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American Home

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 owners on what's
 good, what's bad
 about it

DECORATING WITH ANTIQUES

How safe are
 kids' car seats?

REPORT ON THE ENERGY CRISIS

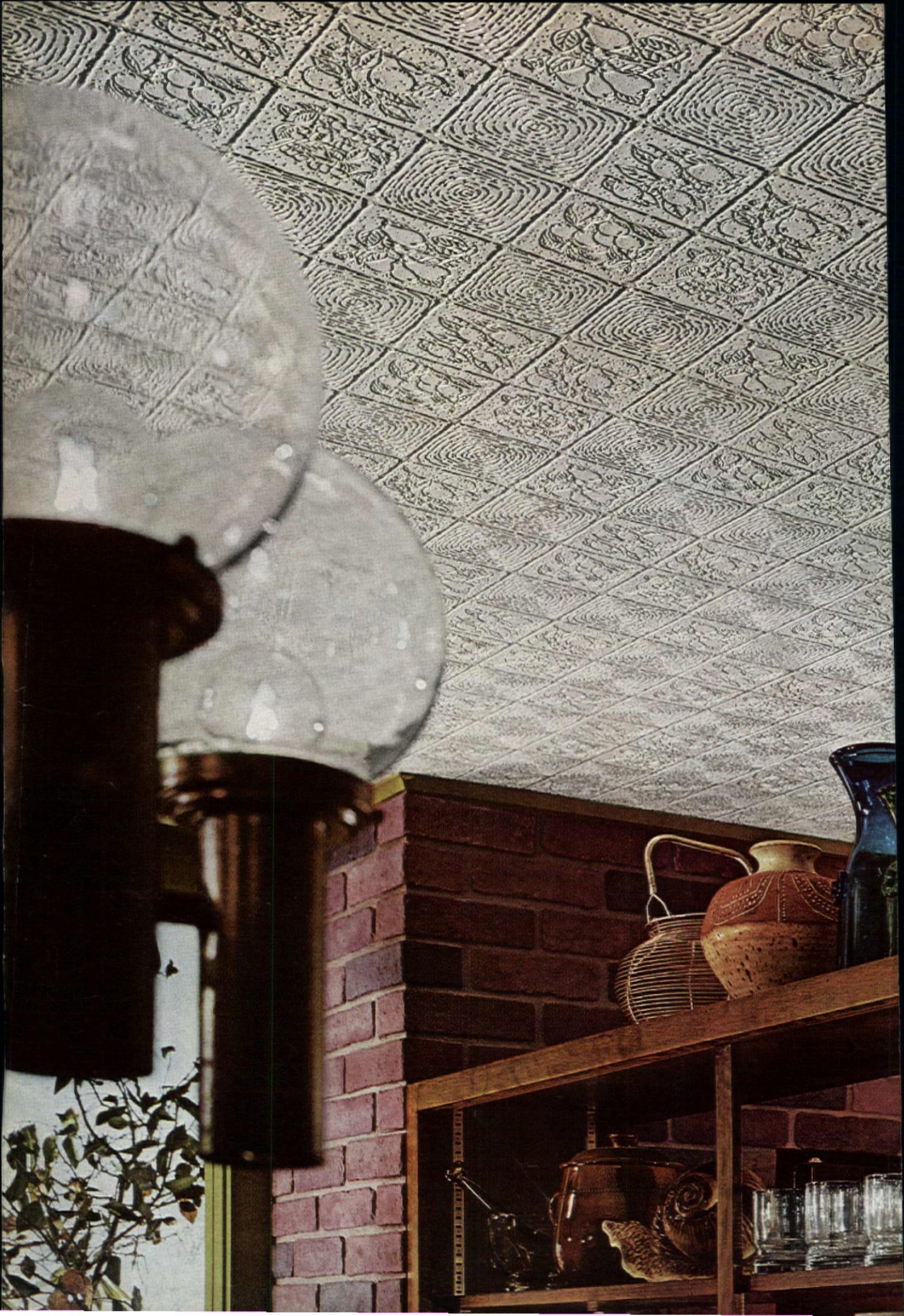
at thousands of
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FOOD FOR FALL | Low-Cost Super Pasta
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**The new Chandelier® Ceiling
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Armstrong

CREATORS OF



THE INDOOR WORLD®

American Home

FOR FAMILIES WHO KNOW HOW TO LIVE

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COVER: "Pasta," versatile, low cost and an international favorite, caps our trio of food specials this month, beginning on page 72. Photographer: Irwin Horowitz. Plus: What you should look for when food buying now that "Nutrition Labeling Goes to Market," page 31, a clear, concise report by our Food Editor on the new FDA regulations.

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Advertising and Sales: Donald M. Hulford, Associate Publisher/Advertising Director; John D. Culp, Western Sales Manager; Richard Davies, Regional Sales Manager; Richard Danehe, Los Angeles Sales Manager; Richard S. Wasley, San Francisco Sales Manager; Elizabeth Riggins, Manager Special Services; Stephen E. Silver, Marketing 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.

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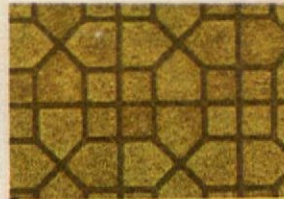
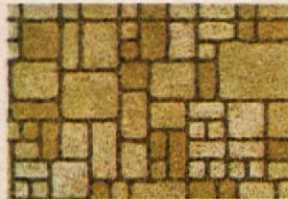
A kitchen scene featuring a dining table with white chairs. The floor is covered in a patterned vinyl floor with a repeating geometric and floral motif in shades of green, yellow, and brown. In the background, there is a kitchen counter with a white pendant light hanging above it. The walls have vertical red and white stripes.

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The sunny floor that shines
without waxing

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Solarian gives you the shine—without the waxing. Its special Mirabond™ wear surface has a shine of its own and keeps its high gloss—without waxing—far longer than an ordinary vinyl floor.



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CREATORS OF  THE INDOOR WORLD[®]

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Imported chairs by Thomasville, table by Founders.



Younger-Looking Skin Seems to Slow Down Time

Throughout the ages, youth-conscious women have yearned for a skin beautifier that might cause time to stop in its tracks. They have searched for some near-magic method that could keep their complexions at the peak of youthful perfection virtually forever. But of course such an appearance of eternal youth has never been possible. The years, regrettably, do pass and leave their tell-tale signs of age on your skin.

But young-looking women in many countries round the world have discovered the benefits of a remarkable beauty blend that at least seems to slow down



time. Skin becomes smoother, softer and younger-looking from the first day you use this unique beauty fluid.

Now share the world-renowned secret of this beauty blend, known in the

United States as Oil of Olay moisturizing lotion. Oil of Olay was especially created by beauty researchers to help preserve youthful skin. A wealth of natural moisture, tropical moisturizing oils and emollients penetrate the all-too-visible surface layer of the skin quickly, to help soothe away the dryness that accents those wrinkles and little lines that make you look unnecessarily older.

As Oil of Olay, containing natural in-

gredients, is absorbed, it works with nature to maintain the delicate balance of oil and moisture needed if your skin is to look its youngest. This is especially important as the years pass and natural secretions begin to diminish. The treasured fluid helps retain your skin's own moisture-fluids, to keep you looking your best. Day by day, noticeably smoother, softer, more supple skin begins to return.

For the most efficacious and readily visible results, use Oil of Olay at least twice a day. Lavish on gently in the morning, to prepare your skin beautifully for the day. Again at night, on your face and throat, so the beauty blend can work its wonders during quiet hours of sleep.

You will find Oil of Olay, and its promise of a more youthful-looking you, at drugstores everywhere. Join the knowledgeable, younger-looking women who have discovered that smoother skin does, indeed, seem to slow down time.

Beauty Hints

Oil of Olay spreads so evenly and penetrates so quickly that it never leaves a sticky after-feel. So the beauty blend is a superb makeup base, which won't cause your cosmetics to streak or discolor. Instead they stay fresh for hours.

* * *

At the end of a long day, lavish Oil of Olay® on your face and throat before you relax in a tepid tub. You will emerge refreshed and revitalized.

American Home

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Managing Editor

JOSEPH TAVERONI
Art Director

MERVYN KAUFMAN
Copy Editor

HELENE BROWN
Interior Design

GUY HENLE
Building and Architecture

FRANCES M. CRAWFORD
Food

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Equipment

DOROTHY L. BRIGHTBILL
Home Projects

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Features

ROSEMARY L. KLEIN
American Treasury

LYNN HEADLEY
Market Place

FERDINAND D'ESPOSITO
Production Coordinator

DOROTHY B. HUMANITZKI
Production Editor

ASSOCIATES

Art / Carol Ceraldi
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Copy / Eileen Denver Mimosa
Decorating / Christine B. Roth
Food / Lucy Wing
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ASSISTANTS

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Elizabeth C. Berens
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Anne Gordon
Billie Heinrichs
Kathy M. Ripin
Nancy Rueth
Alexandra C. Wallner
Barbara Weinfuss

CONTRIBUTORS

Special Projects / Helen Carlton
The Woman Driver / Denise McCluggage
Gardening / Lawrence V. Power

W. PAGE THOMPSON
Publisher

A. EDWARD MILLER
President, Downe Publishing, Inc.



American Home

A Magazine of Downe Publishing, Inc.
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Have you seen the New Pledge shine? It's a dead ringer for a paste wax shine."

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"I always kept my furniture looking great with paste wax. I love that rubbed-in paste wax beauty.

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beauty of
paste wax
instantly...
every time
you dust.**

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A REPORT ON THE ENERGY CRISIS

"STOP THE WORLD—OR USE IT BETTER!" was how we introduced the questionnaire on energy conservation in our March issue. Of the thousands of readers who took the time to answer, more than 75 percent are women; an equal number are between 20 and 40. Three out of four attended or were graduated from college; nearly half are working wives; three out of five have children at home. Nearly 84 percent live in homes they own, average value \$30,000.

This cross-section of concerned readers often added extra pages of opinion to an already lengthy questionnaire. What were the conclusions? Our readers are not passing the buck; they're willing to actually *do* something to help use the world better. They're aware of the problems to the extent of making positive commitments in return for positive results. Here is a summary of questionnaire response. As you read, why not compare your own answers to the consensus we received?

TO CUT DOWN POWER USE at peak hours, we suggested four activities they might avoid. Three appealed to our readers; one proved highly unpopular. Better than 80 percent agreed to avoid doing laundry, using the dishwasher or other appliances during peak hours. But only 30 percent indicated they would avoid cooking during times of high power usage, suggesting that people are less inclined to change their habits when something as traditional as dinnertime is involved.

We asked what readers and their families were doing to conserve energy, and the responses were most gratifying. Turning off unnecessary lights, lowering the heat at night in winter, limiting air-conditioner usage in summer, using appliances more efficiently and less wastefully—all these and more showed the measure of reader involvement. There was also an expressed interest in learning which energy-conservation practices are most effective and how much power is used by various appliances—information that local utility companies have available for the asking, at no charge.

We asked readers how much extra they would pay for a house if they could recover an equal amount through lower utility bills in about five years. Some of them said they would pay as much as \$5,000 more, others only a few dollars. The average extra payment suggested was \$1,000. These responses indicate strongly that the concept of life-cycle costing has begun to take hold—also, that there is a new confidence that quality housing will pay off in the long run.

STYLING VS. ENERGY-SAVING—if two appliances cost the same and do an equally good job, which would be preferable, the one with the best styling or the one with the best energy-conserving features? The energy-saver won by a margin of nine to one. That's not to say that appearance is not important, but today's consumer is not fooled by minor cosmetic changes that don't add to the value of a product. Such "improvements" as a new handle or different color or an added chrome strip don't have a chance when measured against an energy-conserving feature that really *does* something. Pursuing the question further, we asked if consumers would be willing to pay more for the appliance that met higher standards of energy consumption. Four out of five said they would pay more to support their convictions.

Noise, say our readers, is as undesirable as dirty air or foul water. In fact, 81 percent said they would willingly pay more for an appliance with a lower noise level. This shows a definite change in attitude and is a mark of today's more knowledgeable consumers, for it was not long ago that people used noise level as a measuring stick when appliance shopping: The louder the motor, the more powerful the appliance—or so they thought.

Incidentally, when we asked readers to tell us what system or appliance gave them the most trouble, the television set headed the list. Conversely, most people considered the washing machine the most satisfying system or appliance in their home.

(continued on page 44)



The timeless look of Tiffany in the brilliant colors of today.

Mr. Tiffany's shades were shaped like exquisite Oriental umbrellas. So are Sears. Mr. Tiffany brought color to the Victorian world. Now Sears brings you the colors for today's home. Not only our popular walnut tone but brilliant sunflower yellow, bright jungle green and cornflower blue.

The original Tiffany shades were handmade. So are ours. And the columns of every lamp in Sears Cane Collection are made of solid hardwood. (Mr. Tiffany would have liked that.)

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eating his vegetables
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Like Beans with Toasted Almonds, for instance.

The tiny almond slices make the beans taste so good, they're almost like a whole new vegetable.

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Birds Eye® Combinations.
The first vegetables your husband might even notice.

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LIFESTYLE

The Roger Browns Boothbay, Maine

re and more, young Amer-
families are finding the
rage to pick up and move—
egin a freer, more reward-
way of life than they had
wn before. Two years ago
ne and Roger Brown and
r children, Philip, 17, and
y, 8, did just that. Roger
e up his job as a district
nager for a cast-iron pipe
npany, the family sold their
nson, N.J., home and most
ts furnishings and left the
urbs for Boothbay, Me., a
ort community where they
spent summer vacations.

