do nothing. It will be sent automatically. If you don't want a book, you must simply return the special form that comes with the bulletin, by the date shown. You may return any book within 10 days, after examining it, and all you need buy is one book per year to retain all membership privileges.

As a WHBC member, you'll be offered the best books available on a broad range of subjects of special interest to you. And every Club selection is offered at 30% to 60% less than the retail price.

With every selection you accept, you'll get a surprise gift - perhaps a decorative wall chart, a purse gadget, a tape measure, a key chain mag-nifier, or other practical items.

Even after receipt of a book, you may examine it for 10 days and return it if for any reason you do not like it.



291. HOW TO PLAN AND PLANT YOUR PROPERTY. Hundreds of easy upkeep landscaping ideas, solutions to landscaping problems planting plans. Retail: \$7.95



299. HOW TO GET MORE FOR YOUR MONEY IN RUN-NING YOUR HOME. How to cut bills on heating, electricity, insurance, mair more. Retail: \$5.95



CREWEL EMBROI-DERY. Everything you need to enjoy crewel embroidery —from basics to advanced techniques. Retail: \$7.95.



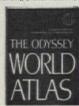
316. HOW TO PROTECT YOURSELF TODAY. Protect yourself, your family and property in all kinds of situa-Betail: \$6.95



042. FORMULAS, METH-ODS, TIPS AND DATA FOR HOME AND WORKSHOP. Techniques, shortcuts and for household in iobs. Retail: \$7.95.



AMERICA. A marvelous nat-ural science guide that covdentification, many ing facts. Retail: \$5.95



622. THE ODYSSEY WORLD ATLAS. An enormous home reference for the entire family, 546 full-color maps.



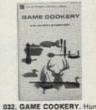
HOW TO OWN PAINTING AND WALL-PAPERING. Effective, easy to-understand techniques for painting, finishing, wall papering. Retail: \$1.95.



ENCYCLOPEDIA OF FACTS.



HIS FAMILY OUTDOORS.



dreds of foolproof recipes for every type of game animal, bird, and fish. Retail: \$1.95





058. HOMEOWNER'S COM-PLETE OUTDOOR BUILD-ING BOOK. Plans for buildjects (patios, fences, pools, etc.). Retail: \$8.95.



323. MODERN HOME MEDIworks, how to stay healthy, how to cope with disease, Retail: \$8.95.



417. THE EVERYTHING COOKBOOK. 2,000 recipes plus food preparat planning, weight control, wines and spirits



324. THE HOMEOWNER'S MINIMUM MAINTENANCE MANUAL. Easy-to-follow maintenance for your home Retail: \$6.95.



644. THE COMPLETE OUT-DOOR COOKBOOK, Over



GET DECORATING. Great ideas for decorating every room in your house. 400 illustrations — 100 in full color. Retail: \$8.95.



405. THE AMERICAN HERI-



305. THE 1908 SEARS, ROEspend many happy hour "shopping" in this treasur of nostalgia. Retail: \$6.95

WOMAN'S HOW-TO BOOK CLUB 44 Hillside Ave., Manhasset, N.Y. 11030

Please enroll me in the WOMAN'S HOW-TO BOOK CLUB and send my four-book shipment right away. The four books I have selected are listed below, by book number, on the dotted lines, Bill me later for only \$1.00 plus postage and handling. I understand that you will send, every month, a bulletin describing the coming selection. If I want the book, I do nothing. It will be sent automatically (along with my surprise gift). If I don't want it, I must simply return the special form that comes with the bulletin, by the date shown. If I decide to keep the book, I pay only the low member's price. I may return any book within 10 days, after examining it, and all I need buy is one book per year to retain all membership privileges.

Book No.	Book No
Book No	Book No
Name	
Address	
CityState	Zip.

Mail order coupon today or write to this address: WOMAN'S HOW-TO BOOK CLUB • 44 Hillside Ave., Manhasset, N.Y. 11030 BEDROOMS continued from page 59

Make a bed canopy and a matching quilt

BED CANOPY

The bed canopy shown on pages 58–59 takes time, effort and a fair amount of money to make, but for sheer luxury, it's well worth the investment. The canopy consists of a shirred-fabric ceiling, corner draperies and valance made of unpatterned 54-inch-wide fabric. The canopy of the 60-by-76-inch bed pictured required 65 yards of Belgian linen. Each unit was hung from ³/₈-inch metal rods supported from the ceiling by ordinary curved cup hooks and pipe clamps.

Sewing instructions for canopy

For shirred-fabric ceiling: From fabric, cut and piece together a section equal to 21/2 times the length and width of the bedplus 10 inches. (Cut bed-width neasurement on the length of abric.) Turn under a 1-inch finshed hem on the short sides. titch and press. Then, with grong sides together, fold back 1/2 inches of fabric on the long ides. Turn under 1/2 inch of the aw edge; stitch close to this. ress. Stitch 1 inch in from outer nd-fold to form a 1-inch heading nd a 2-inch casing. Press.

For corner draperies: Cut nd piece together four fabric ections 79 inches wide and equal a length to the distance from oor to ceiling plus 10 inches. Cut drapery length on the traight of the fabric; piece the rapery width at the inside with

French or other enclosed seam.) Turn nder a 1-inch finished hem at the sides. Then, with wrong sides together, fold ack $3\frac{1}{2}$ inches at top, turning under a $\frac{1}{2}$ -inch raw edge. Stitch close to this dge, then stitch 1 inch from top edge to orm heading and casing as with ceiling abric. Press. Turn up hem at bottom.

For valance: Cut and piece together wo fabric sections 27 inches wide and wice the length of bed. Cut long sides cross fabric width, so that valance will ang properly. Turn a 1-inch finished em at short sides; stitch. With wrong des together, fold top edge over 3½ inches and bottom edge up to make a 2-inch valance. (Let top fold overlap ottom fold.) Turn under ½ inch of top

Compared To The Other Extra-Strength Tablet:

Gives You Twice As Much Of The Pain-Reliever Doctors Recommend Most For Headaches

And twice as many people now use it!





Compare

f you suffer sharp, throbbing pain of tension headaches, you should try this extra-strength tablet.

Compared to the other extrastrength tablet, even with its added pain-relievers, 2 Anacin® Tablets give you as much of the pain-reliever doctors recommend most as 4 of the other tablets. That's twice as much! And twice as many people now use Anacin.

Anacin gives real fast relief from tension headache pain. So its tension goes—you function better and do a better job.

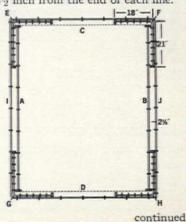
Doesn't it make good sense to try fast-acting, extra-strength Anacin Analgesic Tablets?

section's raw edge. Press and stitch close to this edge. Then stitch 1 inch from top end-fold to form heading and casing. Stitch at ends, casings open; press.

Instructions for installing hardware

First, draw in pencil on the ceiling a rectangle equal to the dimensions of the bed (A, B, C and D in sketch right). Then draw 18-by-21-inch L-shaped lines E, F, G and H at corners, as indicated. Next, draw around the outside two large L-shaped lines I and J for the valance, as shown. Install cup hooks in ceiling facing away from the center, as follows:

every 10 inches along A and B; every 3 inches along E, F, G, H; every 10 inches along I and J. Finally, install ½-inch pipe clamps into the ceiling at ends of A, B, E, F, G and H, ½ inch from the end of each line.





Standard body measurements for size 14 are: Bust 36, Waist 27, Hips 38 (New sizing).

Why not order your patterns for both of these charming dresses. They're easy to make, easy to wear. Just mail the coupon today.

	ISTH ST., NEW YOR	K, N.Y. 10017
Send \$1.00 or money o	plus 25¢ for postarder for each patter	age and handling in cash, check n ordered.
	PATTERN F-950	PATTERN F-1025
	SIZE 10 SIZE 12 SIZE 14 SIZE 16	SIZE 10 SIZE 12 SIZE 14 SIZE 16
	also like to have y which I enclose \$1	our selection book of 60 lates 0.00.
Name	Please print -	t prevents errors

Be sure to include your Zip Code — it means faster delivery of your pattern.

BEDROOMS continued

Hanging instructions for canopy

For shirred-fabric ceiling: Slide through the casing on one side of ceiling section a $\frac{3}{8}$ -inch metal rod the length of your line A. Distribute casing evenly along rod. Slip rod-ends through pipe clamps at ends of A. Then pierce cup hooks through casing on the wrong side of the fabric and under the rod. Draw shirred fabric straight across ceiling to side B. Slip rod B through casing on other side and hang just as rod A.

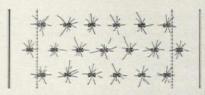
For corner draperies: Bend four 39-inch-long 3/2-inch metal rods into L shapes, each 18 inches on one side, 21 on the other. Slip through casings; distribute casings evenly. Slip through pipe clamps at ends of E, F, G and H. Then pierce cup hooks through casings on wrong side of fabric and under rods.

For valance: Bend two long 3/8-inch metal rods to fit your I and J dimensions. Slip rods through valance casings and distribute casings evenly over rods. Hang rods from cup hooks at I and J, slipping cup hooks through casings as you did for ceiling and corner draperies.

MATCHING QUILT

Use the same unpatterned 54-inchwide fabric as for bed canopy. (It took 16 yards to make the quilt featured or pages 58-59.) To begin, measure your bed and add 32 inches to its width, 16 to its length. Cut front and back of quilt piecing evenly on each side of center panel (as shown in sketch, below) to arrive at the width you need. Place front and back quilt pieces right sides together with all edges even. Pin two layers of Dacron fiber-fill to one wrong side; pin around edges through all thicknesses. Then stitch a ½-inch seam around three sides, leaving one short side open. Trim the seams.

Now turn quilt right side out and press. S'ip-stitch the fourth side to close. Find center of quilt. Using an embroidery needle, and sewing through all the thicknesses, tack satin bows or buttons to quilt 10 inches apart.



To make quilt both pretty and plump, affix buttons or satin bows at intervals

Sewing instructions are by the Singer Company, Inc.

DECORATING NEWSLETTER continued from page 37

The high point of the Metropolitan show is a wing chair made in Newport, R.I., in 1758. The original and uniquely colorful flame-stitch needlepoint on the front, sides and cushion is completely intact. A charming arcadian scene has been crewel-embroidered on the back. This chair, with its walnut frame and gently curving Queen Anne front legs, was featured in "A Wing Full of Glory," an American Treasury in our December 1969 issue.

The exhibition at the Metropolitan is a treasury of its own and should appeal enormously not only to serious collectors of American furniture but also to anyone who has ever owned, or wanted to own, a wing chair. The illustrated show catalog, which traces the background and development of the easy chair—its regional derivations and variations in upholstery and use—can be obtained by sending \$1 to The Metropolitan Museum of Art, Book Shop, Dept. AH, Fifth Ave. at 82nd St., New York, N.Y. 10028.

STITCHING STRAIGHT

If you can knit, crochet and do macramé but can't sew a straight seam or turn up an even hem, take heart. With TapeStitch, Belding Corticelli has come to the aid of women who like to sew but tend to stray from the straight and narrow. The new sewing aid is a yellow achesive that's marked at various intervals across its ³/₄-inch width—and perforated so that it can be torn of easily at the desired width. To use simply apply to fabric, sew and the remove.

TapeStitch can be helpful in perfecting topstitching, altering patterns, simplifying zipper installation, stabilizing stretchy fabrics, measuring buttonholy placement, guiding machine stitching tape-basting hems and marking an holding vinyls, suedes and leathers that would be damaged by pins. It works of everything except pile or napped falrics, comes in 10-yard rolls (along with diagrams of possible uses) and is avaitable at department-store notions counters for about \$1.—Christine B. Rot

Merchandise listed here is generally available in stores around the country. For further information write to Reader Service, America Home, 641 Lexington Ave., New York, N. Y. 10022.

City

I went on the warpath and lost 55 pounds.

By Shirley Paul - as told to Ruth L. McCarthy



At 180 pounds, you grin and bear it. Or you do something about it.

Potato chips, pop, pizza, layers of lunch meat between fat slices of bread—these were just a few of the stuffers that filled my evenings. And made my days miserable. For when you're 22 years old, five feet two, and 180 pounds, the world is a pretty dreary place.

"Shame fat" is what I used to call all that extra weight I carried around. I don't know whether it's a Hoosier expression or not. But I come from Gaston, Indiana, and when I used to cook for my husband and three children, I'd just make much too much. Then I'd feel ashamed to waste such good food, so I'd eat it. And that became my "shame fat."

Actually, I had learned to cook enormous meals during my teens. I had come from a large family of seven where everybody had big, big appetites. After I married, I just couldn't get used to cutting down on the quantities I cooked. So I'd make enough to feed an army. Why, I got so heavy, that each time I became pregnant, I had to wear maternity clothes in my second month.