Actually, it might have
n more courageous to stay
l cope with suburbia," Jo-
e concedes to those who
rvel at the Browns' decision.
e do miss our wonderful
nds in Rumson, but Roger
esn't miss three hours a day
ommuting, and I don't miss
those car pools and com-
tee meetings to which I
uld never say no. Best of all,
children are not caught up
someone else's idea of what
y should be; they're more
e to self-define."

n Maine, the Browns bought
e acres on a hill just five
les from the ocean. Their
rchase included a long-
glected orchard, a fine, old
n and a circa-1800 farm-
use sorely in need of loving
nds. "Our idea was to pull
ck and live as self-sufficiently
possible," Joanne recalls.
We wanted to turn the barn
to some sort of shop to op-
ate in the summer tourist
ason. For a long time I had
vned a small collection of an-
que straw baskets, and when
oger suggested a basket shop,
eemed the perfect idea.
here was nothing like it here."

So the Browns opened the
basket Barn, a shopper's para-



The Brown family's weathered-gray barn (left) houses an incredible assortment of baskets from all over the world. Summers, it's a favorite tourist stop.

Roger, Philip, Joanne and Polly (below, left) gather in the kitchen, where baskets and the warmth of wood create a country hominess. Oval oak table and light fixture are local antiques.



dise of baskets—some old, some new, some imported. The featured attractions are the basket crafts of the local Penobscot and Passamaquoddy Indians; the items are made from dried sweet grass and are noted for their fragrance. Although the family's highly successful business has been primarily a summer occupation, they have just decided to prepare a mail-order catalog so sales can continue year round.

In season, Roger and Joanne spell each other manning the shop; during the winter, they might make a short buying trip now and then. But mostly the family remembers that they came to Boothbay to cherish the freedom of Maine life. Young Philip has learned to love mountain climbing, in addition to sailing in the summer. The whole family has taken up cross-country skiing, and all enjoy clamming, boating, fishing and swimming in the tidal river that meanders just behind their land. Says Roger: "Our family has always been nature-loving, but in (continued)

Suburbia safely behind them, the Browns savor their unhurried new life on the Maine coast

Rumson it was frustrating because experiences with nature came in such small doses. Here, it's different."

The Browns have a substantial organic garden, and they do a lot of canning and preserving to fill the larder for the cold months. Every fall, Philip and Roger hunt a deer to freeze for winter fare; Joanne is in charge of fattening up a lamb. "We've learned to adjust our standard of living considerably," says Roger, "and these economies are more necessity than sport."

Slowly, the Browns are reclaiming their overgrown orchard and, with Roger's carpentry skills, revamping the old house. Thus far, they've installed insulation, added new kitchen appliances and torn down walls to turn five cramped downstairs rooms into a spacious two. They've also installed a big sliding glass door in the dining room to take advantage of a much-prized view. The house is being furnished with local antiques, and when it's finished, the family wants to buy some weathered planks and add on to the barn. "In Rumson, Roger loved to putter around the house, but he never had enough to do," Joanne remembers. "Here, there's so much to do, he doesn't know where to begin, but he just loves it."

If all this activity sounds hectic, it's not. "It's a slower pace," Joanne insists. "We have learned how to be better friends within the family, and the children's lives are so much more enriched. It seems to me we're even healthier up here in the clean air—no more rounds of flu and winter colds. We were nervous at first about making new acquaintances, but we've all met many wonderful neighbors—some with backgrounds very different from ours, some not very different at all. You'd be surprised how many runaways just like us there are in Maine."




Home (left) is just a few short steps from work (far left) for Roger and Joanne. The Browns are slowly restoring the old farmhouse with its fine views of the nearby countryside.

"The Basket Barn has items for every conceivable use," says Roger (below). Someday, he and Joanne hope to make their own long-distance basket-buying trips—to Europe and perhaps even to Asia. "We'd like to eliminate all the middlemen," adds Joanne.



Bradley Olman

Another "Lifestyle" follows.



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green plants.

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The Mark Talismans of Washington, D.C.

Jill Talisman, with her furry armload, Tavish (below), stands outside the handsome town house she and Mark have redone on Capitol Hill. Upstairs windows overlook the Supreme Court gardens and U.S. Capitol.



Jill, Mark and Tavish (above) relax in their favorite room—top-floor library. Tiny terrace reached through the tall central door, offers “one of the prettiest views in the city,” says Jill.



Jill (above) enjoys weaving on the hand loom she made, while Mark (right) putters about in their little greenery, caring for some of the potted plant life the Talismans have placed throughout the house.

Jill and Mark Talisman love living on Capitol Hill. They enjoy the fascinating world of Washington people and politics, and Mark, administrative assistant to Ohio Congressman Charles Vanick, likes being able to walk to work. “Some people spend hours commuting,” he says, “and that’s a waste of time and creativity.”

Mark isn’t a man to waste time. His wife calls him “energy personified.” When not busy at his demanding job, he’s helping her redo their 19th-century town house. “The house was lovely,” says Jill, “but the last tenants were bachelors who neglected it.”

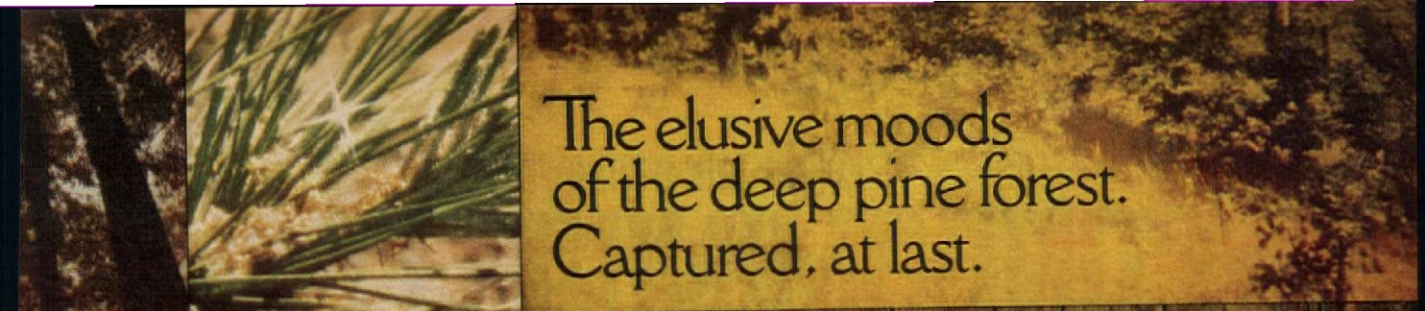
For Mark, who is a gourmet cook (he has just finished a cookbook he hopes to get pub-

lished), the first priority was remodeling the small, dark kitchen. They turned it into a light, workable space with just enough room for Mark’s fast brand of fine cuisine. (“He can go shopping in the afternoon and have a multicourse dinner for six on the table three hours later,” says Jill.) Next, the Talismans resurrected a little boarded-up attached greenhouse. It’s now a growing place for cactus, ferns and orchids. They also turned the top floor of the house, with its spectacular Capitol view, into a library for Mark’s huge collection of old books. And the terrace outside the library has become a high-in-the-sky entertaining nook, where guests may dine alfresco on Mark’s specialties.

Right now, Jill’s activities are more subdued than usual—she’s expecting a baby in December. She enjoys tapestry weaving—her latest project is reproducing one of Mark’s abstract photographs on a pillow (he’s also a photographer, with several one-man shows to his credit). Jill has other hobbies: A music lover, she plays both the flute and piano.

The Talismans travel often, but they’re always happy to come home to the Hill. Says Mark: “Capitol Hill, with its beauty and blend of people, has a wonderful vibrancy. It’s a lively mixed neighborhood; there are young families, lots of shops and a healthy art community. Jill and I just wouldn’t think of living anywhere else.”






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straight talk from owners on

CONDOMINIUM LIVING

"Condominium" has become the magic word in home building. Nearly 50 percent of all homes sold this year will be condominiums, compared to 30 percent last year and only 11 percent in 1977. Most condominiums are town houses, rows of attached houses with greenbelts and common recreational facilities. This is clearly a new lifestyle for Americans. Is it working? A recent study of 1,800 condominium owners, sponsored by the Urban Land Institute, offers some answers. The following, fifth in our consumer-information series, is based on this study. —The Editor

Who buys condominiums? The answer is simple: everyone. While their early appeal may have been to newlyweds and empty nesters, this is no longer true. According to the Urban Land Institute study, there are more buyers in the 30-to-39 age group than in any other. Most buyers are married, but in California, where many new lifestyles originate, more than twice as many singles buy condominiums as in the East.

Why do they buy condominiums? "We're tired of paying rent," was the answer most commonly given. The purchase of a condominium, like that of a single-family home, gives the buyer a chance to build up equity, to have something to show for his monthly payment, and at the same time to earn tax deductions for his interest and real-estate tax payments. A second reason for buying, also economic: Condominiums, in general, cost less than single-family homes. Close on the heels of these budget considerations was "freedom from maintenance." This loomed even larger in California, where outdoor maintenance is a year-round problem. Lesser reasons: better environment, recreation facilities, security.

Do owners like condominium living? In a word, yes. "About three-quarters of the residents are generally satisfied with condominium living for this stage of their lives," says the ULI report. This doesn't mean they will stay in condominiums permanently. In the East, the single-family home remains the ideal.

What's good about condominium living? Regardless of their original reasons for buying, owners surveyed said they quickly found that the best thing about condominiums was "easy maintenance." Even if owners take care of their own front yards and rear patios, there is much less landscaping involved than at a typical single-family home. All the greenbelts and open spaces are maintained by the homeowners' association (in snow areas this usually includes shoveling sidewalks). There is also less

exterior wall space needing maintenance.

The owners also liked feeling they were getting value for their money. As one couple said: "We wanted something we could invest our money in and get something back." The closeness of neighbors, which everyone might not appreciate, was nevertheless cited by some as a benefit. From a working couple with two children: "People are very friendly. We enjoy being able to walk around in the evenings without fear."

Since most condominiums are of recent construction, their designs and floor plans tend to fit well into contemporary living. Nearly one-quarter of the owners mentioned this as one of the good features. Said one financial analyst in his 30s: "Well-designed town houses offer far more reasonable living than single-family homes. We have a large eat-in kitchen, a den with fireplace, a recreation room and plenty of storage."

What's bad about condominium living? Even if owners were generally satisfied with life in their condominiums, there were many specific complaints. Taken together, they tell a prospective condominium buyer what to look for, what to avoid. Here are common irritants:

1. Overcrowding. People feel crowded when the developer builds too many units per acre. Ten is too many, seven or eight about maximum, fewer would be better. In general, look for a condominium with as low a density as you can afford, but details do make a difference. For example, small projects seem to have lower density; small neighborhoods and clusters are much better liked; short rows of town houses are better than long ones; variations in roof lines and setbacks make it seem less crowded; space around an immediate building is more valuable than a distant greenbelt; pleasant views make a difference; long rows of parked cars add to the density.

2. Lack of privacy and quiet. Another prevalent complaint was of noisy neighbors and their children. Look for sound-

proofed common walls, enclosed patios, small playgrounds away from the house, deeper setbacks from the street.

3. Dog control. As frivolous as the sounds, a surprising number of condominium owners objected to problems created by the large numbers of dogs in development. Find out whether a project has any restrictions controlling pets, if you have strong feelings on the subject.

4. Rentals. Builders often rent out the last few units in a project. Or real-estate firms may buy units to rent for income. Or owners themselves may rent when they are away. Rentals tend to lower long-term property values, so check whether they are allowed.

5. Parking. Lack of enough well-placed parking space was another major irritant. Two spaces per town house were not enough, and in many cases the parking was not properly situated.

6. The homeowners' association. In any condominium, there must be an owner group to manage and maintain the common property. If the association is badly run, handling day-to-day affairs can be a constant annoyance. Before buying it would be wise to interview present owners specifically on this point.

7. Poor construction. This is as much a complaint with condominiums as it is with new single-family homes. If you are buying a new condominium, it is worth getting an engineer's inspection just as you would for a detached house.

8. Dishonest salesmen. Many owners complained that they had been promised open space or recreational facilities that never materialized. To make sure the facilities don't prove just paper promises, your best bet is to have a lawyer study the development plan and the condominium agreement to see that you are getting what has been promised.

Copies of this Urban Land Institute study, *Townhouses and Condominiums* by Dr. Carl Norcross, are available from the nonprofit ULI at 1200 18th St., N.W., Washington, D.C. 20036. Price: \$15.

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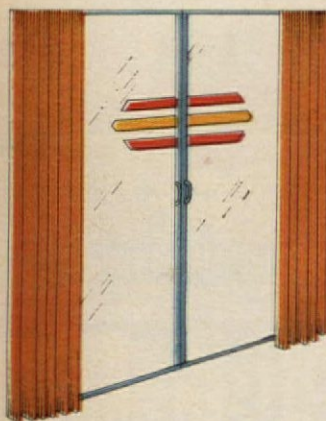
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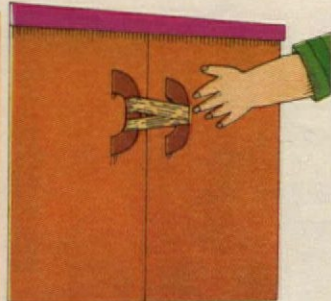
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HELP ABOUT THE HOUSE

REMOVE RUST, SEAL SURFACE

How do we remove rust stains from a slate floor? Is there some way to protect this floor in the future?

Mrs. F.G. Bothwell
Darien, Conn.

Scrub the stains with a solution of 1 pound oxalic acid in 1 gallon water. Rinse and dry, then apply a penetrating masonry sealer. This is a tough, transparent material which, like oxalic acid, is available in paint stores. It penetrates and seals the pores of stone, slate, brick and concrete—and leaves a very thin surface film. Two coats are generally needed.

PREPARE AND PANEL BASEMENT WALLS

What should I do to prepare a basement wall for wood paneling?

Mrs. B. Shaver
Columbus, Ohio

First, make sure the wall doesn't leak. Then apply 1-by-2-inch wood furring strips as a nailing base for paneling. If you are using solid-board paneling, install the furring horizontally—one strip at the ceiling and two equally spaced between ceiling and floor. If you are paneling with plywood, which is usually only 1/4 inch thick or less, install horizontal strips 16 inches apart from floor to ceiling. You also need vertical strips under the side edges of every plywood panel.

The easiest way to fasten furring strips to concrete is with steel studs installed with a stud driver, which you can buy or rent at a hardware store. If the concrete wall is at all damp, brush wood preservative on furring strips before installation; then staple sheets of heavy polyurethane film over strips, covering the entire wall, to protect paneling.

END PEELING CEILING

How can I make paint stick to a spot on my plaster ceiling that is always peeling? The problem may be caused by condensation on plumbing pipes.

(Mrs.) R.G. Rubenstein
Plainview, N.Y.

No paint will stick to a damp surface. You will have to open the ceiling and insulate the sweating pipes—if they, indeed, are the problem—with fiber-glass tape.

DE-WAX A TERRAZZO FLOOR

What should I use to remove many layers of wax from a terrazzo kitchen floor?

Mrs. Kenneth Moss
Nokomis, Ill.

It won't be easy, but you can do it: Mix 1 cup heavy-duty household cleaner, 1 to 2 cups ammonia and 1/2 gallon cool water; apply with a mop or rag to an area about 3 feet square. Let this soak in for 3 to 5 minutes—longer if necessary, but don't let it dry—then rub with No. 1 or 2 steel-wool pads. When the wax has loosened, wipe with a clean, damp cloth and rinse with cold water. Finish floor section by section, changing the solution when necessary to maintain its strength.

For help with a home-maintenance or repair job, write to Dept. HAH, American Home, 641 Lexington Ave., New York, N.Y. 10022. Letters are answered promptly; those published are selected on the basis of broad general interest.

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DECORATING Q's & A's

Can you help me pick a dominant color for wallpaper in my dining room? The room tends to be somber, and I would like to brighten it. My furniture is dark mahogany, the chair seats are covered in a blue floral fabric, the carpeting is Kelly green.

*M. Mitchells
Brooklyn, N.Y.*

You already have a dominant color—your carpeting—so build around it. Choose wallpaper in a green-and-white print. Look for one with matching fabric and re-cover your chair seats at the same time.

I am planning to strip and refinish a small wooden cabinet that has pretty hardware and dainty carved flowers. How do I protect the hardware, and how can I keep the stain from getting on the beautiful carvings?

*Mrs. A.C. Kumenker
Brighton, Mass.*

Before you strip the cabinet, remove the hardware or cover it with masking tape. To protect the carving, you can do either of the following: If the wood of the cabinet is not porous (that is, if you brush a bit of stain on an out-of-the-way spot and it doesn't spread), take a small paintbrush, outline carvings with stain, then stain rest of cabinet. If wood is porous, paint carved flowers with white glue thinned with water as a sealer. Stain cabinet; when stain dries, remove sealer with cloth dipped in plain water.

My living room has begun to see drab. It has a multigreen shag carpet, gold sofa, green chair, dark avocado green draperies and pale yellow walls. How can I pep it up on a tight budget?

*Jane Farber
Clarendon Hills, Ill.*

You can create liveliness with just a few changes. Keep the carpeting; paint your walls white and add new draperies in inexpensive orange casement cloth. Slipcover the sofa in an orange, yellow and green print, the chair in a yellow linen with contrasting white welting.

We recently wallpapered our kitchen in a lovely floral pattern, but somehow the walls still look bare. How can we break up the large areas of wall space?

*L. Poppe
Medford, N.J.*

Try groupings of old fruit and vegetable prints. Useful kitchen objects such as copper pots and molds or antique utensils are also charming additions. Plants will also create a warm feeling.

Our living room is small and dark, and the space is broken up by a fireplace. Can you suggest a color scheme that will unify this room and make it seem larger?

*A. Monroe
Bloomfield, N.J.*

Pale lemon-yellow walls and matching louvered shutters at the window will add a light, airy look. If your floor is in good condition, strip and bleach it to a pale bone color. Top with a shaggy rug in lemon and orange stripes. Keep your furniture in small scale. Select fabrics in an overall tiny pattern; add accessories in Lucite—white and yellow.

We recently purchased a home whose living room has all-white draperies, carpeting and walls. My furniture is very muted—dark pine with needlepoint upholstery. How can I add color to the room, without buying new draperies or carpeting?

*Mrs. E. Randolph
Banning, Calif.*

For starters, why not paint your walls a bright yellow and dye the draperies the same color, sewing a plain red-ribbon trim to the edges? If you can, get an Oriental area rug to cover some of the carpeting. Add colorful paintings or posters, baskets of fresh flowers and plants, and the room will come alive.

Direct your decorating questions to Decorating Q's and A's, American Home, 641 Lexington Ave., New York, N.Y. 10022. Letters will be published on the basis of general interest. Sorry, we are unable to send personal replies.



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KENTILE FLOORS



HOW SAFE ARE KIDS' CAR SEATS?

Some, not all, work well. Be sure the one you buy conforms to stiffening federal standards

The safety of your child in a car is largely a matter of packaging. To send a precious item by mail, you would not merely set it tenderly in a box several times its size and send it on its way. Why then would you drive with your child standing freely in the car seat beside you, or rattling around loose in the back?

Or maybe you would put him in a little hook-over car seat complete with steering wheel just like Daddy's. Unfortunately, you might be increasing his vulnerability. Or maybe you would cinch him in tight with the lap belt just as you do for yourself. Here, too, your good intentions could be inviting serious injury. Nor are a mother's loving arms the safest place for a child in a car—not even for carrying a newborn home from the hospital. Under the sudden, violent forces of a collision, the smallest child can momentarily weigh as much as a baby elephant.

Of course, thousands upon thousands of children ride safely in cars every day without any restraints whatsoever. Then again, 10,000 children under four have died in auto accidents in the past 10 years. The thought is sobering. However, in the two and a half years since government regulations of child-restraint systems went into effect, there has been no report of an accident in which a youngster died while using a child seat that met Department of Transportation standards.

To understand the solution, it might help to understand the problem. If your car is traveling 30 miles an hour, you can brake in such a way that it will come to a stop in a matter of seconds, without your noticing any stresses or strains. If you make a somewhat quicker stop, your upper body might rock forward and your handbag fly off on the floor. But if your stop is compressed into a 10th of a second—which is what would happen if you hit a solid object—you've just had an accident, and something's got to give.

An accident might be defined as energy expending itself abruptly and unexpectedly. Your car has been stopped, but everything in it—people as well as objects—wants to continue traveling 30 miles an hour until something stops them—something like a windshield, a dashboard or the pavement outside. That's the famous "second collision" that inflicts injuries. If you cannot avoid an accident altogether, the next best

thing is having something that will spread all that energy over as large an area as possible, and for the longest possible time. That's why seat belts and harness straps should be wide—and also why anything you are likely to come in contact with should yield gradually under your force.

Kids have special problems when it comes to dealing with the energy of an accident. For one thing, they have less area to spread it over, and are comparatively fragile. For example, a child's pelvic structure is not yet capable of protecting the internal organs it shields and is thus more vulnerable than an adult's to the sudden forces of a lap belt under rapid deceleration. Also, the little neck snaps forward more easily than an adult's, the little body jackknives more fiercely and the entire little person is more easily projected headfirst against the car's interior hard surfaces.

Clearly a child needs special protection designed especially for him. Here are some things to look for when buying a restraint system that will package your child properly for auto travel. Understand, however, that just because a child's car seat, or chair, meets government standards, the government does not certify that the chair is safe—safer, maybe, but with no absolutes. Nor can we make any specific claims for the chairs mentioned, except to say that they have met existing Department of Transportation requirements.

When shopping for a seat or system, look first for a label that lists the maker's name and the place and date of manufacture. The law specifies that all child seats manufactured on and after April 1, 1971, meet Federal Safety Standard No. 213. If there is no label or a label with no date on it, selling that chair is illegal, and you can be sure the item offers inadequate protection.

The type of restraint system your child needs depends on his age—or more accurately, on his height and weight. Manufacturers are required by law to state—on each label—the height and weight of child the seat is meant for. Also, directions for the proper installation of the seat must accompany it. Periodic spot tests are conducted by the government, and recall announcements are made from time to time to correct substandard webbing or to revise installation instructions.

To meet federal standards, all child

seats must be built so they can be secured by a standard car seat belt. It makes no difference whether the belt goes around the chair's metal runner around the child in the seat or over a restraining shield that secures the child. Children should not use the seat belt alone, adult fashion, until they are four or five years old—or 42 inches tall with a seating height of 24 inches. Even then, pediatricians recommend that a hard plastic cushion at least five inches thick be placed under a child to be sure that the belt crosses his body at the proper angle. It is recommended further that a child not use an adult shoulder harness in conjunction with a lap belt until he is at least 55 inches tall.


Infants up to 20 pounds, or eight or nine months old, who cannot yet sit up securely on their own should not be placed in forward-facing child seats made for toddlers. There are special infant carriers that cradle babies in a backward-facing position. Government standards for these carriers are still being formulated—it is difficult to determine the forces a tiny child can withstand. Several manufacturers have either conducted tests or submitted samples to independent laboratories for evaluation.

General Motors recently added a rear-facing Infant Love Seat as a companion to its Child Love Seat, a forward-facing molded bucket seat with side wings and high back. Both seats are being sold by mail as well as in GM auto showrooms. (All prices and addresses follow.)

Hamill Manufacturing Co. of Washington, Mich., a division of Firestone, makes the Love Seats for GM and their own Protecta-Tot as well. Unlike child chairs offered by such firms as Jamy, Kantwet, Bunny Bear and Teddy Tot, all of which are little aviator-looking seats complete with headrests and harnesses, the Protecta-Tot is essentially a booster seat with padded "impact cushion" curving up in front of the child's seat. The back of the car seat itself is the back of the child seat.

Ford's Tot-Guard also uses the car seat back as its child seat back, and is made up of three simple pieces. First is a seat pad to elevate the child, second a unique piece of polyethylene sculpture that makes a tunnel over the child's legs and flares up in an interesting curve to become an impact shield, and third an energy-absorbing pad that fits over the shield. The car's seat belt (continued)

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KIDS' CAR SEATS continued

fastens around the tunnel piece without ever touching the child.

A detachable curving shield that allows a car's seat belt to snug the child in without touching him is a feature added recently to the Bobby-Mac. This one, as much a crusade as a kid's seat, is the work of Quentin H. McDonald of Scarsdale, N.Y., designed the Bobby-Mac for his infant son, and it is ingenious—the one restraint device that can be used facing backward as an infant carrier and also facing forward as a child seat; thus, it takes far longer to outgrow. Also, with the addition of a folding frame, the Bobby-Mac can become either a reclining infant feeding chair or a toddler sit-up high chair, complete with plastic tray. Teddy Tot takes a swing at versatility, too. One of its models, the Dubble Ride-R, fits neatly on a folding frame to become a stroller, complete with canopy.

There are some 15 American manufacturers, as well as Klippan, a Swedish company, whose seats meet Department of Transportation standards. But these April 1971 standards are now being revised. A consumer study has called government tests "inadequate" and declared all but a handful of chairs "unsafe." In response, the government has committed itself to more—and more sophisticated—testing, so be on the alert for the announcement of a revised Safety Standard No. 213.

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Tile Council of America, Inc.

Here are sources and approximate prices for a number of standard-meeting child seat and, where indicated, infant carriers.

Bobby-Mac, Box 209, Scarsdale, N.Y. 10583. Child seat and infant carrier in one with shield, \$20 to \$24; with folding base for high chair, \$32 to \$35.

Bunny Bear, Inc., Nursery Lane, Everett, Mass. 02149. Several child-seat models \$22 to \$29.

Ford's Tot-Guard, Ford Motor Co., Box 1558, Dearborn, Mich. 48121. Shield system for children, \$25.

GM Love Seats, General Motors, Box 60 1913, Minneapolis, Minn. 55460. Infant carrier, \$13, child seat, \$30.

Jamy, Inc., Box 1499, Kingston, Pa. 18704. Several child-seat models, \$15 to \$24.

Kantwet Co., 95 Chapel St., Newton, Mass. 02165. The Fitz-All Safety Seat, \$17 to \$20 and the Snoozler, \$25.

Klippan of North America, Inc., Box 552 Chatham, N.J. 07928. The Klippan Safety Seat for Children, \$50.

Protecta-Tot, Hamill Manufacturing Co. division of Firestone, 61166 Van Dyke Washington, Mich. 48094. Child seat with shield, \$19.

Teddy Tot, International Manufacturing Co., 2500 Washington St., Roxbury, Mass. 02119. Several child-seat models, including one with impact shield, \$6.50 to \$25.