I must say that my husband, Steve, never made any nasty remarks about my size. Maybe because he was gaining, too. But deep inside I'm sure that my looks must have bothered him a lot. For instance, when we were going some place, and I'd finish dressing, Steve would just say: "Are you ready?" when I really wanted him to say: "You sure look pretty."

Still I did nothing about my weight. On the contrary, each time I thought about it, I'd make a stack of sandwiches and eat myself into another pound. Even my sister got on me about the way I looked. But it was not until a friend of my husband made a snide remark that I finally decided I had to reduce.

You see, I carried much of my weight from the waist down. As a result, I could never find panty hose to fit. So I wore regular stockings with the fat bulging over the top. And with short skirts, I'm afraid it was there for all the world to see.

Well, one night at a party, this fellow turned to his slim wife and said: "Why don't you wear hose that lets people see your legs?" It was a sick kind of humor. But it hurt enough to jolt me into action. I have Cherokee blood in me and I'll tell you this. That crack put me on the warpath against fat.

Luckily, I remembered that my mother had used those reducing-plan candies, Ayds®, and that the plan had worked for her. So I picked up a box of the vanilla caramel kind at a drugstore and I started on the plan.

Incidentally, I was glad to see in the folder that Ayds contain no drugs. So I took two before each meal like the directions say — with a hot drink — and that actually helped me cut back on what I was eating.

I had plenty of meat and fish and I ate my vegetables bare. No butter or seasoning or anything like that. And I began to lose. As for those sandwich snacks, I took Ayds instead. They have only 26 calories apiece, so I was way ahead.

The Ayds plan kind of became a family project, for both me and my husband. Because when he saw how well I was doing, he started taking Ayds, too. The butterscotch fudge kind. They're terrific.

Another thing. Since we both like to dance, we did that for exercise. And we discovered a whole new life together. As a matter of fact, by the time I had gotten down to 130 pounds, Steve had gone from size 42 trousers to size 36. I'd show you a picture of him, but he wants to get to size 34 before bragging.

I'm working on taking off 10 more pounds myself. Then I'll be satisfied with my figure and completely free from the late-night sandwich trap. You see, Ayds takes care of that craving just fine.

BEFORE AND AFTER MEASUREMENTS

	Before	After
Height	5'2"	5'2"
Weight	180 lbs	125 lbs.
Bust		
Waist	34"	27"
Hips	42"	35"
Dress	18-20	11





Crystal hurricane set

Shimmering hurricane lamps made of old-fashioned wavy glass are in two pieces each for easy washing. 93/4 in. high overall. Pair, \$6.50. 6-in. ivory candles, 50¢ a pair; 90¢ for 4. Catalog free with order; otherwise, 25¢. Order from Sturbridge Yankee Workshop, AH1 Brimfield Turnpike, Sturbridge, Mass. 01566.



Hurray!

For the red, white and blue barber pole to brighten a bar, den or family room! 18-in. beauty is illuminated; inner cylinder revolves. Of stainless steel. For 110 V. outlets. \$59.50; a pair, \$110. Table model, \$64.50; pair \$120. Free brochure available. From Betsy K. Ltd., Dept. AE-2, P.O. Box 21, Lake Forest, III. 60045.



Pretty put-on

Toss-On Bolero features an expensive hand-crocheted look with a pretty shell stitch and scalloped. ribbed trim. Bolero is "light," yet it takes off the chill. Of washable orlon acrylic. In white, black, pink or light blue. Sizes 32 to 46. \$5.50 plus 45¢ postage. Ferry House, Dept. AH-2, Briarcliff Manor, N.Y. 10510.

LYNN HEADLEY-Editor

AMERICAN HOME MARKET PLACE



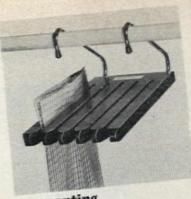
Aztec calendar

Antique gold finish Mexican wall decoration is an authentic reproduction of the Aztec calendar. Handcast in plaster by Mexican artisans, it's stunning in any room. 17 in. Ready to hang. With "Story of the Aztec Calendar," \$8.95. Catalog 25é. Mexico Shopping Tour, Dept. AH-2, Box 849, Del Mar, Calif. 92014.



Sourdough cookery

Enjoy nutritionally sound bread and pancakes today, just as did the old prospectors of yesteryear from San Francisco to the Yukon. Includes enough dough starter to last a lifetime, cookbook plus earthen storage crock. \$6.95 plus 70¢ postage. Catalog, 25¢. Suburbia, Dept. 112, 366 Wacouta, St. Paul, Minn. 55101.



Stop panting

Hubby in a hurry and tired of searching in his closet for that particular pair of pants? Pants Rack holds 5 pairs in one neat, compact and easy-to-see area! Great for ladies' slacks, too! Solid cherrywood with chrome plated hangers. \$5.95. House of Minnel, Dept. AH-2, Deerpath Rd., Batavia, III. 60510.



Hello, princess

For royal ladies of all ages, comes this lovely princess extension phone in white or beige. With regulation cord and plug. Dials out; calls in. \$19.95 plus \$1.50 postage. If buzzer is needed, add \$10. Free catalog available. Send your order to Grand Com Inc., Dept. AH-2, 1152 Sixth Ave., New York, N.Y. 10036.



From A to Z

Home's Best sampler says it best in an easy-to-finish cross-stitch kit! Includes meaningful message stamped on oyster Belgian linen, colorful floss, needle, instructions, and 13x15-in. wood frame in maple or mahogany finish. \$3.50 plus 45¢ postage. Victoria Gifts, 12 A Water St., Bryn Mawr, Pa. 19010.

From Fabulous San Francisco, ANTHONY ENTERPRISES unveils 20 Exciting new ideas for gifts and better living

CERAMIC TILES



验中心的特殊心理心理心理心理心能

CLOCK OF LIFE

ay the roads rise with you, and the wind be always at your back: And may the Lord hold, you in the hollow of his hand."

GAELIC ROAD



as long as he can hold on to ne blade of grass and not fall off the face of the earth.

IRISH TIPPLER



SERENITY PRAYER

av you be in Beaven a half hour before the Devil knows von're dead. 北京

IR.SH TOAST



IRISH WISH

Of Your Past.

e Ceramic Tiles used as wall es or trivets. Cork base hanger, 6x6". Designs wil

3.98 each + 40¢ Mailing Each



MAGIC MENDING

New miracle crystal clear liquid glasschemical sensation creates a washable, waterproof, heat-or-cold proof iron bond. For per-manent mending or repair of glass, china, crockery, ceramics and porcelain and porcelain. Liquid Glass....

Mailing 15¢ Each



SNORE NO MORE

Scientifically designed anti-snore Scientifically designed anti-snote mask insures sound, silent sleep. Washable nylon mask fits over chin. Keepsjawsclosed, prevents snoring by encouraging proper breathing. Adjustable to fit men,

women. Anti-Snore Mask Mailing 15c Each



A NEW DAY

Never too late to change the course of your life! Inspirational wall plaque says, "Remember... Today is the first day of the rest of your life." Black letters on goldenplate in pine-finish plaque. 4" x 5".



PAGE MAGNIFIER



AUTOMATIC NEEDLE THREADER

Just drop a needle into the plas-Just drop a needle into the plas-tic funnel, press button, and presto the needle is threaded. Has spindle to hold spool of thread, plus built-in thread cutter blade. Saves eye-strain. Ideal for older people. Needle Threader

Mailing 15¢ Each



RIB HIM ROYALLY

Plaque for a desk of distinction where reigns your man of dis-tinction. Says, "It's hard to be humble when you're as great as I am." 21/4x4" stained wood and metal plaque doubles as a paper

Humble Desk Plaque\$1.98 Mailing 20e Each



COLLAR EXTENDERS

Collar Extender button "loos-ens" tight shirt collars. Ends all-

Mailing 15¢



SLEEPS AND EATS GOLF

Framed and ready to hang. A tasteful joke for the serious golfer, If he doesn't put it up his "widow" will, 63/4" by 53/4" with lettuce green backing and replica golf ball. The gag gift for every golfer.



UNIQUE TWISTY KEY RING

No more lost keys. No links to loosen, no chains to break. In-triguing twist-lock opens easily -stays closed. Holds 25 keys. Withstands 150 lbs. pull. Made of aiterate colds in more consultant. of aircraft cable in smart gold

Twisty Key Ring......\$1.29 Mailing 15¢ Each



EYEGLASS NOSE PADS

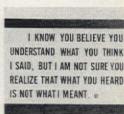
Here's the answer to glasses that slide down your nose! Tiny flesh-colored foam rubber pads that stick to any eyeglass frame. Relieves the pressure of heavy frames on sensitive spots. Set of 12 pads. Eyeglass Pads \$1.00

.....\$1.00 Mailing 150



A GAL'S BEST FRIEND

Bosom money cache is your best protection against purse snatchers. Snaps onto the bra or slip straps. Holds folding money or other valuables. Plastic lining, with a fold-over flap, keeps con-



COMMUNICATION GAP!

How's that again? A wall plaque which will rivet every eye's attention. A perfect gift A wall guaranteed to improve the communication gap. Black letters on golden plate in pine-finish plaque. 4" x 5". Communications Plaque. \$1,98



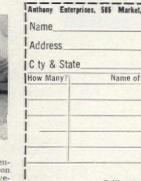
PUT ON A SMILE

The newest, freshest look in desk accessories today carries a

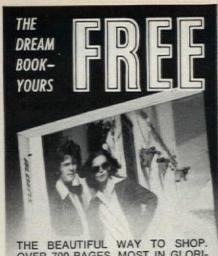


REPAIR EYEGLASSES

Whenever glasses need tighten-



N	Mailing 20¢ Eac	
Anthony Enterprises Name	585 Market, Dept. AH-27	2, San Francisco Ca. 94105
Address		
C ty & State		Z p
How Many?	Name of Item	Price TOTAL
	California residents add	Total 1 5% Sales Tax
SATISFACTION GUALANTEED OR MONEY BACK	Mailing Charge: (refe	nt to each itcm)



OVER 700 PAGES. MOST IN GLORI-OUS COLOR. The catalog with everything. Fabulous fashions-head-totoe. Fun things. Great new ideas for the home. Complete store at your finger tips. Get

yours FREE. Rush coupon. Quantities limited.

ALDENS

ALDENS Box 5362 Chicago, III. 60680 Rush newest Spring-Summer catalog to:

NAME

ADDRESS. CITY_

STATE

ZIF





CHAMPIONS OF LIBERT

TERRIFIC OFFER, trivial price! Complete U.S. "Champions of Liberty" set of colorful stamps issued 1957-61 honoring 10 world heroes like Paderewski, Garibaldi, Gandhi. Includes both 4c and scarce 8c values PLUS giant Magsaysay stamp. Retail \$1.00 — all 19 stamps yours for 25c. Plus fine stamp selections to examine free. Buy any or none, return in 10 days. Cancel service any time. Rush reply — sorry, only one to a collector. GARCELON STAMP CO., Dept. 2AHL, Calais, Maine



Fully Illustrated Catalog shows 51 ship models, over 100 pictures; and decorative Marine items by the score.

SHIP MODELS:
Both ready-to-bi and finished me do office from \$9.95.

MARINE PICTURES:

Full color reproduction of world famous ship and sea pictures.

SHIPS' WHEELS: Of mahogany or oak; for tables, ceiling lights or wall decorations.



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

SHIP'S IGUREHEADS:

Replicas of decorative

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

Send 25¢ for catalog to: PRESTON'S 109-H Main St. Wharf, Greenport, N. Y.11944

ADJUSTABLE T.V. POLES

Hold your portable T.V. right where you want it without awkward tables stands. Takes any width, up to 14" deep. 17" high. Black decorator pole has spring tension rod to adjust to 71/2 to 81/2 ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers! ede in U.S.A.

\$12.95

Write for FREE catalog

Holiday Gifts

Dept, 602-A 7047 Pecos Street Denver, Colo, 80221



Auto Perch Pleases Pet, Makes Driving Safer

Ready to hang on car-seat back. Puts your pet up where it can see without jumping on driver's arm. Ends "hairy" seats, smudged windows. Guards pet against sudden stops.

Comfortably carpeted, adjustable to best height, level. Metal coated in soft beige vinyl. Satisfaction or money back.

14" x 18", \$13.98 plus 90c postage

GARRETT'S

Box 8415-84

Dallas, Texas 75205

Bird Lovers Catalog

48 page catalog offers over 190 products designed to help you enjoy the birds and help them survive: Houses, Feeders, Food, Baths, Kits, Books, Records and Binoculars. Send

AUDUBON WORKSHOP



MAKE \$\$ 10 WAYS WITH FLOWERS

Turn love of flowers to profits. Garden flowers or artificials cost pennies, bring \$'s. Corsages, Bridal Bouquets, Wedding, Table decoration. Hobby, home business, start your own shop. FREE Color Brochure shows you how to learn professional Flower Arranging and Flower Shop Operation. Also, FREE, 3-months subscription to "Flower Talk", the publication for home flower designers. Floral Arts Center (Home Study Div.), Dept. 13B, 1628 E. McDowell Rd., Phoenix, Ariz. 85006.