Note: Not all devices to restrain children in cars are seats. There is also the harness—vest and straps secured to the floor of the car without involving adult seat belts. A harness allows a child more freedom of movement than a seat. But even with a harness, he should not be allowed to stand up. Though prevented by the harness from hitting the windshield, a standing child is still dangerously vulnerable to whiplash. Harnesses are relatively inexpensive. Sears has two models that now come with tether strap to prevent a child's standing up. Price of each is about \$8, plus a comparable amount for installation.

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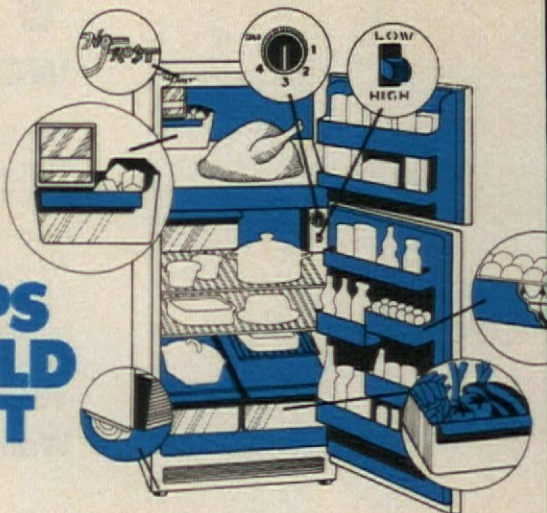
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FROM HOME BASE

HOT TIPS ON A COLD SUBJECT



Your refrigerator is really just another kitchen cupboard—one that holds the foods that need to be cold or frozen. And no doubt you've come to rely very heavily on that cold-storage space, not just to keep milk fresh, but to help eliminate waste and cut down on food bills by keeping foods better, longer. So your refrigerator is an all-important appliance.

If you're in the market for a new one, select it with care, for it will be with you a long time—the average refrigerator lifetime is about 15 years. Before you make a purchase, carefully measure the space available—*don't estimate*—and note down the dimensions to take with you when you shop. (Refrigerators come in a variety of sizes, from 26 by 55 by 26 inches to 41 by 67 by 33 inches.)

Next step: Decide how much interior space you want for both cold and freezer sections. Manufacturers list the spaces in cubic feet; these measurements may mean little when you're trying to visualize how much food the appliance will hold, but they can be a helpful comparison-shopping gauge. Look for a refrigerator with an AHAM (Association of Home Appliance Manufacturers) certification seal that verifies the manufacturer's volume calculations.

Since total *usable* space is what you're interested in, base your decision on the amount, size and shape of the foods you ordinarily keep on hand. If there has been an aggravating storage problem with your present model, look for a new one that will solve the problem. If there's a feature that you've particularly enjoyed, look for it again. And you'll be surprised to find that, due to design improvements, your new refrigerator will give you more interior space than your old model, though both may be the same exterior size.

An easy method of differentiation among the numerous types of refrigerators is the location of the freezer compartment: The *top mount*, which has a

separate freezer section at the top of the refrigerator, is the most popular type. The *bottom mount*, with a separate freezer section at the bottom, has decreased a bit in popularity but is still available. The *single-door* or *conversional* refrigerator has a small, enclosed top freezer compartment but not a separate outside door, so it isn't a true freezer compartment. The *side-by-side* model has two top-to-bottom sections for refrigerator and freezer. (Check the side-by-side's freezer section to determine if it's wide enough for the frozen food you use.)

Another way to categorize refrigerators is by their different defrosting methods: With *manual defrost*, you do the job by hand—turning the refrigerator off, taking out the food and removing the accumulation of frost. An *automatic* or *cycle defrost* removes frost from the cold section automatically, but the freezer section must be manually defrosted. *Frostless* or *no-frost* models remove frost from both refrigerator and freezer sections automatically. Although the no-frost feature increases the cost of operation, more than 80 percent of refrigerators sold today have it.

Here are some points to keep in mind when choosing a refrigerator:

- Materials used both inside and out are important to a refrigerator's life and good looks. Polyester, baked-enamel and acrylic finishes are the most common exteriors. Interiors may be porcelain-enamel or plastic. Porcelain is durable and easy to clean, though it can be chipped by a hard blow; plastics are better insulators, but as they are porous, will stain and absorb odors more readily than porcelain.
- The temperature control should be conveniently placed and easy to read. An up-front location in the refrigerator or freezer section is best.
- The condenser, which disposes of accumulated heat, is one of (continued)



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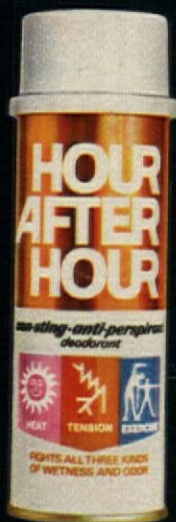
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being vulnerable to breakage by tall containers.

- The fruit-and-vegetable bin, standard in most models, should maintain temperatures of between 40 and 45 degrees, according to the USDA. There may be one or more of these bins; they look about the same as the meat bin found in some refrigerators. However, to be effective in storing fresh meat ready for use, says the USDA, a meat bin should hold to 30 or 35 degrees.

- Special refrigerator storage compartments, usually on the inside door, include: egg storage (always store eggs with the pointed end down to keep them fresh longer); butter keeper that maintains a temperature you choose for good spreading; cheese keepers.

- Some models have an inside "economy switch" to turn off the heater used to remove built-up condensation in humid weather.

- A fast-cooling section, designed to quick-chill room-temperature foods and beverages, is a handy feature.

- There are various ways to make and keep ice: You can have ice-cube trays (aluminum or plastic); ice injectors and storage bins; automatic ice-cube makers or the ultimate—a refrigerator that dispenses ice cubes, crushed ice and ice water without your having to open the freezer door.

- Special freezer compartments can include a juice-can dispenser and a frozen-food dispenser.

- A variety of decorator fronts, precut to fit refrigerator doors, is available from many of the manufacturers.

After the refrigerator is delivered to your home, read the "Use and Care" booklet to make sure you know how to clean the appliance and set temperature controls. Be sure your refrigerator is level; if not, it may vibrate and be noisy.

And for safety, see that it's plugged into a heavy-duty 120-volt, 20-amp grounded outlet.

Occasionally check the refrigerator's temperature with a thermometer—37 degrees is recommended for the cold section, 0 to 5 degrees for the freezer. Don't leave the door open any longer than necessary and be sure the door seal is tight. And remember, a defrosted refrigerator uses less electricity than one with a frost build-up.

To date there has been no official energy-use rating for different refrigerator models, but we predict that the industry will soon make this information available as a guide for better purchasing. Watch for it. —Jeanne M. Bauer

HOT TIPS ON A COLD SUBJECT continued

the main functioning parts. It may be located either on the back or the bottom. When it's on the back, the refrigerator won't fit flush against the wall, and space must be left above and/or in back for air circulation. When the condenser is on the bottom, the refrigerator can be placed flat against a back wall, and no air-circulation space is needed. The bottom condenser directs the air flow out through a removable front grille. It's important to keep either type of condenser clean, since accumulated dirt makes it use more power.

- Both left- and right-opening doors are available, and many models have convertible doors that may be attached to open either way.

- Shelves should be sturdy, adjustable to more than one height and easy to remove, clean, and replace. Some models have slide-out shelves for easy access to food stored at the back. These shelves should have a retainer or rear ledge to prevent food from falling off.

- All interior and exterior surfaces should be smooth and free from clutter. Raised or recessed ornamentation may look attractive, but it's a dirt-catcher.

- Bottom rollers will make cleaning under, around and behind the refrigerator much easier.

- One or more interior lights, which go on when the refrigerator or freezer door is opened, should be located where they give good illumination without

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KITCHEN QUESTION BOX

SKILLET SEASON

*Must I season my new cast-iron skillet?
Mrs. Robert Ha
New Rochelle, N*

You should. Seasoning prevents rusting, makes it easier to keep the skillet clean and prevents foods from sticking. To season, wash and dry the skillet, then rub the inside with vegetable oil or shortening; heat for several hours on top of the range at a low temperature or in the oven at 250 to 300 degrees. Re-season skillet when necessary.

REFRIGERATOR SWEETENER

How can I remove a lingering food odor from my refrigerator?

*Mrs. David Hei
Baltimore, M*

Place a piece of charcoal on a dish inside the refrigerator. Use activated charcoal available at hardware and housewares shops. Being porous, the charcoal will absorb the odor. If you don't get results right away, persevere; the odor has probably penetrated the insulating material. Replace charcoal every few days until odor disappears.

"OFF" COFFEE

My coffee has a slightly "off" taste whatever I do. Is it my percolator or my

*(Mrs.) Alice Griff
Boston, Mas*

It's probably the way you're using the percolator. Two tips: Be sure to remove the basket containing grounds before pouring your first cup; otherwise some of the bitter oils will get into the coffee. Also, clean your pot with a commercial coffee-pot cleaner. A buildup of oils in the pot may be tainting your brew.

SOCK STAIN

I placed a wet pair of blue socks on top of my dryer and now I have a stained top. What caused the stain? Can I remove it.

*Mrs. P. C. Larse
Tulsa, Okla*

Your dryer's surface is probably acrylic enamel, which is not stain-resistant as porcelain enamel would be. There isn't much you can do about the staining. Using a cleanser will only scratch the surface, and ammonia or bleach will take off the baked-on acrylic paint. Sorry—afraid you're going to have to live with it.

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Kings, 16 mg. "tar," 1.2 mg. nicotine; Longs, 18 mg. "tar," 1.3 mg. nicotine, av. per cigarette, FTC Report February '73

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



Here are pluses for food-label readers, ways to eradicate furniture flaws—the joys of jely making, the hows of clothing storage and collecting modern art.

nutrition labeling, long sought and long awaited, is becoming a reality. Soon, none of us will have cause to complain that we're being told the nutritive or caloric value of the foods we buy. This year, the U.S. Food and Drug Administration made a 12-part program, for both voluntary and mandatory labeling, that was the culmination of studies and experiments led out by their staff, by food specialists and by industry during the previous four years. When the program goes into effect, beginning in 1974, it will provide information we have never had before regarding the quality and nutritional value of the foods we buy, and correlate on some of the data we're already accustomed to getting.

What's to be labeled. Labeling will be mandatory for most foods—for fresh bakery products, raw fruits and vegetables, unprocessed dairy products. However, competition in the marketplace, specifically on the supermarket shelves, should prompt most producers to opt in. But labeling will be mandatory for: products fortified by the addition of a nutrient: enriched bread or flour, diet foods, sterilized milk and fruit juices.

foods for which a nutritional claim is made, either on the label or in advertising—including any reference to protein, fat, carbohydrate, calories, vitamins and minerals, or to use in dieting.

Standardized labeling. Makers of products for which nutrition labeling is mandatory—and others who choose to comply—will be required to do their labeling a specific way, for consistency and ease of comprehension. According to regulations, an information panel must appear on a package or container to the immediate right of the principal display panel where brand and product names are printed, unless the shape of the container or lack of space prevents this. In such case the information may appear in attached leaflets or on signs displayed in the store. However, when a label appears, the information panel must include: serving size in a measurable amount; number of servings in the package or container; caloric content of a serving; protein, carbohydrate and fat content; percentage of U.S. Recommended Daily Allowances (U.S. RDA) of protein, vitamins and minerals a serving.

The U.S. RDA replaces Minimum Daily Requirements (MDR), the measuring stick till now.

The U.S. RDA specifies how much of a nutrient is needed in a balanced diet; the MDR indicated the amount needed to prevent a deficiency. Another label inclusion involves packaged foods to which ingredients must be added in preparation. In all cases, nutrient contents of these additional ingredients may be listed, but directions for making the additions must be on the package.

Cholesterol. Aware that cholesterol and fatty acids are concerns of many of us, the Food and Drug Administration is providing help in this area. A voluntary aspect of their new program will allow a manufacturer to label a product with its cholesterol content and the type of fat it contains (saturated, polyunsaturated, other fatty acids). Total fat content as a percentage of the total calories in the food can also be listed. However, the label may not claim the product will modify or prevent heart disease.

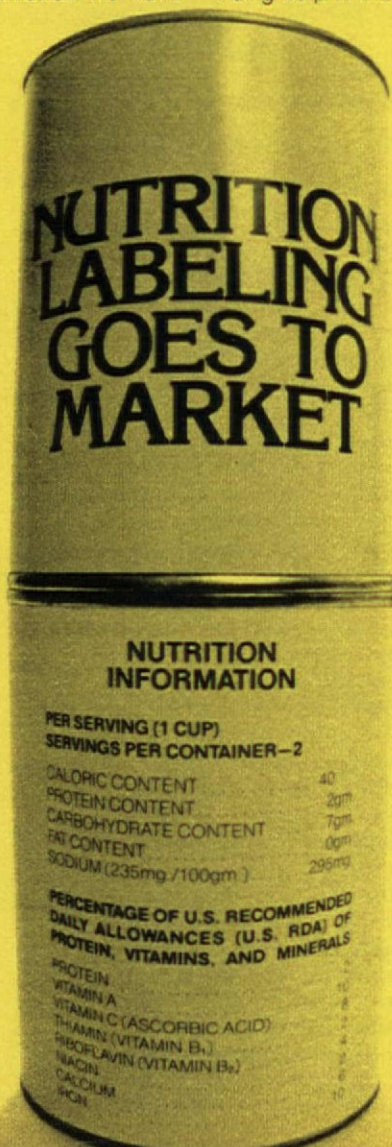
Dietary foods. This is another phase of the FDA program, and its prohibitions are strict. No label of a diet-food product may imply, suggest or declare that dietary supplements are sufficient to prevent, treat or cure disease; that a diet of ordinary foods cannot supply adequate nutrients; that inadequate diet is due to the soil foods are grown in; that transportation, storage or cooking of food may cause inadequate diet; that non-nutritive ingredients added to foods have any value.