Make money in art

Learn how to obtain art prints inexpensively, yet enjoy their valued growth possibilities! A Grant Wood for \$75 in '65, worth \$375 in '69. Lists print prices from auctions, trade talks, etc. 1-yr. sub. (6 issues), \$12. Print Collector's Newsletter, Dept. AH-2, 205 E. 78th St., New York, N.Y. 10021.



Eisenhower dollar

A new uncirculated Eisenhower commemorative dollar comes in 3-piece holder to have as a cherished memento or to give as a valued gift. Includes plastic pouch. \$3.75 each; 10 for \$35. Centre Coin Company, B/5490, Dept. AH-2, Centre Coin Bldg., Room AM, Sherman Oaks, Calif. 91413.



Hey, name dropper!

You'll love this adorable covered note pad with rich vinyl cover personalized with any first name (specify, please) Has calendar card and 5 extra refil pads. 21/2x4 in. Tuck in purse for jotting down names, notes, numbers. Purse Memo, \$1. Walter Drake, AH76 Drake Bldg., Colorado Springs, Colo. 80901



Best foot forward

Step lively in a foot-flattering casua with zig-zag design vamp. In glove soft leather with wedge heel and sen sible, roomy toe. Natural, black, white or beige. Full and half sizes: 4-10, M 5-10, N. \$8 plus 80¢ postage. Vick Wayne, 610-A2Z So. Country Clu Road, Tucson, Ariz. 85716.

continue

Vitamin E applied directly to the skin

Formula E

does wonders for:

- Wrinkles
- Stretch marks
- Facial lines & creases
- Dry, rough skin
- Blemishes & eczema
- Surface scars
- Speeds healing of burns & wounds
- "... After faithful application of Formula E, I am pleased to say that it has completely eliminated all visible signs of stretch marks, and has after immediate application, removed all scars resulting from blemishes." Mrs. W.B., Yonkers, N.Y.
- "... I began to notice improvement almost immediately. Most of the lesions are gone and I find my skin is softer." Mrs. P.K., Roosevelt, N.J.
- "... and in the short period of four weeks I have seen a fantastic transformation. Wrinkles seem to be disappearing, I have more natural color in other words the clock is turning back." Miss E.M., N.Y.C.

You've been hearing and reading all about the incredible results doctors have been getting with Vitamin E. Pamphlets, magazine articles, even books have been written about its astounding properties. It's become one of the most precious ingredients of some of the finest cosmetics and facial cremes on the market

Introducing FORMULA E
not a "cover-up" or just an "ingredient" but pure liquid Vitamin E for
your skin. Undiluted, uncut and
absolutely natural, to give your skin
100% of its amazing benefits, 100%
of its thrilling effectiveness, 100% of
the incredible beauty-power locked in
every precious drop. Therefore, only
a few drops are needed. Formula E
goes further, lasts longer, gives you
better results than you ever dreamed
possible from a fine beauty product.
And best of all, it's nature's own gift,
just waiting to be used. Not one drop,
not one molecule is man made or

You'll be interested to know that it takes 400 pounds of vegetables to produce the **11,000 units of Vitamin E** contained in a single precious ½ oz. vial of our Formula E.

Formula E is not a cream, not a lotion. It does not have to be massaged or applied in a complicated manner. Formula E is an essence of nature that has properties women have searched for all through the centuries.

Apply it to your problem areas: blemishes, stretch marks, surface scars, lines, wrinkles, creases, dry and rough areas. You'll be amazed. Watch for results.

Money back if you're not pleased.

Why does Vitamin E work? First noted in 1922 and designated as a Vitamin in 1924, it had to wait for forty years to gain its rightful recognition as one of nature's most effective anti-oxidents. Its beneficial properties reduce your tissues' and cells' "hunger" for oxygen and conserve their precious oxygen supply.

But don't take anybody's word for it. You have to experience the thrill of a clear, glowing skin yourself to know what Vitamin E



can do. Formula E is not sold in stores and is exclusively available only through Naturalon, Ltd. with unconditional money back guarantee. Try it and watch yourself become lovelier every day.

Guaranteed: To be pure Alpha Tocopheryl (Vitamin E).

No mixed tocopheryl (Beta, Delta, Gamma, Zeta).

Not water dispersable. Oil base only.

No wheat germ oil filler.

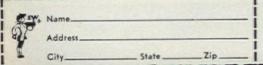
Naturalon Ltd.,	Dept. AH-1 e, New York, N.Y. 1001
	Formula E skin care
() ½ oz. vial \$	7.95 ble-vial offer \$14.95.
I understand tha	nt if I am not completely 15 days, my money will
	check or money order
Name	
Address	
City	
State	Zip
No C.O.D.'s. N.Y.S.	residents add 5% sales tax

© 1971, Naturalon, Ltd.

FURNISHED IN EARLY AMERICAN?

Send 25¢ For Our Big Handbook-Catalogue "1,000 Pictures Of Basic Items For Furnishing An Early American Home"

Everything in Early American. All by mail at modest prices. Money- Back Guarantee even includes shpg. chgs.





STURBRIDGE YANKEE WORKSHOP the Nation's Center for Early American

422 Brimfield Turnpike, Sturbridge, Mass. 01566



INTERESTED IN ANTIQUES and COLLECTIBLES?

the ANTIQUES **JOURNAL**

The Illustrated Magazine of **Antiques**

This fact f.lled, beautifully illustrated magazine throughout the year contains articles on art & colored glass, dolls, banks, chinaware, clocks, bottles and many other topes of antiques & collectibles. It also tells how to know antiques, how to identify, to decorate and use antiques in your home.

SUBSCRIBE TODAY 12 issues per year. Only \$6, remit with order, satisfaction guaranteed.

Address		
Address		
0.	State	Zin

THE ANTIQUES JOURNAL P.O. Box 1046AH2, Dubuque, Iowa 52001

A THRILLING CAREER AWAITS YOU. We teach you how to make, repair, dress and restore dolls of all kinds—old and new. Start your own profitable business part or full time. Or, enjoy an enchanting hobby. Free booklet describes this unique home study course. No salesmen.

LIFETIME CAREER SCHOOLS
Dept. D-86, 2251 Barry Ave., Los Angeles, CA. 90064



FOR SAMPLER LOVERS

Two irresistible samplers: "If Mother Says No Ask Grandmother and "Did Gardeners Never Die, They Just Spade Away". Each come in kit form complete with ovster Belgian linen stamped for cross stitch, floss in bright colors, needle, 8½" x 15" wood frame in mapl or mahogany finish, and ersy instituctions.

PLUS 450 POSTAGE & HANDLING

Pa. Res. Add 6% Sales Tax. Sorry No COD's VICTORIA GIFTS

12-A Water Street, Bryn Mawr, Pa. 19'10

Magazine Table FINISHED OR IN KIT

One of our ost popu ar eces!Stores pieces! Stores over 100 magwrinkle-free easy to see, within reach from desk or chair, and above all, readable. No more bent or crushed pages. It doubles as a great little end table for



end table for phone, lamp 100 MAGAZINES prophone, lamp or ashtray. And, it's lightweight, totally portable. Fits right beside reading chair or couch. 23"H 16"W 21"D. Sturdy northern pine in handrubbed finishes of honey tone or maple, antique pine or walnut: \$21.95. Exp. Chgs. Col. READY-TO-FINISH KIT assembles easily with complete instructions. \$18.95. PM Add 75¢. W. of Miss. SEND 256 FOR 76-PAGE COLOR CATALOG—OVER 1200 ITEMS FRIENDLY PINE FURNITURE, HOME ACCESSORIES, DISTINCTIVE GIFTS Include Zip Code Microscopies, DISTINCTIVE GIFTS Include Zip Code Microscopies, DISTINCTIVE GIFTS DEPT. A2-2A, No. Conway. N.H. 03860

. ... anything of wood

LET Constantine's big Catalog-Manual help you build new fur-niture — refinish, restore beat-up cabinets, chests, tables, chairs. Find instantly whatever you need. Newest materials, plans, ideas, instructions. Largest selection beautiful woods. Colonial clock kits. Picture molding. All lamp parts. Fully illus. Est. 1812. Mail ad with 50¢ for Catalog plus Free "101 Project Ideas"

plus Free "101 Project Ideas"



CONSTANTINE 2044 Eastchester Rd. Bronx N.Y. 10461

1000 RETURN ADDRESS LABELS



USE YOUR "ZIP" CODE RICH GOLD TRIM

FREE HANDY BOX

Quick and easy way to put your name and return address on letters, checks, books, records, etc. ANY name, address and Zip code up to 4 lines, beautifully printed in black on white gummed labels with rich gold trim. 2" long. Free decorative box for purse or desk. Set of 1000 labels just \$1 postpaid. Money back if not pleased. Don't know your Zip code? We'll look it up for you. Send for free catalog.

3042 Drake Building Walter Drake Colorado Springs, Colo. 80901



Don Quixote music box

This ageless aging hero sits proudly on his raw boned steed atop this charming music box that plays the inspiring "Impossible Dream" from "Man of La Mancha." 7 in. tall. Has heavily silvered stone look. \$5.98; 2 for \$10.98. Colonial Studios, Dept. DQM-33, White Plains, N.Y. 10630.



Open your door

To classic elegance with this dramatic door knocker to "greet" friends. Your family name custom engraved on a solid brass plate. Knocker is solid metal, brass-plated and heavily antiqued and lacquered, 8 in. With mounting screws. \$2.98 plus 35¢ postage. Vernon, Dept. A21, 560 So. 3rd Ave., Mt. Vernon, N.Y. 10550.



When it's roundup time

Cute little cowhands will go for this western-motif saddle seat that makes a nifty toilet trainer. Fun for tiny tots and makes training a lot easier for parents. Adjustable stirrups, deflector, safety strap. Of plastic. \$3.98 plus 95¢ postage. Holiday Gifts, 602-D, 7047 Pecos St., Denver, Colo. 80221.



A shining example

Ready to toss out worn out silver pieces because they need replating? You'll be interested in a silverplating sale with items replated at sale prices. Your worn antique, heirlooms can be quadruple silverplated. For free price list: Senti-Metal Co., Dept. AH-2, 1919 Memory Lane, Columbus, Ohio 43209. continued

BEGONIA Hanging Basket



(GENUINE BELGIUM PENDULA BEGONIA)

Starts A Valuable Experimental Membership In WORLD'S LARGEST GARDENING PLAN

FOR INDOOR OR OUTDOOR PLANTING

Easy Growing-Needs Little Sunlight

Truly beautiful heavenly Red trailing Begonia ... the variety that blooms indoors or outdoors with a myriad of exquisite Red Flowers which cascade all over the hanging basket into a living "falls" of vivid color, enhanced by a background of fresh green foliage. This offer brings healthly large Belgium tuber plus a large 8 inch hanging basket that produces the most successful, colorful, gay and brilliant of all Indoor Begonia Gardens. Truly valuable . . . Yours free . . . when you fill out and mail the application blank below or attached card to start your experimental membership in Flower-of-the-Month.



No Risk...Everything Guaranteed

MAIL THIS EXPERIMENTAL MEMBERSHIP APPLICATION TODAY

FLOWER-OF-THE-MONTH is operated on the complete trust of its members. This entitles you to charge your merchandise and not pay for it until you have received and inspected your purchase. You get your valuable trial membership, your introductory Begonia Basket and your FREE GARDEN NEWS each month. We know you will be satisfied with the fine quality of each selection and as thousands of members have found out, you can make tremendous savings year after year. Join today by mailing Coupon or attached card now.

Here's What FLOWER-OF-THE-MONTH Does for You

Nothing can match the thrill and satisfaction of growing flowers in your own garden. That's why Flower-of-the-Month is set up for flower lovers like yourself. It is designed to help you get more enjoyment from your garden by introducing many ideas, unusual plants and flowers, in addition to the old garden favorites. All year long outdoor or indoor planting monthly selections matching the seasons are picked by our experts from rare and interesting garden stock gathered from all over the world. Our mass buying power means fantastically low, low prices for our members.

Each month you'll receive the interesting GARDEN NEWS magazine with full color pictures announcing the following month's selection plus many alternates available. You always have your choice each month of taking a month's selection or not. GARDEN NEWS also contains gardening hints, facts, useful tips, legends, and tells about other unusual and popular plants for the garden.