Special attention is given to vitamins and minerals. If a food contains

- less than half of the U.S. RDA, it is not a dietary supplement.
- half of to one and a half times the U.S. RDA, it is considered a dietary supplement.
- more than one and a half times the U.S. RDA, it must be sold as a drug.

Imitation foods. The word "imitation" on a package label, starting next year, will indicate that the food is nutritionally inferior to the food it "imitates." If the two foods are nutritional equals, however, the substitute need not be tagged "imitation," but its name will have to differ from that of the established product. For example, mellorine and paravine, which resemble ice cream, must be fortified to equal it nutritionally. With the new program, these two products will carry nutrition labels and will be sold under their own names—with no reference to ice cream or "imitation."

All this may seem confusing, but by paying attention, you can make sure your family is eating a balanced diet. —Frances M. Crawford



Furniture, especially wood furniture, is subject to attack—from budding Michelangelos with ball-point pens to guests who have no appreciation of the fact that wet glasses leave rings. At any rate, a variety of problems can occur. Following is a roundup of these problems—with solutions.

SCRATCHES. If the scratch is shallow, color it to match surrounding area: On *walnut* furniture, try rubbing the meat of a walnut or butternut into the scratch. Follow by waxing and buffing. If the piece is *red mahogany*, ordinary iodine colors it properly. Apply to the scratch with a cotton swab or No. 0 artist's brush. When dry, wax and buff. For *maple*, dilute iodine about 50 percent with denatured alcohol. Commercial colorings are also available.

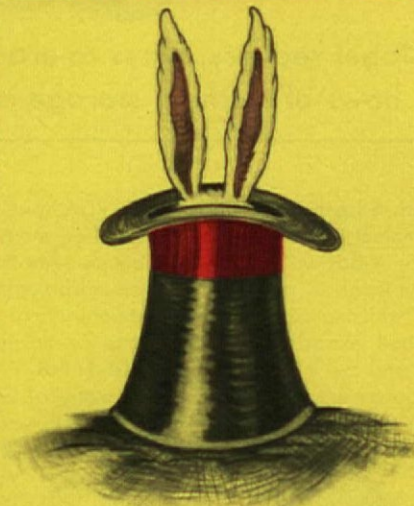
Major scratches require filling. The simplest way is with wax sticks. These look like crayons and come in a variety of colors. First, clean out the scratch with a razor. Wipe with naphtha. Rub stick along scratch, filling it and working it level. Wipe with a cloth. This type of repair is not likely to last long; a more permanent method is stick shellac, available in many colors. Heat a flexible knife. (If you use an open flame, quickly wipe the tool to remove soot.) Apply tool to shellac stick. Let shellac drip into scratch or wipe it in with tool. (Scratch should be clean.) Slightly overfill, let dry, then shave level with surface by scraping with a single-edge razor blade or 6/0 grade sandpaper. Polish with rottenstone (available at paint stores) and linseed oil.

INK STAINS. If ink does spill, immediately blot up, then pat stain with a damp cloth. *Don't rub.* Keep turning cloth. If all the ink doesn't come off, try rottenstone and oil, as in "white marks," below.

STAINS ON MARBLE- AND TILE-TOP TABLES. For coffee, tea, fruit juice and food stains, cold water and Spic and Span usually works. If it doesn't, use laundry bleach. For ink, use laundry bleach or peroxide. Grease spots yield to one part sal soda to nine parts water.

When you don't know what the stain is from, try a variety of things until one works: 1)

VANISHING ACTS FOR SCRATCHES & STAINS



Here are easy do's to banish the common blemishes furniture is prone to.

Spic and Span and cold water, 2) turpentine or white vinegar, 3) laundry bleach, or 4) 20-volume hydrogen peroxide or ammonia. (Never use bleach and ammonia together.) When using any of these cleaners, wipe on and give it half an hour; then clean with hot water and dry with a cloth. Wear rubber gloves. If none works, try some abrasive—first, fine-grade steel wool and a scouring powder (cold water). If this doesn't do it, rub with fine-grade sandpaper and Spic and Span—but not on glazed tile.

BURNS. Handle a slight burn with cigarette or cigar ashes. The ashes act like an abrasive. Dampen your finger and rub ashes over the area; when blackening is removed, wipe clean and apply wax. If a burn is deep, remove as much as you can by scraping it with a knife. Follow by wiping clean with a cotton swab dipped in naphtha. Smooth with extra-fine sandpaper; complete by following the method used to handle major scratches.

DENTS. The job here is to steam the wood so it swells back into shape. Use a wet cotton swab and some Soilax to remove wax and polish. Lay several thicknesses of cloth on dent. Place a metal bottle cap, top up, on cloth over dent. Press a hot steam iron on cap. Keep iron on only seconds at a time.

WHITE MARKS. There are two kinds—the rings left by glasses and the cloudy patterns left by hot objects. Follow the same procedure for both: Gently rub with a dampened finger and cigar or cigarette ash. Follow grain of wood; wipe clean when stain disappears. If it doesn't, you need something more abrasive: Shake a little rottenstone into one saucer and pour a little cooking or linseed oil into another. Fold a small piece of cloth into a pad; dip in oil, then in rottenstone. Rub blemish, following grain. Use light pressure.

CANDLE WAX. Wax is easier to remove if you harden it first: Hold an ice cube against it for half a minute. Wipe away water; use a dull knife to pick off wax without touching wood. Then gently scrape away the portion sticking to furniture. When all wax is gone, rub area with furniture wax; wipe dry.

DAMAGED VENEER. A number of things can go wrong with veneer, all repairable. A common problem is that it separates from the furniture. If this happens, glue veneer in place with white glue. First, though, clean out all old glue and soil. Use a wooden pick to spread glue; press veneer in place, then pile heavy objects on until the glue has dried.

Another problem is a blister. If it's split, poke into the opening with a damp cotton swab to clean it out; if there's no split, make a small incision along the length with a single-edge razor blade. Smear white glue under veneer. Place wax paper over veneer, then place heavy books on it. If veneer will not be forced flat, apply a damp rag to it until it becomes pliable. When glue has dried (overnight), pick and sand away wax paper, using medium-grade sandpaper. Wax and buff. —Tom Philbin

From "Home Repairs Any Woman Can Do," by Tom Philbin. Copyright © 1973 by Tom Philbin. Published by Prentice-Hall, Inc., Englewood Cliffs, N.J.

In our home, breakfast is the second most important meal of the day, and on Sundays it's often the first. Not that we eat huge down-on-the-farm breakfasts. But the day doesn't start out right if we don't have at least fruit, eggs, meat, toast and jelly or jam, and coffee—six basic ingredients.

Now at first blush you might think that with six basic ingredients to work from, our breakfasts would be infinitely varied. But they're not, and in that respect they are little different from substantial breakfasts that other people eat. Coffee is coffee. No chance for variety there. Meat is usually bacon, but sometimes it is sausage, scrapple or ham. Three or four different breads are used for toast, but since we each eat only two slices a day, it takes a monotonously long time to use up a loaf. Eggs can be boiled, fried, scrambled, poached, shirred and made into omelets. That's a pretty good change of pace; but when you get right down to it, an egg is an egg no matter how it is cooked. Fruit is almost always grapefruit—with orange juice a very occasional change—for about nine months of the year. In the summer, however, when our garden and orchard are in high gear, we switch around a great deal.

So that leaves the jelly and jam. They are our mainstays for providing variety at breakfast time. By actual count we have found that there are approximately 75 one-fruit jellies or jams made in the United States. And this does not, of course, include the many two- and three-fruit combinations that are made. Neither does it include marmalades, preserves, conserves and butters.

You can see why we like jellies and jams and make lots of them. Oh, no, not 75-plus varieties in one year. If we have just 10 or 15, that's plenty for a change of pace. Going to the jelly closet becomes a pleasurable game. Which will it be this time—strawberry, quince, peach, guava? We hold them up to the light to enjoy their color. We can almost taste them through the glass. What a lovely way to start a new day.

Essentials for jelly. Four things are needed in jelly making: fruit, pectin, acid and sugar. Pectin is a natural carbohydrate that causes jelling. All fruits contain it, but not in the same amounts. The amount even varies between different varieties of the same fruit and between fruit picked this year and that picked last year from the same tree. All fruits have more pectin when underripe than fully ripe. Acid contributes to the flavor of jelly and also to jelling. Ripe fruits always have less acid than underripe fruits. Sugar also contributes to the flavor of jelly and gel formation. In addition, it acts as a preserving agent. In short, how well you make jelly depends on how well you combine the four essential ingredients. Fortunately, this is not difficult. Anyone can make good jelly—jelly with a pleasing flavor, pretty color, cohesive but delicately quivering figure and melt-in-the-mouth tenderness.

Equipment. Even though you should make jelly in small batches, you need a big, deep kettle to contain the mixture when it is cooking at a rolling boil. An eight- to 10-quart size is about right. This is also adequate for preparing the fruit. A jelly bag is needed to drip the fruit. For some reason, we usually wind up making an improvised jelly bag out of three or four thicknesses of cheesecloth. This works perfectly well unless we fill it with too much fruit or squeeze the fruit too hard; then we have a mess on our hands. That's why it is better to sew up an honest-to-goodness bag of unbleached muslin or several layers of cheesecloth.

A jelly, candy or deep-fat thermometer is useful if you make jelly without added pectin, but it is not essential. Another useful but nonessential gadget is a wide-mouthed funnel for pouring jelly into jars. A tiny double boiler for melting paraffin also falls into the useful-but-not-essential category. Other equipment needed—spoons, knives, a colander, measuring cups, etc.—is fairly obvious.

Jelly glasses and how to use them. The standard jelly glass holds eight ounces and has either a screw-on or slip-on cap. But there is no reason why you should not put up jelly in nonstandard jars that are not cracked or chipped. To prepare glasses, wash them in soapy water and rinse well. Then put them upside down in boiling water and scald them for about 10

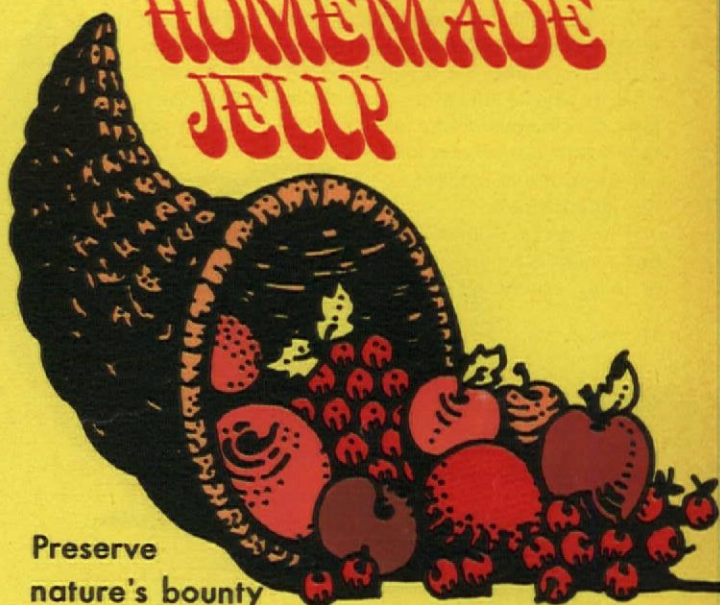
minutes. Remove them several minutes before the jelly is done and let them drain upside down. They must still be hot when you fill them. Lids and bands should be washed and briefly dipped in boiling water.

When you get around to filling your jelly glasses, all you need is a ladle and a steady hand. We also like to use a wide-mouthed funnel because it helps to keep jelly off the rims of the glasses; but as we just said, this is not essential. If you are using jelly glasses with two-piece screw-on lids, fill them to $\frac{1}{8}$ inch of the top. Wipe the rim clean with a paper towel. Put on the disc with the sealing compound next to the glass and screw the band down tight over this.

If you are sealing jelly glasses with paraffin, melt the paraffin in the top of a double boiler (it may catch on fire if you melt it in a pan directly on the burner). Fill the glasses to $\frac{1}{2}$ inch of the

By Stanley Schuler and Elizabeth Meriwether Schuler

HEAVENLY HOMEMADE JELLY



Preserve

nature's bounty

for a lovely way to start a new day.

top. Wipe the glasses clean on the inside with a paper towel. Then pour a $\frac{1}{8}$ -inch layer of paraffin on the jelly. This is all you need and is, in fact, better than a thicker layer because it expands and contracts more readily. If bubbles appear in the paraffin, prick them with a knife; otherwise they will leave holes in the top of the congealed paraffin. When the wax is hard, cover the glasses with slip-on metal lids to keep out mice.

Preparing fruit and extracting juice. If you make jelly without commercial pectin, about a fourth of the fruit should be slightly underripe. If you use commercial pectin, all the fruit should be ripe but still firm. In either case, wash the fruit well in cold water, but don't let it stand in water.