- Not only low prices . . . but bonuses galore! With each monthly selection you accept, you receive a Double Dividend Caupon . . . one part worth 50¢ toward other garden items offered each month . . . the other a Bonus Gift Coupon redeemable for valuable premiums illustrated in FREE premium catalog.
- There are no dues . . . no risk. You may cancel your membership at any time after taking as few as 4 items within the next 12 months. Over 100 items will be available, ranging in price from \$1.00 up.
- Fully guaranteed . . . if you are not completely satisfied with your Bonus, you may return
 it and cancel your membership with no obligation. Further, if you are not satisfied with
 any other selections you receive from us, you can return them within 10 days without
 paying one cent. Any item not growing to your satisfaction will be replaced FREE (2 year
 limit).

Mail Coupon or the attached card for the Free Begonia Basket and the fun of an experimental membership in Flower-of-the-Month,

> FLOWER-OF-THE-MONTH, Dept. BF-1402 Grand Rapids, Michigan 49502

FLOWER-OF-THE-MONTH, Dept. BF-1402 Grand Rapids, Michigan 49502

Please send me the BEGONIA HANGING BASKET postpaid and enroll me as a member in Flower-of-the-Month. I will receive FREE every month the informative GARDEN NEWS announcing next month's selection and the low priced alternates available. If I do not want the selection, I merely return the reject form supplied. All I need do is purchase a minimum of 4 items during the next 12 months after which I may drop my membership at any time. I also receive a Double Dividend Coupon with each monthly selection. My membership entitles me to all other privileges and benefits, including FREE GARDEN NEWS MAGAZINE each month.

ADDRESSCITY	STATE	ZIP	
ADDRESS	CITY		
	ADDRESS		

Raise \$40, \$200, \$400

Or More For Your Church Or Group With This Pair Of Kitchen and Household Shears

You Don't Spend 1¢ Of Your Own Money

PTA's, Scout Troops, Veterans Auxiliaries, Fraternal and other groups raise needed money. Now raise \$40, \$200, even more, with this Home makers Helper. Anna Wade - a Division of The Chap Stick Company

Anna Elizabeth Wade has helped To start, Anna Wade ships you 100 over 1,000,000 Church Groups, Clubs, Kitchen and Household Shears ON Kitchen and Household Shears ON CREDIT. Have 10 members of your group each sell 10 shears for \$1 each. You return \$60 of the proceeds keep \$40 for your treasury. Take up to 60 days. Mail coupon below for FREE fund-raising details. No obligation. Anna Wade, Lynchburg, Va. 24505

ANNA WADE, Dept. 924MB, Lynchburg, Va. 24505 Please RUSH FREE complete details of your proven Plan for our group to raise \$40, and more with Kitchen and Household Shears without spending 1¢ of our own money. Name Address

City.

State Name of Organization-



VICTORIAN SLIDE NECKLACE only \$6.90

Beautiful reproduction of an heirloom piece. Link chain has genuine cameo slide. Remove spinning fob and wear Grandpa's old watch on chain. Antique finish gold plate. 28" long.

\$6.90

plus 30¢ postage Satisf, guaranteed.

OLD PUEBLO TRADERS

600 A2V-So. Country Club Rd. Tucson, Arizona 85716



FI NEW ALL COLOR 48 PAGE SPRING - FASHION BOOK HALF SIZE - JUNIORS MISSES - TALLS

Look Smarter—Pay Less! Over 300 miracle fashion values. Exciting new styles, carefree fabrics, luscious colors! Priced from \$5.99 to \$34.99. Yours FREE! Write today to:

Dept. M-302 Hanover, Penna. 17331 LANA LOBELL



Personalize your stitchery

Your creations deserve the stylish finishing of these woven rayon taffeta labels: sew into dresses, knitted items, etc. Background is eggshell with harmonizing brown and red trim. Name imprinted to match. Specify choice of label and your name (print clearly). 15/\$1.25; 45/\$2.25; or 60/\$2.75 ppd.

HOLIDAY GIFTS Dept. 602-B, 7047 Pacos St., Denver, Colo. 80221

Now! Life Insurance Birth to Age 75

First 30 days Only 25¢ Per Policy

RATTAN

CASH FOR YOUR FINAL EXPENSES.
AVOID BEING A BURDEN TO YOUR FAMILY

Introductory Offer. Answer these 9 questions on a plain piece of paper and mail with on y 25s for 30 days protection. Death due to pre-exist ng illnesscovered after two years; suicide after one year. Regular rate shown on policy.

Amounts usually issued without doctor examination.

NEW LOW RATES:

Ages Amount Ages Amount O to 75 \$1,000 15 to 45 \$2,500 Date of birth? Height? 3a. Weight? Occupation and duties?

4. Occupation and duesa.
5. Sex?
6. Beneficiary and relationship to you?
7. To your knowledge have you had heart, lung, diabetes, cancer, or chronic disease? Are you deformed, lost a hand, foot, eye, or ever rejected for insurance?
8. State condition of your health?
9. Amount desired? Sugn your name.
NO AGENT WILL CALL

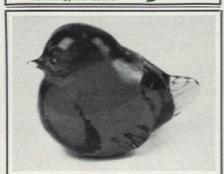
Actual policy will be mailed you direct from Home Office. You be the judge.

Mail to: S. B. Hunt, Chairman

AMERICAN LIFE & ACCIDENT INSURANCE CO. OF ST. LOUIS

346 American Life Building, St. Louis, Mo. 63108

Both fun and decorative with a huge appetite for wastepaper, soiled clothing, toys or needlework. Handwoven with marble eyes, 19" high, 16" wide, \$15.95 plus \$2.00 postage. Painted add \$3.00.
Available in white, yellow, green, blue, orange, or pink. Immediate Send 25¢ for Catalog Visit Our Warehouse Showroom FRAN'S BASKET HOUSE 89 W. Main St., Dept. AH-2 Rockaway, N.J. 07866



BLUE BIRD OF HAPPINESS

Enchanting solid crystal lovebird is a rich deep blue in color and delicately detailed. It is signed by the famous Swedish artist "Tyko," who designed it. A masterpiece in crystal for those who enjoy and love fine quality. Truly a collector's item. Order several to give as gifts.

\$5.50 each; 2 for \$10.50. Add 50¢ postage FERRY HOUSE Briarcliff Manor, N. Y. 10510



China doll kit

Imagine "creating" an old-fashioned doll just like grandmother placed in her parlor or bedroom long ago! Doll's boots, arms and head are shiny and matte finished china. Creamy face. Black hair. Patterns for body, dress, etc., are easy. 161/2 in. \$5.95. Yield House, AH-2, No. Conway, N.H. 03860.



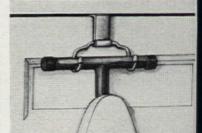
Fluffy 'n ruffly

Scrumptious 4½-in, wide ruffles on these unbleached muslin curtains richly flatter any window. Washable? Definitely. 84 in. wide per pair. 54, 63, 72 in. long, \$7.50 per pair. 81, 90 in. long, \$8.50 per pair. Add 75¢ postage and handling. Country Curtains, Dept. AH-2, Stockbridge, Mass. 01262.



Baroque wall grouping

Five prints of famous old masters are mounted under glass in ornate ba-roque frames finished in antiqued gold. Four are 41/2x3 in. and one 7x41/2 in, to permit your own endeavors to arrange unique groupings. Set, \$2.98 plus 50¢ postage. Harriet Carter, Dept. AH-2, Plymouth Meeting, Pa. 19462.



Ironing board holder

This handy metal holder may not increase the joys of ironing, but it certainly adds to valuable stash space. Holder slips over door top for storing a folded board. Fits all "T" foot boards. \$1.49 plus 20¢ post. Anthony Enterprises, Dept. AH-2, 585 Market St., San Francisco, Calif. 94105.

continued

Just out and fabulous! Wilton's Cake & food decorating YEARBOOK



All new and more imaginative than ever . . . with cakes, menus and party ideas for each month! And with directions that make it simple to achieve professional decorating results.

The Walt Disney World is brought right into your kitchen with a sparkling new series of one-mix cakes. Mickey Mouse and his friends. Easy Wilton patterns for cakes featuring all 12 of the zodiac signs. And you'll be amazed at how easy it is to do the clever new cakes that look like snowmen, shamrocks, bunnies, Easter eggs, jack-o'lanterns! Plus the prettiest

doll cakes ever and stunning shower and wedding cakes. Hundreds of stimulating ideas!

192 full color pages, big 8½x11" size.

Besides the 12-month party calendar, you get a completely new, step-by-step cake decorating course that shows the easy Wilton way to pipe

a completely new, step-by-step cake decorating course that shows the easy Wilton way to pipe frosting flowers, borders, leaves, write script and more. Plus an expanded Wonderland of Wiltoncreated products from all over the world.

Order your copy now and start doing cakes that will make you famous the year 'round (and maybe even rich!).



Let yourself glow... in fashions

Find the young, vibrant look in the TALL GIRLS CATALOG!

Here are 80 pages of lighthearted clothes... dresses, coats, pant suits, loungewear. Smart shoes, too, sizes 9-14, AAAA to C.

Get great fit, with two lengths to choose from: TALL-BE-TWEEN LENGTH for girls 5'7" to 5'10" and TALL LENGTH for those 5'10" or taller. Sizes 8-24. Money-back guarantee. Credit avail-

MAIL COUPON FOR FREE TALL GIRLS CATALOG! TALL GIRLS, Dept. T-301

Indianapolis, Indiana 46201 Please send me FREE Tall Girls Catalog.

FREE COLOR CATALOG

(please print) name address city state zip

BARGAIN FROM LONDON DIFFERENT British Colonies Stamps 4

Valuable "export parcel" in-cludes gold-inscribed Churchill cludes gold-inscribed Churchill commemoratives from far - away Maurilius, Antigua, Tristan, etc. — all in fine mint condition. You also get brilliant set of flower stamps from Pahang, Perak, Selangor; other exciting issues. Total — 113 different British Colonies — regularly \$1.75 — but yours at export price only 24t to introduce bargain overseas approvals.

Send 24c in unused U.S. stamps (no coins). Ask for Lot YY-15



BROADWAY APPROVALS, LTD. 50 Denmark Hill, London, S. E. 5, England



PAINT YOUR OWN WALL MURAL!

Enjoy the beauty, creative satisfaction of painting a lovely 5 to 14 ft. wide mural directly on your wall! New "paint-by-numbers" method is fun, incredibly easy. Takes just 3 to 5 hours. Artists charge up to \$350; wallpaper scenics cost \$100 and up. Our complete kits, \$12.95 up! Also fabulous "Black Light" mural kits. Many exquisite modern, provincial, oriental, etc. designs. A stunning prestige touch! Send for . . .

FREE!

NEW 36 PAGE COLOR CATALOG!

Dozens of new designs, decorator color combinations, easy "how to" details. (Send 25c)

CREATIVE MURALS, INC. Dept. AH-2 14707 Keswick St., Van Nuys, Calif. 91405

CURTAIN CHARM With Ruffled Unbleached Muslin

Tieback 45", 54", 63" 72" long. . . . 5.00 pr. 81", 90" long..... 5.50 pr.

Tiers

20", 25", 30", 36" 40" long.... 3.50 pr. 2 pair to window as shown 7.00 (All pairs 70" wide)

Matching Valance 11" x 70" 1.75 Please add 75¢ to each order

Order these UNBLEACHED MUS-LIN curtains with all the original New England simplicity, warmth, and handmade look for every room in the house. Practical, long-wearing, these off-white muslin curtains will retain their crisp appear-ance with a minimum of care.

Satisfaction guaranteed. Check or money order. No COD's please. Write for brochure showing full line of curtains in many styles and fabrics. Mass. res. add 3%

COUNTRY CURTAINS At the Red Lion Inn

STOCKBRIDGE, MASS, 01262



LEARN DECORATIVE ARTS & CRAFTS. Now you can create, decorate and sell gifts of all kinds. Thrilling hobby or profitable business. Send for FREE color illustrated booklet. No salesman will call. Lifetime Career Schools, Dept. E-688 2251 Barry Ave., Los Angeles, California 90064.

POSTER SIZE

Great gift or gag idea, Ideal room decoration; perfect for parties, Send any baw or color photo, polaroid print, cartoon or magazine photo. For slides and negatives add \$1.00 per poster. Better originals produce better posters. Giant b&w poster mailed

RUSH SERVICE orders shipped in 1 day by first class mail, Add \$2 per poster ordered. 2 x 3 FT.-5350

11/2x2':\$2.50, 3x4':\$7.50

Your original returned undamaged. Add 50c for postage and handling for EACH item ordered. N.Y. residents add sales tax. Send check, cash or M.O. (No C.O.D.) to:

PHOTO POSTER Dept. AH272, 210 E. 23 St., N.Y. 10010



Don't worry about your dog or cat getting lost. This identification Tag has all the necessary information for his safe return — pet's name, your name, address and phone number — all embossed FREE. Lifetime polished stainless steel, complete with collar hook. \$1.00 ppd. Satisfaction Guaranteed.

WEST-BERG ENTERPRISES, LTD.

Dept. 302, 2842 E. Serendipity Cr. Colorado Springs, Colorado 80917



To have and to hold

A personalized wedding or anniversary plate of fine translucent china with colorful figures of man and woman is handpainted in pink, blue and gold. Specify 2 first names and date. 71/2 in. With hanger. \$3.98 plus 50¢ postage. Barclay, Dept. 57B, 170-30 Jamaica Ave., Jamaica, N.Y. 11432.



An eye for apples?

A handsome set of crystal "apple" dishes are delightful for puddings, jello or other desserts, 51/2 in. Set of 8, \$4.95. For soups, salads or cereals, 6½ in. Set of 8, \$5.95. Add 75¢ postage. Colonial Garden, Country Kitchen, Dept. AHE-2, 270 W. Merrick Rd., Valley Stream, N.Y. 11582.



Take heart, amateur

Tru-Oil obtains that "hand-rubbed" look easily whether finishing new wood or refinishing old. Blends linseed and other vegetable oils to get a deep, tough finish without hard work! 8-oz. can: liquid, \$2.95; aerosol, \$1.95. Birchwood Casey, Dept. AH, 7900 Fuller Rd., Eden Prairie, Minn. 55343.



Slogan shirts

Cotton-shirts can spell out club name, etc., for fun wearing and easy washing. Up to 30 non-fade letters printed on shirt in navy blue or powder blue. Sizes: S, M, L, XL: Sweatshirt, \$4.50; T-shirt, \$3.25. All ppd. Order from Holiday Gifts, Dept. 602-C, 7047 Pecos St., Denver, Colo. 80221.

continued







FREE Sample of the finest dish cloth you've ever used.

Your group spends no money — not one penny! Send name and address and name of your organization today for full information and free samples.

SOUTHERN FLAVORING

DEPT. BB187, BEDFORD, VIRGINIA 24523



CHAIR CANING KITS

Restore your antique and heirloom chairs easily and inexpensively with a Newell Caning Kit, Tools, natural Cane & "easy-to-follow" instructions postpaid for only \$2.50; Extra cane \$1.25 chair-lot, Illinois residents, please add 5% sales tax.

NEWELL WORKSHOP #128 Drawer, Dept. AH HINSDALE, ILLINOIS, 60521



WORTH OVER \$1. AT CATALOG PRICES - only 104 WORTH OVER \$1. AT CATALOG PRICES — only 18¢.

Now, get this beautiful collection from the Iar flung corners of the once mighty British Empire. Visit pirate strong-holds, fabled South Seas, darkest Africa, romantic Caribbean.

Cet stamps shown PLUS Cambia, Lesotho, Malta, St. Lucia, Antarctica, Barbados, St. Vincent, many more — each from a different colony. Also stamp selections to examine. Buy any or none. Cancel service anytime. Rush 10¢ today. WILLIAMS STAMP CO., Dept. AH28, St. Stephen, N.B., Canada



BOTTLE CUTTER KIT—Turns old bottles into distinctive glasses in minutes. Also makes lamps, goblets, vases, etc. Takes makes lamps, goblets, vases, etc. Takes any jar or bottle with smooth, round surface of 2" diam, and up. Adjustable for varied heights. Includes everything for perfect cuts—smoothing edges, full instructions and many ideas. Just \$10.95 plus 85¢

New 72 page gift catalog-25c

Suburbia, Inc.

Mail Shopping Service 366 Wacouta, Dept. 111, St. Paul, Minn. 55101



ADDRESS LABELS with NICE DESIGNS

Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose. [Also available are Texas Flag, Maple Tree, Treble Clef, or Palette.] Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1½x½/½". Packed in neet plastic box. 500 on white or 250 on gold for \$2 ppd. Or on DELUXE SIZE, 1¾x¾" for \$3 ppd. Specify Initial or Design desired? Via oir, add 33¢ per order. Bruce Bolind, 162 Bolind Bldg., Boulder, Colo. 80302. Thank you kindly!

Only TWO \$500 Jobs a Day at Home

AFTER

Makes Cuts, Tears, Holes Disappear from Suits, Coats, Dresses . . . KNITS, TOO! Invisible menders (Reweavers) who do 2 \$5 jobs a day can earn \$240 a month, all profit! And a \$5 job can be done at home in about ½ hour by expert Fabricon Mender, Invisible Reweavers and Rehnitters are server, service and Reknitters are scarce; service is expensive—often unavailable. Can you learn to do this fascinating, profitable work? you earn \$240 monthly in your community? We'll

Can you earn \$240 monthly in your community? We'll tell you what it takes to learn invisible mending; we'll tell you what to do to check the opportunity to profit in your town. Get the answers to these questions free. and complete information... all free! Write for details!

FABRICON, 2021 Montrose, Dept. 541, Chicago 60618

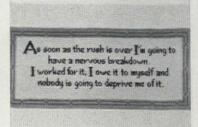
WOULD YOU SPEND \$2.00 TO LOOK 10 YEARS YOUNGER? Wrinkles **Baggy Eyes** Gone! In Just 3 Minutes . . . LOOK 10 YEARS YOUNGER!

transitory cosmetic "Face-lift" cream and see how aging lines . puffs under eyes disappear in just 3 minutes. Helps keep the face firm . smooth . younger looking all day! Used by thousands of women world-wide since 1964. We receive hundreds of letters "praising" our product. Invisible, with or without makeup. Not a greasy cream or cakey coverup. No hormones or dangerous drugs but a safe, easy to use ephemeral type cream for an all day smoothing of Wrinkles and puffs under eyes. Order Today—Look 10 Years Younger Tomorrow! Special Trial Size Offer Only: \$2.00 or Regular Size: \$5.30-day Guarantee:
Formulex Laboratories, Dept. D,
Box 6508, Houston, Texas 77005



Personalized napkin rings

Old-world Victorian pattern flatters these delicate silver plated napkin rings. A festive holder for each family member (specify names or initials), and order extras with "guest." Set of 4, \$2.98. Extra rings, 75¢ each. Add 35¢ post. Country Gourmet, A2, 545 So. 4th Ave., Mt. Vernon, N.Y. 10550.



Keeps you in stitches

Indulge yourself and stitch this witty needlepoint motto. The black letters and red border have already been worked on 12x24 in. canvas. "As soon as the rush is over," it's nice to give. \$7.95 plus 55¢ postage. Add \$4.80 for ivory background yarn. The Stitchery, AH-2, Wellesley, Mass. 02181.



Clear as crystal

Chandelier Spray keeps your crystal chandeliers sparkling and also protects and preserves all surfaces with an invisible coating of silicone. Just spray it on and allow to dry. 7-oz. can is \$1.98 plus 30¢ postage. Anthony Enterprises, Dept. AH-2, 585 Market St., San Francisco, Calif. 94105.



Nice for wallets

Wallet photos make nice gifts for friends and family. 16 color photos for \$1.98; 32 for \$2.98. Send color negative, photo or slide. 36 black and white photos for \$1; 76 for \$2. Send photo or negative. Add 30¢ to each order for shipping. Philips Foto Co., Dept. AW-1, Elmsford, N.Y. 10523.

WASH AND WEAR S-T-R-E-T-C-H WIGS

Lowest prices ever offered on our Highest Quality Kanekalon S-t-r-e-t-c-h Wigs.



These superbly styled s-t-r-e-t-c-h wigs look, feel and behave better than real hair. Made of Kanekalon fibre, these Wash 'N Wear pre-set creations are the very latest in style, convenience and high fashion. They are perfect travel wigs for the Girl-On-The-Go . . . you just wash them, pack them and forget them. A flick of the brush when you unpack makes your wig ready to wear-and the set will stay in permanently! These are the perfect wigs to complete a wig wardrobe or to start one. If you have always wanted fine quality wigs, now is your chance to get them-and at only a fraction of their regular price.

FREE \$6 WIG STYLING KIT with each order

Kit Includes:

- WIG STYLING BRUSH
- SPECIAL GLAMOUR STYLING COMB
- WIG STYLING BOOK
- WIG CARE MANUAL

COUPON-ORDER FORM

Prudential Imports, Dept. D-8502 3901 North Tulsa, Oklahoma City, Okla. 73112 QUANTITY STYLE City State Zip I enclose full amount plus \$1.00 handling. I enclose \$1.00 extra for 24-hour shipment. Send FREE \$6.00 Styling Kit. (No C.O.D.'s) SPECIAL OFFER! All THREE WIGS Only \$ 14.95

- COLORS AVAILABLE: 🗆 Black 🗆 Off Black 🗆 Dark Brown 🗀 Medium Dark Brown 🗀 Light Brown 🗆 Light Auburn 🗆 Dark Auburn 🗆 Light Red 🗆 Golden Blonde 🗆 Honey Blonde
 - □ Light Blonde □ Blonde on Blonde Frost □ White □ Dark Grey □ Mixed Grey □ Dark Frosted □ Medium Frosted □ Light Frosted □ Light Brown Silver Frost

Bean's Free Spring Catalog Ready February 15



Fully illustrated 120 pages of camping specialties, fishing tackle, clothing and footwear for men and women. Featuring practical outdoor items, many of our own manufacture.

Send Free Catalog Name Address

L. L. Bean, Inc.

890 Main St., Freeport, Maine 04032

Fishing, Camping and Hunting Specialties



Zip

STAMPS

From 12 LOST NATIONS! Most a Half-Century Old

We'd like to send you a score of Postage Stamps from nations overrun by invaders in the 19th and 20th Century and never freed again — stamps so appealing that experienced and beginning collectors alike want them! When these are gone no more will be available. And from our Approval Service we'll include 110 additional stamps from Britain's Lost Empire, (alone worth over \$3 at catalog prices!), plus an Illustrated Album and other unusual stamps for Free Examination. You can keep the Album and 110 British Empire Stamps as an Introductory Free Examination. You can keep the Album and 110 British Empire Stamps as an Introductory Bonus should you buy \$1 worth from our approval selection! Or return Album and 110 Stamps with selection and buy nothing. Cancel service anytime. But in either case, the valuable Lost Nations Stamps are yours to keep FREE—as an introduction to the World's Most Rewarding Hobby. Send 10c for postage today while supplies last!

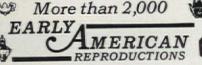
KENMORE CO., Milford LN-963, N. Hamp. 03055



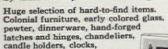
ONLY \$8 PER CARAT FINE CUT - 58 FACETS WHITE . FLAWLESS

hardness enables us to offer an U TIONAL LIFETIME GUARANTEH to replace the STRONGITE stone olor. All shapes & sizes up to 20 carat. to replace

THE STRONGITE CO.



Many re-created by skilled New England Craftsmen-at directby-mail thrifty Yankee savings!



fire-tools, switch plates, much more!

Old Builford Forge 208 Broad St., Guilford, Conn. 06437





SHOE AND BOOT DRYER

SHOE AND BOUL DATER

A drastic ovation in shoe & boot drying, Will safely dry anything from tykes shoes to Grampas hip boots . . . let's not forget those expensive boots of milady. Drying action is through convection . . . slow, complete & even so that the finest leathers retain their smoothness & pliability. Dry shoes & boots cut down the chances for colds; & eliminates the damp condition that encourages Athletes Foot. Will accommodate men's, women's & children's shoes & boots of leather, rubber, plastic or canvas. Only \$24.95 plus \$2.00 postage and handling. \$2.00 postage and handling.

III. Res. Add 5% Tax. Gift Catalog 25¢. HOUSE OF MINNEL Deerpath Rd. Dept 122, Batavia, III. 60510



Slice, Chop, Carve On It.
Can't see it? Well, it's there . . . taking those chops and slices and cuts while saving your table or counter top. Crystal-clear Lucite lets pretty Formica or table cloth colors and patterns show through. Acts as a protective hot plate, too. Unbreakable, heat resistant . . and so unobtrusive, no need to hide it when not in use.
8"x 11" \$1.98; 12" x 16" \$3.95; 14" round \$5.98.
Shipped postpaid. Prompt delivery. Money back guarantee.

Dun & Bradstreet rating AAA-1

COLONIAL CONTONY Kirchen 270 W. Merrick Rd., Dept. AH-2, Valley Stream, N. Y. 11582

LET'S SWAP IDEAS EDITION



Over 600 sparkling ideas to make living, hobbies, entertaining, homemaking easier and brighter. Collected from people just like you. Offered for the first time in book form. Send \$1.00 linclude one of your ideas, if you like]. LET'S SWAP your ideas, if you like]. LET'S SWAP

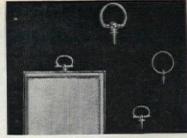
THE IDEA EXCHANGE p.o. box 104 York Harbor, Me. 03911

TALL GIANT CIRCUS CUTOUTS 2 FT.