The method of preparing fruit varies. Some fruits can be crushed and pressed without heating. Others need to be cooked somewhat, usually in a little water. When the fruit is ready, pour it into a damp jelly bag which is set in a colander over a large kettle or simply hung over the kettle. To get absolutely clear jelly, let the juice drip until it stops; then either throw away the pulp or use it to make a fruit butter. You will, however, extract more juice by squeezing the bag. In this case, after you have gotten out all the juice possible, re-strain it—without further squeezing—through a couple of layers of damp, washed cheesecloth or a clean, damp jelly bag.

Making jelly without added pectin. This is the old way of making jelly and it is still a very good way provided the fruit is rich in natural pectin. Crabapples, acid (continued) 33

HEAVENLY HOMEMADE JELLY continued

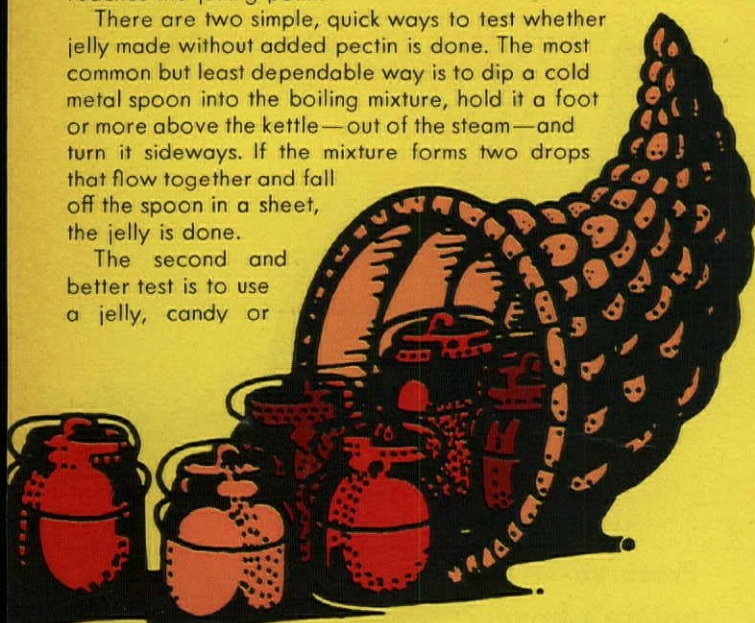
apples, sour cherries and slip-skin grapes are examples of such fruit. You use less sugar; on the other hand, you must boil the mixture for a longer time and you end up with less jelly.

If you are not sure whether a fruit has enough pectin, make the following test: Pour one tablespoon of the cool fruit juice and one tablespoon grain or denatured alcohol into a cup, stir slightly and let it stand for two minutes. If a solid mass of jelly forms, the fruit has a high pectin content, and in making jelly you should use one cup sugar for each cup of juice. If several small jellylike pieces form, however, the pectin content of the fruit is only moderate—you should use only $\frac{3}{4}$ cup of sugar for each cup of juice.

If the mixture forms many small particles, the fruit has too little pectin to make jelly unless you add commercial pectin. In any case, don't taste the mixture; throw it down the drain. If the fruit contains enough pectin, measure it into a large kettle and bring it to a boil. Then add a measured amount of sugar, stir well until dissolved and boil rapidly until the mixture reaches the jelling point.

There are two simple, quick ways to test whether jelly made without added pectin is done. The most common but least dependable way is to dip a cold metal spoon into the boiling mixture, hold it a foot or more above the kettle—out of the steam—and turn it sideways. If the mixture forms two drops that flow together and fall off the spoon in a sheet, the jelly is done.

The second and better test is to use a jelly, candy or



deep-fat thermometer. Before starting to cook your jelly, take the temperature of boiling water (it is not always 212 degrees). Then after boiling the jelly mixture for a while, lower the bulb of the thermometer into it and read the results. When the jelly-mixture temperature is eight degrees higher than the temperature of boiling water, the jelly is done. A third way is to pour a tablespoon onto a cold plate; refrigerate until mixture jells.

Making jelly with added pectin. This is our favorite method because it is fast and always produces a perfect product as well as a lot of it. No testing of doneness is necessary. The only slight drawbacks are that you use more sugar and you must follow the recipe exactly. Two types of pectin are sold in grocery stores. One is powdered; the other, liquid. We have always used the latter, but that doesn't mean there is anything especially good about it or especially bad about the powdered pectin. They make equally good jelly and they are equally easy to use, though the procedure varies somewhat.

To use powdered pectin, measure sugar into a bowl to be added later. Measure the fruit juice into a kettle and mix in one box of pectin. Place over high heat and bring to a hard boil, stirring constantly. Stir in the sugar at once, and bring to a full rolling boil again. Boil hard for one or two minutes, depending on manufacturer's directions. Stir constantly. Then immediately remove the kettle from the burner, skim off the

foam and pour the jelly into hot, sterilized glasses.

To use liquid pectin, measure the fruit juice and sugar in a kettle and mix well. Place over high heat and bring to a boil. Stir constantly. Immediately pour in pectin according to directions. Bring back to a rolling boil and boil hard for one minute, stirring constantly. Then remove the kettle from the range, skim off the foam and pour the jelly into glasses.

Storing jellies. After filling and sealing jelly glasses, let them stand undisturbed for 12 hours. Then label them and move them into a cool, dry, dark place. The jelly will keep for a long time, but quality declines with each passing month.

How to make frozen jellies. This is a new way of making jelly out of certain fruits, such as strawberries and grapes, from which you can extract juice without cooking. The principal advantage is that the jelly tastes more like fresh fruit than conventional jelly. A secondary advantage is that you don't have to spend much time over the range.

Frozen jelly is usually made with added pectin, either powdered or liquid. Unfortunately, there is enough variation in the way jellies are made with powdered pectin to prevent us from giving general directions here. To use liquid pectin, crush ripe fruit, place it in a jelly bag and press out the juice. Measure the juice and sugar into a large bowl and mix well. In a separate bowl, mix pectin with water or lemon juice, as specified, and add it to the fruit juice. Stir for three minutes. Then pour the jelly into cool, sterilized jelly glasses or rigid freezer containers to $\frac{1}{4}$ inch of the top. Cover tightly (but a perfect seal is unnecessary). Let stand at room temperature until the jelly sets. Then store in your freezer. It will keep for six months or a bit longer. Once opened, however, it must be used up quickly. Frozen jellies can also be stored in a refrigerator, but only for three weeks.

JELLY (without added pectin)

3½ pounds grapes
½ cup water
3 cups sugar

Concord and similar varieties make the best purple jelly but other American bunch grapes can be used. We recently used white grapes with just a few purple fruits added, and they made an outstanding jelly in a very lovely shade of rose.

Wash and stem grapes. Crush, add water and bring to a boil. Simmer for 10 minutes. Extract juice and allow it to stand overnight in a cool place. Then strain through a double thickness of cheesecloth to remove tartrate crystals. Measure 4 cups into a kettle and add sugar. Follow standard procedure for making jelly without added pectin. Makes 4 8-ounce glasses.

JELLY (with added pectin)

3 pounds grapes
½ cup water
7 cups sugar
½ bottle liquid pectin

Stem, wash and crush grapes. Add water, bring to a boil and simmer for 10 minutes. Extract juice. Measure 4 cups into a kettle and add sugar. Follow standard procedure for making jelly with liquid pectin. Makes 9 8-ounce glasses.

FROZEN JELLY

2 pounds grapes
4 cups sugar
2 tablespoons water
½ bottle liquid pectin

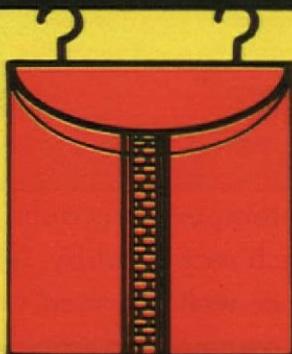
Stem, wash and crush grapes. If they are not very juicy, heat them slightly. Put in a jelly bag and squeeze out juice. Combine 2 cups with the sugar. In a separate bowl, mix water and pectin and add to fruit. Stir for 3 minutes. Pour into clean, cold jars and seal. Let stand for 24 hours at room temperature. Then put in freezer. Makes 6 8-ounce jars.

NEW STORAGE STORY

Storing clothes with today's space savers is a simple matter. What's the secret? A marvelous assortment of handsome, durable new items—from a paisley-printed jumbo storage bag for 20 dresses to a wood-grain-finished chest that doubles as a bench.

With fall just around the corner, it'll soon be time to put away all those warm-weather clothes and accessories. But how best to store them? To help you, here are some storage hints and a quick rundown of the newest, nicest ways to cope with storage problems.

To begin with, vacuum closets regularly to help prevent moths and silverfish. Mothproofing is another good preventive, since the presence of these insects is hard to detect until



Flat storage: There are several alternatives for storing nonhangables. If you have shelf or floor space, box storage is the answer. The boxes, usually made of vinyl over a rigid frame, range in size from small, single-item types to large partitioned affairs; prices are \$7 to \$16.

Among other flat-storage solutions are units that resemble furniture. You can get low campaign chests that double as seating and you'll find dressers in all

their destructive deed is done.

Clean your clothes before storing them; remember, dirt and stains attract insects. And brush clothes before and after storing, to freshen them and help eliminate any moths that may be lurking in pockets, under lapels or in seams.

Hang clothes properly—zippers zipped and buttons buttoned—they'll hold their shape better. And leave spaces between garments to help hanging clothes stay wrinkle free. Store



sizes to suit almost any space requirement. They are made of wood, synthetics, metal or cardboard with a wood-grain finish. Prices vary from \$12 to \$30.

Shoe storage: Now it's easy to corral all your shoes into one neat storage space. You can use a hanging shoe file that has pockets on both sides of a fabric or vinyl strip, or a wall or door bag with pockets on only one side. You'll find high, narrow dressers and partitioned shoe chests similar to

heavy knits and sweaters flat and use tissue paper between folds to discourage wrinkles. Don't store clothing in damp areas; mildew and odors can become a problem.

For your convenience, there is a great variety of ingenious, space-saving storage gear in notions departments and hardware stores. The items come in coordinated colors and prints, some even in handsome wood-grain finishes and are packaged under many different



the flat storage containers; all come in paper- or vinyl-covered cardboard. Finally, there is that superb organizer—the metal shoe rack that sits on the floor or hangs from the wall or door. Prices for all types of shoe storerers run from \$3 to \$18.

Closet space savers: These little hanging marvels hold several garments in the same space as one. Tucked into your hanging storage bags, they can really help you stretch that limited

brand names. Many are made by Whitmor Mfg. Co., the Clopay Corp. or Scovill.

Hanging storage: If you have sufficient closet space, the best place to put suits and dresses is in hanging storage bags. These come in many materials—vinyl, nylon, clear plastic, denim, sailcloth—and sizes—from single-item bags to paisleyed jumbos that hold 20 garments. Most have special heavy-duty hangers and zippered sides; prices range from \$2 to \$12.



space. You'll find slacks racks that hold from four to six pairs, folded over, and skirt/slacks racks that use clips and hold up to six items. Especially nice are the combination hangers for skirt/blouse or shirt/slacks ensembles. And, of course, there are the indispensable tie and belt organizers. They hang in a closet or in your clothes bag and hold from 18 to 48 ties on individual arms, with a big bottom hook for belts.

—Jeanne M. Bauer



Today's unprecedented art explosion makes the old excuse, "I

don't know anything about art, but I know what I like," nothing but a cop-out. You can't know what you like until you're familiar with what's available, and with current interest crossing all boundaries of geography and income, art is all around us. Exhibits once confined to urban museums are touring the hinterlands by truck, trailer and railroad. Colleges and universities are opening their doors to off-campus neighbors when art events are scheduled. Public libraries are lending their wall space for exhibits by local artists. Publishers of books, newspapers and magazines are expanding their art coverage, and TV stations are allotting prime time to special programs on art and its creators.

Unlikely retail outlets—mail-order houses, discount stores, picture-of-the-month clubs, even supermarkets and drugstores—are contributing to the popularization of art, however questionable its quality may sometimes be. While all this exposure won't turn you into an authority, it should, if you take the time to look, give you the self-assurance and viewing experience needed to make discriminating choices.

Back in the days when art was spelled with a capital "A," collectors were usually the moneyed elite, and galleries gave off an aura more intimidating than inviting. Nowadays, it's all different.



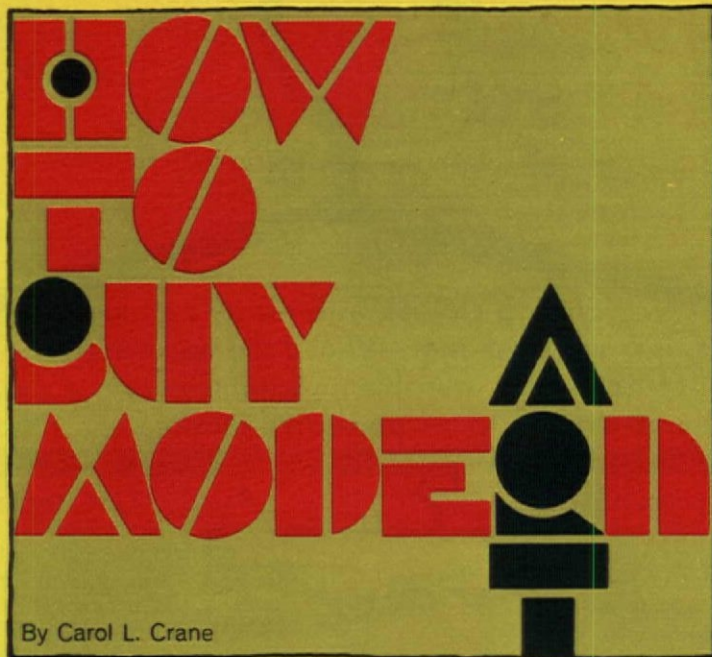
Gallery owners are as friendly as neighborhood shopkeepers. And excellent originals—including oils, watercolors, acrylics, gouaches—are available to budget-bound buyers in the form of graphics, produced by the printing process under direct supervision of

the artist. These "multiple originals" comprise the following categories:

LITHOGRAPHS. Lithography is a planographic medium—drawing and background are on the same plane. The technique relies on the antipathy of oil and water. An image is drawn with grease crayon on a special smooth stone that's then bathed in a grease-repellent chemical compound.