SMALL FRY SHOP

Los Angeles, Ca. 90005 Box 76303-A-5



The brass ring is a catch

Do-it-yourselfers go for this swinging assortment of 19 brass-finished swivel rings. Kit has four 1 in., ten 3/4 in., and five 1/2 in. rings. With illustrated instruction brochure on decoupage plaque making. Swivel Ring Set, \$1.98 ppd. Flair-Craft, Dept. AH-2, 4046 East 25th Place, Tulsa, Okla. 74114.



Personalized recipe cards

Quaint stove and bowl decorations in red adds a dash of old-fashioned charm to these recipe cards imprinted with your name in black. Fill in recipes in the roomy space provided. 100 cards (3x5 in.), \$2.75; 200 (same name), \$5. 100 not personalized \$1. Bolind, AH-2, Boulder, Colo. 80302.



Feel as though you're fighting your way through a wet paper bag because of a sticky-wet, blowing shower cur-tain? Try plastic snap-on magnetic shower holders to keep curtain tight to tub or stall. 3 for \$1.29 plus 15¢ post. Anthony Enterprises, AH-2, 585 Mar-ket St., San Francisco, Calif. 94105.



No fuss for Fido

And no mess for you! Chemically odorized Train-O-Mat attracts dog for easy housebreaking. Detachable pole and 18-in. sq. holder easy to wash. Mats disposable. With 2 months' supply of mats, \$4.98. With 6 months', \$6.98. Male pole, add 50¢. G & G Research, AH-2, Box 8395, Dallas, Tex. 75205.

LIVE LONGER AND BETTER

In One Of The Healthiest, Sunniest Climates In All America—Deming, New Mexico.

Your Own Ranchette Just \$349-Only \$6 a Month!

(*See Below)

Do you know people who wake up to sunshine 355 days out of each year . . . people who don't know what it is to be oppressed by humid heat in the summer or by the cold clutch of winter damp? Do you know people who can say that in their State the rate of cancer and heart disease is half of what the Nation as a whole faces? Do you know people to whom a suntan is a year 'round commonplace? We know such people. They live in New Mexico.

There isn't a place on earth where the air is purer, where body health is more lavishly bestowed. No place where the words at the top of this page - live longer and better - fit more

than they do in New Mexico.

And in all New Mexico itself it would be difficult to match the climate and beauty of the region surrounding Deming. As spectacular as the northern portion, but without the cold of winter. As dry and pure as Arizona, but not as hot in the summer. And, as actively vigorous and prosperous as the city you now live in, yet without the fever, without the

To live anywhere in New Mexico is to live better. The superb climate, naturally air-conditioned in the summer and brilliantly sunny in the winter -the breathtaking beauty of a lavish Nature-the young vigor of a state that is causing a business and investment boom—these are the reasons that tens of thousands of Americans already have come here to live.

Consider then: Here in the center of this miraculous climate and beauty are towns which have grown amazingly in the last few years. Las Cruces, for example: In 1950 it had 12,000 people. By 1960, 37,000 . . a rise of 300% in 10 years—and still growing. Like Tucson and Phoenix, this area has the same desert allure, where pure air, pure drinking water permits lovely towns to flourish. Statistics show the same 85% of possible sunshine, summer and winter, of Phoenix and Tucson.

Beginning 3½ miles from the flavorful city of Deming (population 8,500) are 24,000 acres of former ranches whose farthest boundary is 28 miles from town. Spectacularly set off by the breathtaking Florida lountains, this land is so typical of the romance of the southwest that it has been photographed for the covers of many magazines. In this lovely basin every DEMING RANCHETTE fronts graded earth roads already dedicated to Luna County in widths of 50 and 80 feet. Every Ranchette has direct access to avenues leading to three major highways—U.S. Highways 70 and brand new Interstate 10.

DEMING is blessed with water which is called "America's finest drinking water, 99.99% pure." There are homes already built on DEMING RANCHETTES and they all have electricity. When you are ready to build your new home, electricity will be made available to you. Schools, hospitals, churches, shops, movies, golf course, tennis courts—are all located in the growing city of Deming. Fertile soil is yours for the planting. Almost everything will grow here when watered - fruits, vegetables, flowers, trees.

Deming's friendliness captivates the fancy of people from every state in the Union. To visit us is like going back to the warmth of one's own family. Here are the practical benefits of living anywhere near Deming.

GOLF-The Rio Members Country Club Golf Course is right in Deming itself. It is a beautiful course with the Florida Mountains towering in the background. You play 12 months a year and green fees are very

HUNTING AND FISHING—What are you after? Deer, antelope, wild turkey? Or maybe bear mountain lion? Well, you can get deer, quail and big jack-rabbits right in your own backyard, in the Floridas. For really big game, and great fishing, try the Gila National Forest 60 miles directly north. Almost 2,000,000 acres set aside for camping, hunting and fishing. Just 65 miles to the northeast is the Dam-Elephant Butte Reservoir, the second largest man-made lake in the United States where you can boat, fish, swim or go water skiing.

HORSEBACK RIDING-You'll find the Florida Mountains enthralling. Bring along a treasure pouch and join other rockhounds seeking amethyst, agate and opal.

INVESTMENT - More than 18,000 people have bought Ranchettes through the mail and on site.

The new U.S. Interstate 10 is now being built with interchanges right in the heart of Deming. Consider other developments such as the new Retirement Home and the new road being built from Palomas, Mexico (33 miles south of Deming) into the interior of Mexico and you will agree with us that Deming has a tremendous future.

And the price of your Ranchette? Just \$349 for a full half-acre and low monthly payments of \$6, including interest at the annual percentage rate of 6%. At this moment you may reserve as many half-acre sites as you wish but please bear this in mind: DEMING RANCHETTES is not an enormous development and land such as this goes fast. At these prices, you may want your Ranchette to be larger — one, two — even five acres. Send

for your free color kit now. After you have studied the material sent you for your free color kit now. After you have studied the material sent you and discussed it with your friends or relatives, you may reserve as many acres as you wish. And you take no risk, Your reservation does not obligate you. You have the unqualified right to change your mind within 45 days after we send your Purchaser's Agreement, Property Owner's Kit, Maps and Photographs — 15 days to go through the portfolio, check our references, talk it over with the family. If, during that time, you should change your mind your reservation will be cancelled with absolutely no obligation. Then you have an ADDITIONAL 30 DAYS AFTER you have made your first monthly payment to change your mind and request a full made your first monthly payment to change your mind and request a full refund of every dollar you have paid in. If this makes sense mail the coupon today.

*The terms for each 1/2 acre are:	
Cash Price	.\$349
Cash downpayment	. 6
Unpaid balance of cash price	

Unpaid balance is scheduled at 67 monthly payments of \$6 and 1 monthly payment of \$2.95 for each 1/2 acre. payments including interest at the annual percentage rate of 6% resulting in a finance charge of \$61.95, and a total of payments of \$404.95, or a deferred payment price of \$410.95. NOTE: If you order 2 half acres (1 acre), double all of the above figures except the period of repayment will remain the same. For 3 half-acres (11/2 acres), triple the above figures, etc.

SELECT WESTERN L	ANDS INC. DE	PT. DR690C
108 No. Platinum, De	ming, New Mexi	ico 88030
Gentlemen: I wish to reserve	ve the following site	
☐ ½ ac	re 🗌	1½ acres
☐ 1 acre		2 acres
erty Owner's Kit, Maps, Ph	otographs and all di	urchaser's Agreement, Prop- ata. It is strictly understood thin 45 days after I receive
NAME		
ADDRESS		
CITY	STATE	ZIP
of the State of New York, The lease or offer for sale or lease or that the Department of St	e filing does not con- se by the Department ate has in any way p	d with the Department of State- stitute approval of the sale or of State or any officer thereof assed upon the merits of such lable, upon request, from the AD 701 B802C

AD 70LB802C

How to get a great new look going for you

Send for the new Wigmaker 48 page

FREE WIG CATAL

24 PAGES IN FULL COLOR illustrating the wigs of the year . from \$10.98.

- All 100% Dynel stretch wigs.
- The wig you see is the wig you get.
- Extraordinary Values .
- Permanently set.
- Lightweight . . . crushproof ... washable . . .



Dept. AHCB Neptune, N.J. 07753

Please send me your new free catalog.

Name Address.

City









Scarce 1937 Smoky Mountains Miniature Sheet. This giant issue (size 3-1/16 x 2-5/8") is a genuine seldom-seen U.S. postage stamp!

2. Valuable Collection of 15 different U.S. postage stamps picturing awe-inspiring American wonders: Majestic Devil's Tower, Breath-taking Shiprock Mesa, Towering Mount Hood, Surging Colorado River Rapids, Minnesota Wilderness Lakes, and many other magnificent scenes!

3. Beautiful Ecology Collection of U.S. postage stamps commemorating conservation of Water, Soil, Ranges, Wildlife, etc. Also, other exciting stamps from our Approval Service, returnable without purchases, cancel privilege anytime — but all three offers (plus Big Illustrated Catalog) are yours to keep — FREE! Send 10q for mailing.

H. E. HARRIS, Dept. E-180, Boston, Mass. 02117



CLEVER NAPKIN HOLDER \$1.98

#6202 \$1.98 (add 50¢ post. & hdlg.) The Country Gourmet Inc. Dept. A2, 545 Fourth Ave., Mt. Vernon, N.Y. 10550



For big little braves

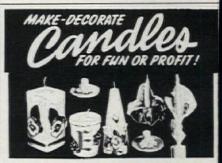
Or pint-size squaws, this teepee playhouse promises many hours of fun. Colorfully decorated with Indian lore, it's made of heavy duty fiberboard. Sets up in seconds and folds flat for storage. 41/2 ft. Ideal for piayroom. \$5.98 plus 95¢ post. Harriet Carter, AH-2, Plymouth Meeting, Pa. 19462.



Bowled over

Because your bowling score is low? "The Secret of Bowling Strikes" by Dawson Taylor, shows you how to get more strikes, more spares to up your score. A must for beginner or 250bowler. 35-pin average increase guarantee? \$2. Felton Dist. Dept. 100 E. Ohio St., Chicago, III. 60611.

continued



BIG DEMAND, BIG PROFITS Candles for All Occasions, Holidays

Men, women, ANY age! Learn to create, design 8 decorate unusual candles for all occasions! FUN, fas cinating hobby or spare time business. Expand to colorful candle shop, later. ENDRMOUS DEMAND. friends, clubs, stores, churches, everyone will clamo for your original, unusual candle shapes, colors types & scents. As little as 10c in material brings 2 Income! All ages delight in this easy-to-learn craft. No artistic ability required . . . We show you how. Send TODAY for FREE FACTS on home instruction method. CANDLE INSTITUTE Dept Callad tion method. CANDLE INSTITUTE, Dept. C-11-4 1600 Cabrillo Ave., Torrance, Calif. 90501

3-Day Fingernail Toughener

MAKES FINGERNAILS SO STRONG AND TOUGH THEY MAY EVEN BEND UNDER

STRESS WITHOUT BREAKING . .

EVEN PULL TACKS WITHOUT SPLITTING OR CRACKING A NAI

have no more cracked, broken, or split gernail Toughener works on a new rapid oil absor-oil moisturizing principle. Just a drop under the t each nail for 3 days in a row and you'll have nails t tigess. . . claw his eyes out if you like! Your hals Safe, efficient and fast; that's the amazing, newly d ered NAILETTE Fingernail Toughener.

MAKE THIS 3 DAY TEST AT OUR RISK Stronger, more beautiful nails in just three days, or back! Send name, address and \$3 for NAILETTE post of the control of the

Dept. XX-42, 4295 South Ohio St., Michigan City, Ind. 4636

when I planned to

retire before fifty

this is the business that made it possible

a true story by John B. Haikey

Starting with borrowed money, in just eight years I gained financial security, sold out at a profit and retired.

"Not until I was forty did I make up my mind that I was going to retire before ten years had passed. I knew I couldn't do it on a salary, no matter how good. I knew I couldn't do it working for others. It was perfectly obvious to me that I had to start a business of my own. But that posed a problem. What kind of business? Most of my money was tied up. Temporarily I was broke. But, when I found the business I wanted I was able to start it on a little over a thousand dollars of borrowed money.

"To pyramid this investment into retirement in less than ten years seems like magic, but in my opinion any man in good health who has the same ambition and drive that motivated me, could achieve such a goal. Let me give you a little history.

"I finished high school at the age of 18 and got a job as a shipping clerk. My next job was butchering at a plant that processed boneless beef. Couldn't see much future there. Next, I got a job as a Greyhound Bus Driver. The money was good. The work was pleasant, but I couldn't see it as leading to retirement. Finally I took the plunge and went into business for myself.

"I managed to raise enough money with my savings to invest in a combination motel, restaurant, grocery, and service station. It didn't take long to get my eyes opened. In order to keep that pusiness going my wife and I worked from dawn to dusk, 20 hours a day, seven days a week. Putting in all those hours didn't match my idea of independence and it gave me no time for my lavorite sport—golf! Finally we both agreed that I should look for something lise.

"I found it. Not right away. I invesigated a lot of businesses offered as ranchises. I felt that I wanted the uidance of an experienced company vanted to have the benefit of the plans hat had brought success to others, plus he benefit of running my own business nder an established name that had ational recognition.

"Most of the franchises offered were oo costly for me. Temporarily all my apital was frozen in the motel. But I bund that the Duraclean franchise offered me exactly what I had been looking for.

"I could start for a small amounta little over a thousand dollars-and that amount I could borrow. I could work it as a one-man business while getting a start. No salaries to pay. I could operate from my home. No office or shop rent or other overhead. For transportation I could use the trunk of my family car. (I bought the truck later, out of profits.) But, best of all, there was no ceiling on my earnings. I could build a business as big as my ambition and energy dictated. I could put on as many men as I needed to cover any volume. I could make a profit on every man working for me. And, I could build this little by little, or as fast as I wished.

"So, I started. I took the wonderful training furnished by the company. When I was ready I followed the simple plan outlined in the training. During the first period I did all the service work myself. By doing it myself, I could make much more per hour than I had ever made on a salary. Later, I would hire men, train them, pay them well, and still make an hourly profit on their time that made my idea of retirement possible—I had joined the country club and now I could play golf whenever I wished.

"What is this wonderful business? It's Duraclean. And, what is Duraclean? It's an improved, space-age process for cleaning upholstered furniture, rugs, and tacked down carpets. It not only cleans but it enlivens and sparkles up the colors. It does not wear down

the fiber or drive part of the dirt into the base of the rug as machine scrubbing of carpeting does. Instead it *lifts* out the dirt by means of an absorbent dry foam.

"Furniture dealers and department stores refer their customers to the Duraclean Specialist. Insurance men say Duraclean can save them money on fire claims. Hotels, motels, specialty shops and big stores make annual contracts for keeping their carpets and furniture



fresh and clean. One Duraclean Specialist recently signed a contract for over \$40,000 a year for just one hotel.

"Well, that's the business I was able to start for a little over a thousand dollars. That's the business I built up over a period of eight years. And, that's the business I sold out at a substantial profit before I was fifty."

Would you like to taste the freedom and independence enjoyed by Mr. Haikey? You can. Let us send you the facts. Mail the coupon, and you'll receive all the details, absolutely without obligation. No salesman will ever call on you. When you receive our illustrated booklet, you'll learn how we show you STEP BY STEP how to get customers; and how to have your customers get you more customers from their recommendations.

With no obligation, we'll mail you a 24-page brochure explaining the business. Then you, and you alone, in the privacy of your home, can decide. Don't delay. Get the facts before your location is taken by someone else. Mail the coupon, now.

2-T62. Duraclean Bldg., Deerfield, III. 60015



THE AMERICAN HOME MAGAZINE GARDEN CENTE





ADDRESS

STATE

Glads will be shipped at proper planting time

FROM SEED L KINDS AND FORMS

Curious, odd-looking, strange species of plants that thrive anywhere with little care. Flowers of exquisite beauty and fragrance. Send only 15c in coin for 50c Pkt.
or 2 Pkts. for 25c and Seed
and Nursery FREE
Catalog.

R. H. SHUMWAY Seedsman, Dept. 302, Rockford, ILL.61101

II Y OF THE

Henry Field's "Get Acquainted" SPECIAL

PIPS for only 25¢ 6



Hardy! Fragrant, Dainty White Flowers!

Masses of fragrant white blossoms dark green, glossy foliage. Lily of the Valley thrives 'most anywhere, but espe-Valley thrives 'most anywhere, but especially likes shady spots where few other plants will grow. Gets only 8" to 10" high, multiplies rapidly, actually crowds out weeds. Covers hard-to-mow slopes, beautifies dreary, bare or weedy spots. Good in houquets, too. Needs almost no care, lives for years. Henry Field's, famous since 1892, wakes access offer just to win new friends: for years. Henry Field's, famous since 1892; makes special offer just to win new friends; can't repeat it this year. So mail 25c right now for 6 fine, healthy pips, postpaid to your door. (Sorry, \$1 limit.) Big, bargain-packed catalog free.

HENRY FIELD'S 721 Oak St., Shenandoah, Iowa 51601

IT'S EASY TO GROW YOUR OWN PLANTS WITH PLUS 25¢ FOR PACKING & HANDLING

HERE'S WHAT YOU GET ..

7 Pkts. Perennials-1 ea: Painted Daisy

Hardy Phlox

3. Carnations 4. Double English Daisy 5. Double Hollyhock

6. Baby's Breath 7. Viola. The Czar

7 Pkts. Annuals-1 ea: 1. Marigold, Spun Gold 2. Tetra Snapdragons

Zinnia, Dark Jewels 4. Petunia, Confetti 5. Bush Balsam

6. Everlasting Flowers 7. Aster, Powderpuff PLUS a 50¢ PACKET OF GIANTS OF

MAMMOTH SEED & NURSERY CATALOG INCLUDED WITH ORDER

Send only \$1 for 15 pkts. and catalog plus 25¢ packing and handling. offers sent postpaid. No C.O.D.'s
R. H. SHUMWAY SEEDSMAN

Rockford, III. 61101 Dept. 304

15¢ never brought more color to your garden!

We'll send you a packet of State Fair Zinnias in mixed colors AND a packet of finest Asters in mixed colors—a 50¢ value— for just 15¢! Stamps accepted. A 70% saving. Limit: 1 per customer.

FREE

FREE 84-page catalog OLDS SEED CO.

CATALOG Box 1069, Madison, Wis. 53701, Dept. A

WHY RIP UP YOUR LAWN? PLUG IN ZOYSIA GRASS



By Mike Senkiw

Every year I see people pour more and more money into their lawns. They dig, fertilize and lime. They rake it all in. They scatter their seed and roll and water it. Birds love it! Seeds which

aren't washed away by rain give them a feast. But some eed grows, and soon it's time to weed, water and mow, mow, mow . . . until

summer comes to burn the lawn into hay, or crabgrass and diseases infest it.

That's what happens to ordinary grass, but not to Zoysia. Your Zoysia lawn drives out crabgrass and weeds all summer. It stays green and beautiful in blistering heat. It cuts mowing % . . . it's perfect for summer homes and "problem areas."

There's no need to rip up your old grass. Just plug in my Zoysia and let it spread into turf like a beautiful, thick, pile carpet. Won't heat or winter kill, merely goes off its green color after heavy frosts, regains fresh new beauty every -never needs replacement! Every plug springfully guaranteed to grow in any soil in your area. To end lawn problems, send for free interesting facts and low prices about Amazoy including Pre-Season Bonus Offer. No obligation.

	Dept. 311, Zoysia Farm Nurseries 6414 Reisterstown Rd., Balto., Md. 21215
NA	ME
CI	ΓY
ST	ATEZIP



Successful gardening

"Park's flower book 1972" contains proven how-to-do-it success-gardening information, lists and describes over 3,000 varieties of flower seeds and plants-rare, new and older varieties. And much more! Colorful catalog is free. George Park Seed, 106 Cokesbury Rd., Greenwood, S.C. 29646.



Lotus lamp

This natural rattan beauty shines in a playroom, patio or teen's room! Has on/off switch; 9-ft. rattan chain and bracket; 9x7-in. shade. \$9.95 ppd. Painted in white, yellow, pink, green, orange or black, add \$2. Catalog, 25¢. Fran's Basket House, Dept. AH-2, 89 W. Main St., Rockaway, N. J. 07866.



CANADIAN HEMLOCK

These sturdy, well rooted 3-yr., 8" to 12" plants are ideal for background or hedge in sun or shade. Trim to desired height. Postpaid—No C.O.D.

destinations add 6% tax

\$1295 100 fo

MUSSER BOX 18 Indiana, Pa. 15701



IS DIFFERENT!

STOKES CATALOG IS PACKED FULL OF EXCLUSIVE NORTHERN VARIETIES OF FLOWERS AND VEGETA

WRITE TODAY

STOKES SEEDS, INC



COXINICA BULB Beautiful Pot Plants \$1.0

s. SEND ONLY 25c for 1;

R. H. SHUMWAY SEEDSMA Dept. 301, Rockford, ILL. 6110



Greetings, money-maker

Make extra money easily by selling alloccasion greeting cards in your spare time. To get you started, you'll receive a deluxe box of 24 cards free. Up to \$1 profit on \$2 box. For 3 best-sellers on approval with free box assortment: Cardinal Craftsmen, Dept. AH-1, 1400 State Ave., Cincinnati, Ohio 45214.



Great for the back

If your husband isn't handy, you'll enjoy this battery operated back scratcher to reach that itchy spot for you! A must for the entire family. Power motor vibrates soothingly, 15 in, Batteries included. \$2.98 plus 30¢ mailing. Anthony Enter., Dept. AH-2, 585 Market St., San Francisco, Calif. 94105.



pectacular Collection of Genuine FIRST MEN ON THE Spectacular Collection of Genuine FIRST MEN UNTILE
MOON Postage Stamps, Strikingly dramatic stamps from Dominica, Grenada, Qatar, Togo, etc. . . . PLUS collection of fantastic Outer Space stamps — awesome moon rockets, veird interplanetary vehicles, man floating in orbit from Russia, Rwanda, South Africa and other faraway countries. Both of these valuable collections — catalog price over \$2.00 - for only 10c! Also, fine stamps from our approval service, returnable without purchases and cancel service any time - plus big free Illustrated Catalog. Send 10c TODAY.

Jamestown Stamp. M22AH, Jamestown, N.Y. 14701



BLUE SPRUCE

erfect for landscaping \$3*ppd. olorado Blue Spruce, 4-yr. trans-lants, 5 to 10 in. tall, 10 for only 3. postpaid*; 20 for \$5. ppd.* West of Miss. River or south of N.C., Tenn., add 50c per offer.

Western Maine Forest Nursery Co. Dept. AH22-A Fryeburg, Maine 04037





SAVE HUNDREDS OF DOLLARS . . Build this SAVE HUNDREDS OF DOLLARS... Build this attractive Little Red Barn for work shop, garden tractor, tool storage, play house, dog kennel, motorcycle garage. 8 ft. X 12 ft. X 9 ft. high. Mounted on skids for portability. 4 ft. sliding door. Quick to build using ½ in. exterior plywood. No expensive tools needed. Simple step by step plans. Send \$2.50 for barn plans and material list. Also petite 6 ft. X 8 ft. X 8 ft. high with dutch doors for \$2.50. Bothplans for \$4.00.

HAMMOND BARNS INDIANAPOLIS, IND. 46239

WHITE'S ELECTRONICS INC.

THE WORLDS LARGEST LINE OF MINERAL & METAL DETECTORS	Goldmaster 66 TR \$269.50
PRICES START AT 69.50 AND UP. UDGET TERMS - BANK AMERICARD - MASTER CHARG WHITE'S ELECTRONICS INC., U.S.A. Room SI. LTD., CANADA Room [PIL Pressant Valley Road 13738 Hagel Street Lavet Horse (1998) 97356 - ARKSTON, B.C. Canada Lavet Horse (1998) 97356 - ARKSTON, B.C. Canada	19/10

THERE ARE NO FINER AT ANY PRICE.

LANDSCAPE CONTRACTOR

LEARN MODERN LANDSCAPING for exciting hobby or profit. Thousands of spare or full time money making opportunities. Start a profitable business – we show you how. Study and earn your certificate at home. Write today for Free Book.

NATIONAL LANDSCAPE INSTITUTE

Dept. A-170. Los Angeles, Ca 90064



LEARN FLOWER ARRANGING at home. Make professional corsages, arrangements, wedding designs. Unusual spare, full time money making opportunities, or hobby. Free information on exciting homestudy course. No salesman will call. Lifetime Career Schools, Dept. B-422, 2251 Barry Ave..Los Angeles, California 90064



Free

Everything you need to make this handy "MEASURE MAID" Utensil and Recipe Stand when you join the famous National Handcraft Society.

PICTURE this adorable "Measure Maid" gracing one of your kitchen cabinets. This practical and pretty kitchen accent has walnut stained wooden rack, brass-finished hooks, clever acorn that holds recipes upright for easy reading while cooking. Even includes six unbreakable measuring cups and spoons in gold, avocado and orange! We'd like you to have it as a FREE gift to introduce you to the benefits of membership in the National Handcraft Society.

A Surprise for you every month

As a Society member, you receive a delightful surprise package every month.

And every package contains a new Handcraft Kit with everything you need to make a charming keepsake for yourself, your home . . . or to give as a gift.