Ink applied to the stone adheres to the drawn lines but not to the undrawn background areas. The image is then transferred, in reverse, to paper, by use of a press that exerts a sliding or scraping force through a bar of wood.



By Carol L. Crane

Collecting contemporary graphics need not be just a rich man's hobby. Anyone can do it. The secret? Be well informed and you can buy art worth owning at a price you can afford.



WOODCUTS, LINOLEUM CUTS. These result from a technique that originated in 8th-century China and employs the relief method of printing. A design is drawn upon a smooth surface (a wood or linoleum block); then all areas except this design are cut away with special wood-cutting knife and gauge. The raised design is inked and reproduced on paper that is pressed against the block.

ETCHINGS, ENGRAVINGS, AQUATINTS, DRY-POINTS. These related media are examples of the intaglio method, which is the reverse of relief. A drawing is cut into a metal plate with acid or a sharp tool. Then the plate is inked, and wiped so ink fills just the cut-in lines. Plate and paper are passed through a press, and the drawing is transferred to the paper.



SERIGRAPHS. These are silk-screen prints; the technique used to make them is based on the stencil principle. Designs are created on finely woven silk stretched taut on a frame. The artist blocks out blank areas of his design with a stencil or with a glue that fills in the pores in the silk. Ink forced through the silk reproduces the pattern of blocked and unblocked areas on paper placed beneath the screen. Though old, this technique—called serigraphy—is especially well suited to contemporary art, since it permits a color intensity impossible to achieve with other graphic media.

Production of multicolor graphics involves repetition of the steps described above—the medium determines the actual technique—for each color used. For a more detailed survey of the world of graphics, you might investigate *A Guide to the Collecting and Care of Original Prints* by Carl Zigrosser and Christa M. Gaehe, Crown Publishers, Inc. \$3.50.

Before buying a washing machine—or any product for the home—you doubtless study the market thoroughly. Art purchases deserve the same

ful research—maybe more—since art, depending on its quality, is expected to increase in value with the passage of time, while a washer is depreciating the moment it's installed. As you shop, note that the price (but not the artistic value) of a fine print is determined by four main factors:

THE ARTIST. The better his reputation, the higher the price. Buying the work of a recognized artist offers pretty good assurance of a sound financial investment. However, this should not be your most important—or only—reason for making a particular purchase. Graphics by unknown artists can be acquired very reasonably, sometimes for under \$50; if a print appeals to you, that appeal should be your primary motive for making a purchase. And there's always the exciting possibility that your artistic judgment will be confirmed by later recognition of an unknown whose work you acquired before the rest of the world discovered him. By the same token, the relatively high prices of graphics keep misguided purchases from becoming major disasters.

THE IMAGE ITSELF. One signed Picasso print from a numbered edition of 50 can cost \$1,000; another Picasso print from an edition the same size could cost as much as \$100,000, if it is rare and adjudged by experts to be a more significant work.

RARITY. The law of supply and demand governs art as well as other commodities. A graphic from an edition limited to 50 will cost more than a similar print from an edition of 200; however, the pleasure you derive from owning a print has no relation to its cost, or to the fact that 199 other owners are sharing that pleasure. A penciled signature adds appreciably to the purchase price and investment value of a print, but a signed work has more artistic merit than an unsigned graphic produced from the same stone, block or plate.

Numbered, signed editions and unnumbered, unsigned prints are sometimes produced from the same negative; the signed, numbered graphic may cost as much as five times the price of the unsigned print, so it's up to you to decide whether you're making a financial investment or acquiring a work of art for the pleasure of living with it. Limited editions may be identified by two sets of numbers, separated by a slash, appearing in the lower margin of the print. The first set indicates the print's position in the edition; the second indicates the edition's total output. Thus, 19/200 means you have the 19th print in an edition of 200. All prints from a single edition are equal in value, the first no more valuable than the last.

CONDITION. Tears, stains and damages irreversibly reduce the value of graphics. Damaged prints can be repaired by experts, but the restored print can never again match the value of one in mint condition from the same edition. Improper framing can do as much damage to prints as carelessness or neglect. Did you know that while prints should always be

mounted under glass, the glass should never touch the surface of a print? Were you also aware that the paper you intend to have touch a print—mat, backing board, mounting tape—should be 100 percent rag content? Wood-pulp paper manufactured with chemicals will stain a fine print and ruin it prematurely.

And has anyone ever told you that prints should never be glued or pasted down along the edges, but should hang free from paper hinges so they can "breathe" and adjust to atmospheric changes—or that commercial paper tapes and "sticky" tapes other than gummed white linen tape made



for this purpose should never be used in framing? Proper framing is as important to the preservation of prints as it is to their appearance. Some galleries offer expert framing service; others provide

clients with a list of recommended framers.

The advent of photo-mechanical means of reproducing graphics, however, poses a problem for the novice collector, who may easily be duped into buying a mass-produced copy misrepresented as an original print. Your first line of defense is education; expertise in distinguishing calendar art from originals will increase in direct proportion to your exposure. If you don't have the time to become a print connoisseur, your best bet is to rely on the knowledge of an established, reputable dealer. His willingness (or reluctance) to issue a written guarantee of authenticity for your purchase is a good indication of his reliability. Most legitimate dealers will also promise, in writing, that an acquisition may be returned for full refund within a reasonable period (generally 10 to 30 days from purchase). Some galleries will also permit later return for full credit toward "trading up" to a more expensive acquisition.

Recognizing that reputations aren't built overnight, the Art Dealers Association of America will not consider for membership any gallery that has been operating less than five years. And graphics dealers who have earned certification from the Print Council of America maintain rigid standards regarding the authentication of representations of original prints. (A list of certified dealers may be obtained by writing the council at 527 Madison Ave., New York, N.Y. 10022.) Recognition by either or both these prestigious organizations is a top-notch indicator of a gallery's reliability.

Unless you're an expert, be wary of buying at art auctions. Auction houses generally sell without guarantees, and operate on the principle of caveat emptor (let the buyer beware). Attend some art auctions just for fun (and for one of the best free shows in town). Take note of graphics sold and prices paid and then do some comparison shopping in the galleries. Don't waste your time daydreaming of acquiring undiscovered, unrecognized treasures of the Rembrandt-in-the-attic type. Sylvan Cole, Jr., president of Associated American Artists and a director of the Art Dealers Association has purchased an estimated half-million prints during his career and recalls only five "undiscovered" bargains among them.

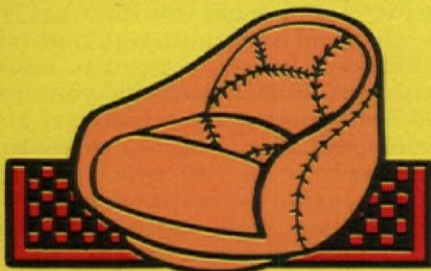
No one can tell you what fine art to buy; the graphics you choose to own are for you alone to select. But here are a few final pointers on how to buy: Don't choose a picture just because it's the right size or shape for that spot over the fireplace, because its style is in keeping with your country French furniture or because its colors go well with the living-room curtains. That kind of "accessorizing" is demeaning. Art should stand or fall on its own merit. Traditional and modern, representational and abstract—if the graphics are good, they'll be in good company.

The GOOD LIFE

It's happening now, this month—easy sewing notions, gourmet cooking by cassette, heady winery sights and the latest fun in games.

SEATS OF POWER

For that World Series fan, how about a TV game-watching chair that looks something like a baseball? It's in gray velvet or vinyl, with simulated baseball stitching. Selig makes it to retail nationally at about \$345. Or sink into the Pop-Over, a soft, rounded chair with a back button smack in the middle. Also by the Selig Company, it's about \$280.



TREE TREAT

Now you can fertilize trees and shrubs effortlessly—with Jobe's Tree Food Spikes (\$2.95 for a package of five). Composed mainly of nitrogen, phosphoric acid and soluble potash, the spikes come with a removable rubber cap for protection when pounding them into the ground around the tree trunk. They are said to be three times faster to use than other tree fertilizers and require no additives, digging or drilling.

SEW NICE

Every time we're about to give up the whole thread-knotting, finger-stabbing business, someone comes up with a new invention that lures us back to the sewing room. This time that someone is 3M, whose "Scotch" has a whole bagful of notions: Pinless Pattern Holder, a spray adhesive that holds patterns and fabrics in place; ruled adhesive Sewing Tape for straight seams, pattern adjustments; Reflective Fabric Trim to apply to outdoor wear for night-safety's sake; Flexible Fabric Fasteners, an alternative to buttons and zippers. None costs more than \$2. . . . Though priced at \$469.95, Singer's Futura 900 is a temptation. It works all sorts of stitchcraft, even making buttonholes automatically to fit any button you slip into its computer slot.

THE CASSETTE CHEF

The latest soothingest voice in the kitchen is that of master chef James Beard. In his new series of taped "Cook Along" lessons, he's right there beside you—offering helpful hints (dunk onions in boiling water for easier peeling), reminding you of basic equivalents, glorying in anticipation (his chocolate sauce will be "sinfully delicious"). Cassettes contain full directions, menu and wine suggestions for two complete meals. Available at department and book stores, they're \$6.95 each, \$69.95 for the full set of 10 (20 menus).



SPIRITED SITES

Heady news for traveling wine lovers: museums, east and west, dedicated to their favorite subject. In California, the Christian Brothers Winery toasts the opening in late fall of its Wine Museum of San Francisco, full of art, sculpture, books, artifacts and drinking vessels that tell the grapy story through the centuries. In New York State, the Greyton H. Taylor Wine Museum near Hammondsport currently displays all the

tools of the vintner's trade plus a collection of Presidential crystal. Admission is \$1; no charge for visiting the 100-acre Bull Hill Winery, or for sampling.

Speaking of which you might pick up a bottle for home-mulling in the fall days to come. Simply simmer peels of 1 orange and 1 lemon with cinnamon sticks, 1 teaspoon sugar per quart burgundy; strain, serve in mu



GAMMONSMANSHIP

If this is your fall for backgammon (how can it *not* be?), the considerable counsel to be found in *Backgammon, The Art of the Game* by Prince Alexis Obolensky and Ted James (Collins, \$2.95). The Prince, who made his first moves as a child in Istanbul and grew up to co-found the International Backgammon Association, offers a bit of history, clearly diagrams basics and variations. With a little practice, you might join His Highness at the Second Annual Scholastic's 100 Pipers American Championship in New York, October 31 to November 4. Kitting space is \$25, and Unit Cerebral Palsy benefits.

GOOD WORDS

Nice to warm your heart by: a small volume of people-reaching thoughts from such disparate and undesparring sources as Joe Baez and Boris Pasternak, Paul McCartney and Eleanor Roosevelt. Among our favorites: Phyllis McGinley—"A good day is waking after eight solid hours of sleep to find the sun shining through windows that have lately been washed . . . and to know on the instant of rising exactly what to get from the market for dinner." Lady Bird Johnson—"I like being real tired from getting the lawn weed out of the zinnia bed and finally sitting down with a glass of lemonade to see how pretty the flowers look. . . . There's something really satisfying about working and having gotten it done." A Hallmark Edition at \$2.50, it's titled *The Good Life*, of course.

WAS THE BRASS MONKEY A WOMAN?

Other speculations concerning the drink that defeated the Japanese Imperial Secret Service in World War II.



was in a sunshine yellow drink. It was named, like the club itself, after a small brass figurine perched in a niche beside the entrance: The Brass Monkey.

Soldiers of fortune, riff-raff, purported agents, and double agents, ordered the Brass Monkey. Smiled, were content, and went on with their business, nefarious and otherwise.

A Clue

One night an Imperial Observer was said to have noticed an unusual pattern. The club entertainer—a Eurasian chanteuse of notable endowments who called herself Loyana—sang the same song repeatedly. Each time upon request.

Loyana's Swan Song

Next night, the Imperial Agent allegedly returned with a cryptologist from the Code Division of the Kempeitei. Could he discern a message in Loyana's song, "My Love is a Man of Gold"? Was there a code in the lyrics? In the changing notes of the accompaniment?

Was the Brass Monkey a woman?

Perhaps Loyana was "invited" to give a command performance in a lonely, fog-wrapped warehouse.

Perhaps after hours of "persuasion" she was forced to tell it all.

In any event, the night following the time-of-many-singsings, Loyana disappeared. Not long after, the club

closed. Not the Japanese file on the case, though. Till the end of the war the Brass Monkey was rumored to be a monkey wrench in the plans of the Axis.

Still A Mystery

Who then, was the Brass Monkey? Legend has it that Allied Agents learned his identity from the coaster served with the Brass Monkey cocktail. When they crossed out the words, "No Evil," then removed all the letters from "The Brass Monkey" which did not appear in "See, Hear, Speak," they were left with the name: H. E. Rasske. That name, though, could have been an anagram for E. H. Kessar. Or Rhea Kess. A woman.