One month you may fashion a charming planter. Or a richlooking jewel box, or a breathtaking centerpiece to grace your table. It will always be something beautiful and different

Kits available only to members
These Kits are never sold in stores. They are exclusive creations available to Society members only. You'd expect to pay between \$2.98 and \$4.98 in stores, but the cost to you is just \$1.25. Yes, \$1.25 a month (plus 25¢ to cover postage, shipping and handling) is all you pay.

Assembling Handcraft Kits is easy-and such fun. Each Kit contains everything you need, from materials to instructions. Mail the membership certificate today!

NATIONAL HANDCRAFT SOCIETY B-42 Handcraft Bldg., Des Moines, Iowa 50304



Lamp-Kin

Holder

Imagine making

beautiful things

like these

worth up to

\$4.98 each-

Coffee

Plante

for only \$1.25

B-42 Handcraft Bldg., Des Moines, Iowa 50304
Yes, please enroll me as a club member for 6 months and send my free
Measure Maid Utensil and Recipe Stand Kit at once. Also send my first
Handcraft Kit for which I enclose \$1.25 plus 25¢ for postage, shipping and
handling. I agree to send you this same amount each month. I understand that if my club payments do not reach you in time each month I will

I understand that you guarantee not to drop me from the list of members unless I notify you of my resignation and that you will immediately refund my \$1.25 fee for any Kit that does not satisfy me.

The particular property of the particular pa	
Name	(Please Print)
Street	
	7in



Pixies

Happy and adorable little pixie faces brighten up mail, books, etc. Selfadhesive, just peel them off and press on. Suit your mood-different expressions show humor, sadness, too. 112 faces in all. \$1. West-Berg Enterprises, Ltd., Dept. AH-2, Box 4749, Colorado Springs, Colo, 80909.



Prized scroll

We are what we think is beautifully expressed in this "Children's Scroll" lithographed in brown and gold. On fine parchment, it's 12 x 181/2 in. In gift tube. \$2 plus 25¢ postage. 5 for \$8.75. Mounted on art board with wood frame and glass, \$9. Graphics, AH-2, 55 Navy St., Venice, Calif. 90291.



Memory in bronze

Baby's shoes can be bronze plated in solid metal for \$3.99 a pair. Also all metal portrait stands (shown), ashtrays, bookends, TV lamps. Send no money. For full details, money-saving certificate, and handy mailing sack, write to American Bronzing Co., Box 6504-B1, Bexley, Ohio 43209.



Sleep mask

If light prevents precious sleep, try this mask of flexible foil that molds to fit your features. Designed to fit men and women, it has adjustable elastic band for a comfortable fit. A boon for nappers! \$1.98 plus 15¢ postage. Anthony Enter., Dept. AH-2, 585 Market St., San Francisco, Calif. 94105.

The purchase of a lifetime... In Famous Colonial Tradition



FLATWARE OF 1776...Reproduced as authentic replicas in satin finish stainless

ecreate the gracious atmosphere of Colonial elegance at your own table with this incredibly eautiful service . . . at just a fraction of what you might expect to pay for luxurious Sterling. nrough a special purchase, we've been able to recreate the famous Pistol-Handled Flat--a service that carries stunning simplicity of authentic Colonial-now in magnificent tin finished stainless steel. And every piece is a masterpiece—an exquisite replica of the mous Paul Revere settings that graced many a candlelight Colonial dinner. The knives are e genuine graceful pistol handles; there are extra deep bowls in the soup spoons; and the rks are the graceful 3-tined design. And because the entire set is in miracle stainless, you op it right into the dishwasher without a care (and, of course, it never, never needs plishing!). At this special price, you'll no doubt want to give one as a gift to yourself and other to a cherished friend.

OFFER WILL NOT BE REPEATED THIS SEASON

on't be disappointed, take advantage of this amazing low price now while this offer lasts. rder now, and we'll send you a complete service for 8 including 8 Dinner Forks, 8 Stayarp dinner knives, 8 salad/lunch forks, 8 soup spoons, 16 teaspoons AND A SPECIAL EE GIFT: 2 serving spoons-50 pieces in all. The entire set is yours for just \$14.98 on full oney-back guarantee, but hurry, order now. This offer will not be repeated this season. Copyright 1971 Division of Bevis Industries

COLONIAL STUDIOS

20 Bank Street, White Plains, N.Y. 10630

Complete luxury service for 8

now only

COLONIAL STUDIOS, Dept. FPS-25

20 Bank Street, White Plains, N.Y. 10630

Please send me the 48 piece Stainless Steel Pistol Grip 1776 Flatware set plus the 2 Free Serving Spoons for just \$14.98 on full money back guarantee if I am not absolutely delighted.

(Please add \$1.00 postage and handling with each order.)

Enclosed is \$..... (Print Clearly) City State Zip SAVE! SPECIAL OFFER: Order two sets for just

\$27.98. Extra service makes a magnificent gift.

SHOPPING INFORMATION

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

THE JOY OF KITCHENS

Page 53: Cabinets, Wood-Mode Kitchens, Kreamer, Pa.; counter top, "Curry" by Formica Corp., Cincinnati, Ohio; sinks. Cuisine Center by Elkay Mfg. Co., Broadview, III.; dishwasher, KitchenAid Division, Hobart Mfg. Co., Troy, Ohio; freezer, Gibson Refrigerator Sales Corp., Greenville, Mich. Page 54: Electric surface cooking units, wall ovens, Thermador Division, Norris Thermador, Los Angeles, Calif.; built-in grill, Majestic Char-Grill, Majestic Co., Huntington, Ind.; wallpaper, "Bittersweet" by C.W. Stockwell Co., Los Angeles, Calif. Page 55, top: Surface cooking unit, wall ovens, GE Co., Louisville, Ky.; fan, Nutone, Cincinnati, Ohio; yellow casserole, Dansk Designs, Ltd., Mt. Kisco, N.Y. Bottom: Dishwasher, range, GE Co., Louisville, Ky.; hood, Trade-Winds Division, Norris Thermador, Los Angeles, Calif.; blender, Rival Mfg. Co., Kansas City, Mo. Page 56: Surface cooking unit, wall ovens, Frigidaire, Dayton, Ohio; hood, Broan Mfg. Co., Hartford, Wis.; grill, Majestic Char-Grill, Majestic Co., Huntington, Ind.; refrigerator/freezer, Chambers Corp., Oxford, Miss.; red casserole, Dansk Designs, Ltd., Mt. Kisco, N.Y.; copper pan, Bazar Français, New York, N.Y.; racks and spices, Spice Island Division of Leslie Foods, San Francisco, Calif. Page 57: Range, dishwasher, GE Co., Louisville, Ky.; counter top, "White" by Formica Corp., Cincinnati, Ohio.; toaster, Sunbeam Appliance Corp., Chicago, III.; canisters, Patricia Moore, Aspen, Colo. Page 74: Surface Cook Top, O'Keefe & Merritt, Los Angeles, Calif.; Trashmasher, Whirlpool Corp., Benton Harbor, Mich.; built-in grill, Jenn-Air Products Co., Indianapolis, Ind.; dishes by Tomala, Casa Mañana, Monterey, Calif.; built-in Food Center, Nutone, Cincinnati, Ohio. Page 76: Counter That Cooks, teapot, Corning Glass Works, Corning, N.Y.; built-in grill, Jenn-Air Products Co., Indianapolis, Ind.; sink, Moen Division of Stanadyne, Elyria, Ohio; cabinets, "Athena" by Yorktowne Colonial Products Co., Red Lion, Pa.; wall ovens, Magic Chef, Inc., Cleveland, Tenn.; refrigerator/freezer, Whirlpool Corp., Benton Harbor, Mich.; vinyl wallpaper, "Español" by Birge Designs, Brooklyn, N.Y.; canisters by Rene Gottran, L.S. Fick Co., Steamboat Springs, Colo.

RESTFUL BEDROOMS BY NIGHT-USEFUL DREAM ROOMS BY DAY

All sources N.Y.C. unless otherwise noted. Page 59: Bamboo chair, The Door Store; antique pine armoire, Ann-Morris Antiques; fabrics on sofa pillows, Hannett, Morrow, Fischer, Inc. and Boussac of France, Inc.; box spring and mattress, Simmons Co., Elizabeth, N.J. Top: Plexiglas-and-paper wall sculpture by Nancy Miller, Environment Gallery; Acrilan carpeting by Cabin Crafts, WestPoint Pepperell, Dalton, Ga.; round white Combo Unit from Beylerian, Ltd., available at Bloomingdale's; desk, Thayer Coggin, High Point, N.C. Lucite desk organizer and paperweight, Obelisk Shop; brass pin-up lamps, Koch & Lowy, Inc. Page 60, top: Unpainted chests, Furniture-inthe-raw; white flokati rug on bed, Ziozis Imports, Inc.; white linen flax rug, Saxony Carpet Co., Inc.; Irish knit pillows, Thalia Falk; handwoven woolen pillows, Carol Schwartzott, Niagara Falls, N.Y.; round wicker table, India Nepal, Inc.; tea service with tray, Dansk Designs, Ltd., Mt. Kisco, N.Y.; clock, "Caravelle" by Bulova Watch Co., Inc., Jackson Heights, N.Y.; art supplies, Sam Flax, Inc.; Kartel rolling cart, Beylerian, Ltd.; hanging cone shade, Robert Sonneman Associates, Inc.; mirror, Contemporary Craftman Corp., Danbury, Conn.; white snake lamp, Bonniers, Inc.; off-white duck for window shades, John Boyle & Co., Inc. Bottom: Silk-screen print on back wall by Eduardo Paolozzi, Pace Editions; cane and bentwood chairs, Thonet Industries; Wicker étagères, Lord & Taylor; brown Parsons tables, The Door Store; electric typewriter, Olivetti Corporation of America; Lucite pencil holder, Obelisk Shop; brown velvet bed-cover fabric, Crompton-Richmond Co., Inc.; baskets, patchwork pillows; The Jo-Jo Shop; embroidered rug from Iraq, Design Research.

ALL THE WORLD LOVES STEW

Page 69: Mexican dish, Castilian Plaza, N.Y.C.

WINNING WAYS WITH MOLASSES

All sources, N.Y.C. Pages 70-71: Lucite stand, Lucidity; oval dishes, Blooming-dale's.

TURBAN OF SOLE

Pages 72-73: Serving pieces, Georg Jensen, N.Y.C.

SPECIAL FEATURE: THE TENNIS BOOM

American Home

Tennis condominiums set the style in California and Arizona

Indoor family tennis makes a hit in Louisville, Ky.

Paddle tennis sparks a trend in New Canaan, Conn.

Plus: a report on the total tennis scene in camps and resorts across the country.

AND specially designed for AH: Do-it-yourself family table-tennis/recreation room

* * *

Crocheted Area Rugs
Designer Easter Eggs
Fabulous Lemon Pies
Easter dinner showpiece:
Ham en Croute

Look for the March American Home on your newsstand February 23

To change or correct your address

Attach label from your latest copy here and show new address below include zip code. When changing address please give 8 weeks' notice.

All correspondence relating to your subscription should be accompanied by your address label. If you are receiving duplicate copies, please send both labels.

Address all inquiries to: American Home, Flushing, N.Y. 11357

Subscription prices: U.S. and Possessions and Canada: One year \$4.00. Pan American: \$5.50. All other countries: One year \$6.00.

Name		
	please print	
Address_		

City State Zip

Postmaster: Send form 3579 to American Home, Flushing, N.Y. 11357.



FREEZER TO PLATTER: 3 HRS.



This rare beauty was wrapped in Heavy Duty Reynolds Wrap and tucked into the freezer five weeks ago. Today we roasted it straight from the freezer... and you can see it's as tender and juicy as if it had just been bought. That's because it was protected in the freezer by Reynolds Wrap... a solid sheet of metal that's oven-tempered for flexible strength. It molds firm and tight to your food...shuts air out, seals freshness and flavor in. No moisture-loss, no shrinkage, no flavor-loss.

Reynolds

HOW TO COOK A ROAST STRAIGHT FROM THE FREEZER

Choose a 4 lb. rolled beef roast. Pre-heat oven to 400°. Turn back the Heavy Duty Reynolds Wrap the roast was frozen in and sprinkle the meat with salt and pepper. Re-wrap the meat loosely, leaving top and ends partially open to allow the heat to circulate. Put the foil-wrapped meat in a shallow roasting pan which has been lined with Heavy Duty Reynolds Wrap. Cook for 2½ hours, then turn the foil back from the meat completely and allow the roast to brown for an additional 30 minutes. (Roasting time: approximately 3 hours, or 40 minutes to the pound.)

Cooked the "no-thaw" Reynolds Wrap way your roast will be ready to serve in far less time than it would take to thaw first and then cook it. REYNOLDS WRAP.

OVEN-TEMPERED FOR FLEXIBLE STRENGTH.