H.E.'s Homage?

Hearsay has it that every few years since the end of WW II, a gray-haired gentleman visits a nun's cloister in Hong Kong across the estuary from Macao. Could he be the same man who some say once enjoyed a relationship with Loyana? The same, perhaps, who is identified as H. E. Rasske, inventor of the Brass Monkey cocktail?

What's a Brass Monkey?

It's an absolutely smashing drink made from a secret combination of liquors. Tasty, smooth and innocent looking, but potent.

The color of sunshine with the mystery of moonlight.

The Brass Monkey. For men and women who don't just wait for things to happen.

HEUBLEIN COCKTAILS



Bits and pieces of the Brass Monkey legend are still surfacing. As hard to pin down as quicksilver, as boneless as oysters, but as hard to ignore as the jolt of brass knuckles. The truth? Where does it lie?

Candidly, we don't know.

It is rumored that early in 1942 the Japanese Imperial Secret Service began a concentrated search for an

agent. Code name: Brass Monkey. Affiliation: our side.

Gossip had it that a trafficker in information, probably Ha Fat, the quinine dealer, had put the Secret Service onto a drinking club in the port of Macao.

The Japanese began around the clock surveillance.

Heavy Traffic

The Club's heaviest trade



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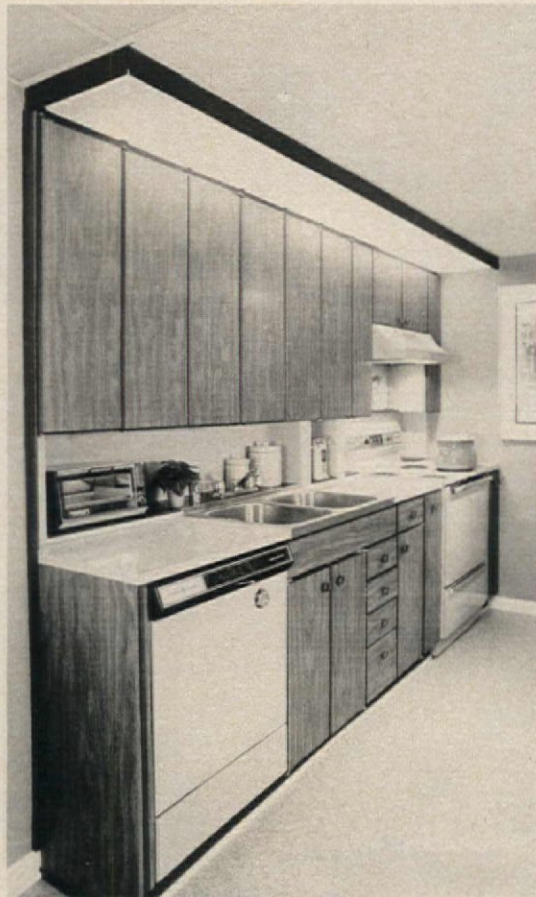
Anything worth
covering is worth

Chatham

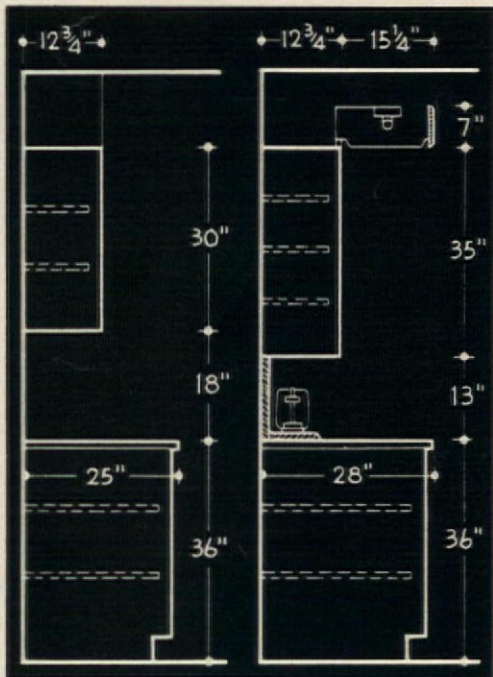
A KITCHEN THAT CARES

At first glance the kitchen below, though sleek and handsome, does not seem out of the ordinary. Not so. Look closer and you'll find a forecast of what may well be a major revolution in design: It's General Electric's new modular system, the result of hundreds of queries to homeowners about what they want in a kitchen. Seen here in The Ryland Group's "Prototype '74" house (bottom, left) in Columbia, Md., the GE kitchen is a wonderful answer to a homemaker's concerns.

To begin with, it provides extra, more convenient cabinet space (see profile drawings, below, right), with an innovative back-of-counter storage shelf for small appliances. Cleaning it is super-easy, since counter-top and cabinet surfaces are of durable plastic laminates. Another plus: Continuous soffit lighting comes with the cabinets to let the soup-stirrer and vegetable-cutter *really* see what they're doing. Finally, since major appliances are designed to fit flush to the cabinets, and since the abundant storage space is so *tidy*, the kitchen is trim and finished-looking.—Jeanne M. Bauer



Raised ledge at rear of counter (left) is big enough so that small appliances can stay at hand ready for use. Columns have electrical outlets. Nook at center is ideal for electric can opener.



Cabinet profiles (left) show some of the prototype kitchen's storage advantages: Base cabinets are deeper than standard size; upper cabinets provide a third more shelf space. And within an average person's easy reach, there are two shelves instead of the usual one.

Standard cabinets

Prototype cabinets

Prototype kitchen (above) features a back-of-counter shelf for canisters, spices, small appliances—even plants. Cabinet-door widths are restricted to 12 inches, so no upper door extends beyond the counter edge—an important safety feature. Still in the development stage, the GE kitchen, in several configurations, is being introduced first to builders in Kentucky and Florida.



PROTOTYPE '74: TESTING THE FUTURE

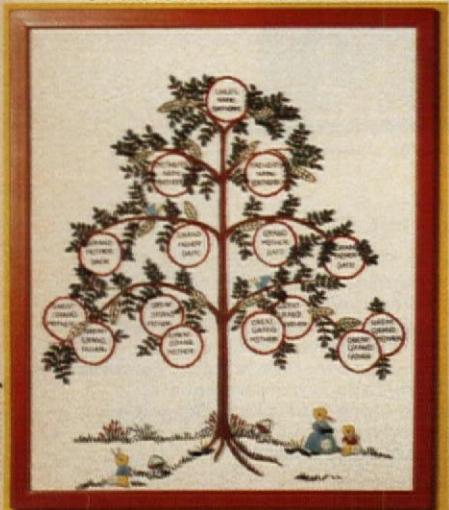
The traditional look of the house at left is deceiving. It's actually a testing ground for a number of breakthrough building products and techniques, including the GE kitchen system shown above. Brainchild of The Ryland Group, a leading home builder, "Prototype '74" is full of surprises, such as: waterproof wood foundation of Osmose-treated lumber; combined sheathing insulation of Dow Chemical's Styrofoam panels; aluminum floor joists by Alcoa; molded Fiberglas entrance door from Owens-Corning; one-piece interior walls from Upson panels; and solid vinyl siding from Certain-teed.



These exceptionally charming designs for the youngster in your family were created for us by Cathy Irvin. Though delicate, they are sturdy enough to be long-lasting heirlooms. The beguiling Grow Chart (right), 9½ by 28 inches, is stamped on soft antique beige linen. The embroidered numbers can be omitted, if you wish, and the panel used decoratively instead.

The exquisite Birth Record design (above), 11½ inches square, is stamped on white linen. Instructions for lettering are included, but you can omit the letters and hang a treasured miniature (top) or gold watch for an entirely different effect. The frame is also available. Both of these kits come with stitch charts, color guides, easy-to-follow instructions and crewel yarn.

Family tree (below), a memento to cherish, is 16 by 19 inches, stamped on white linen. Frame is available.



By Dorothy Lambert Brightbill
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 GROW CHART,
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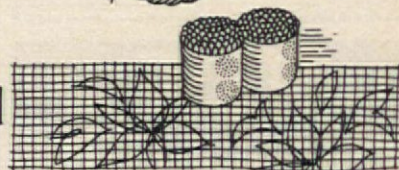
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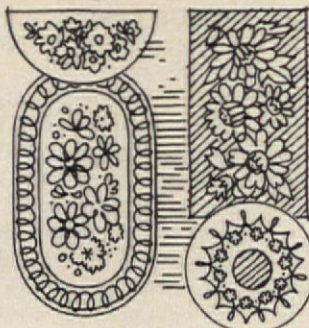
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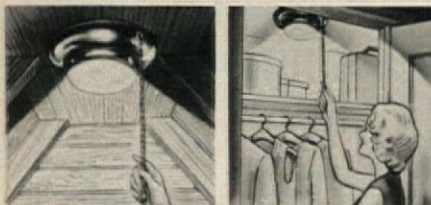
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A REPORT ON THE ENERGY CRISIS continued from page 6

WHICH TYPE OF AIR CONDITIONER would be better: one that conserved energy but took longer to cool a room, or one that cooled a room faster? The energy-saver was preferred by 83 percent, with only 12 percent opting for the faster cooler. These figures suggest still another heartening change of attitude. People are now willing to sacrifice a little comfort to conserve power and reduce fuel bills.

HEATING, FUEL AND INSULATION are three subjects that are very closely allied. Regardless of the heating system now in use, we asked what would persuade readers to change to a new type of fuel or power system. If the new system would save on fuel bills, 65 percent might be persuaded to change. If the new system would help conserve energy, 53 percent expressed interest in changing. If installation costs were recoverable in five years, 42 percent said they might change. And if special low-interest loans were available for such a changeover, 14 percent found some likelihood of change. Thus it seems that our readers are flexible in their thinking about a change to some better system.

It was also surprising—and gratifying—to find readers showing an awareness that better insulation and better home construction would result in lower fuel bills, regardless of what type of fuel was being used. In fact, our readers calculated that about 25 percent of their fuel costs could be saved this way.

Another pressing question that we put to our readers concerned the rising cost of good residential land and whether they would consider living in one of the newer forms of housing—condominiums, cluster communities, planned unit developments—in which land is owned jointly by all the neighbors. Here we ran smack up against tradition, with the majority favoring detached single-family houses on their own land. Only one-third would consider any of these new forms for their permanent home, three out of eight for a vacation home. Traditionalists were aware of the continually inflating price of land and its effect on future homeownership. But as one woman put it, "We want our little white cottage with a fence around it, though I'm not sure that it's what our children will want or be able to afford."

THE QUALITY OF BUILDING is something a great many homeowners are clearly dissatisfied with today. When we asked if they thought the average builder gives home buyers value for their money, four out of five readers answered with a resounding *no*. What could be considered the worst features of today's houses? One in five mentioned poor construction, poor workmanship and poor

quality of materials. Nearly one in listed poor insulation, poor wear stripping, wasted space, poor plans and small rooms. And the rundown complaints went on to include doors, windows that don't fit, lack of closet space, use of green lumber, bad paint jobs and unnecessary damage to existing trees on the lot. We received this response repeatedly, "The builder doesn't seem to care!"

What's the best way to prevent inferior housing from being built? Three out of four readers felt that a demand for quality housing would be most effective in combating poor quality. Most insisted, however, that stronger action was needed. Some 42 percent suggested changes in building codes, and 30 percent recommended more stringent government standards. An interesting footnote: 76 percent of our readers felt they would get better value if they had a house designed specifically for them.

SIZE VS. ENERGY SAVING did not prove an imponderable. If two houses cost the same, but one is larger and lacks energy-saving features and the other is smaller but features energy conservation, fully three-quarters of those who answered the questionnaire said they would choose the latter. Their reasoning was sound, too, for as one reader stated, "The extra space isn't as valuable to me as the energy-conserving features that will continue to save me money, year after year."

Increased taxation is never popular but when we asked our readers whether they vote yes or no if their communities were to propose an increase in taxes for ecological improvements—such as a new sewage-disposal plant or water-purification system—71 percent said they would vote yes. Feelings ran high for making the community "a better place for the children." And on a broader plan many readers wrote with great emotion about the "far-reaching worldwide effects of pollution" and of the need "help save the planet Earth."

In general, the people who completed our questionnaire said they believed their neighborhoods had been upgraded during the last five years—the result of new home building and the pride and concern of individual owners in their homes and community. Though two out of three readers reported a definite improvement, 18 percent reported some type of neighborhood deterioration and 11 percent noted no change.

We were enormously impressed by the number of readers who, in filling out and mailing the questionnaire, expressed not only knowledge and concern for today's environmental issues, but also willingness to take positive steps to help solve the problems. —The Editor

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BEST HOUSES OF 1973

The soaring cost of building is now the silent design partner of many residential architects, to judge from trends evident in the 18th annual "Homes for Better Living" judging, sponsored by **American Home**, *House & Home* and the American Institute of Architects. With few exceptions, the winners reflect close attention to cost—by efficient use of space and of less expensive materials.

To make the most of every inch, the houses cited feature decks more closely integrated into floor plans, interior sun courts usable even in cooler months and more extensive built-in furnishings and storage. To dramatize smaller interior spaces, the award winners include spectacular skylights, high ceilings and balcony rooms.

Making a virtue of necessity without sacrificing quality, most of the architects have used lower-cost materials, but in fresh, new ways. This means natural wood exteriors are prominent, lessening long-term maintenance problems.

Here through page 52 are vignettes of 17 of the 20 award winners. On this page are five in the year-round custom-house category (the remaining three are shown in color starting on page 57).

—Guy Henle and Jane Levy



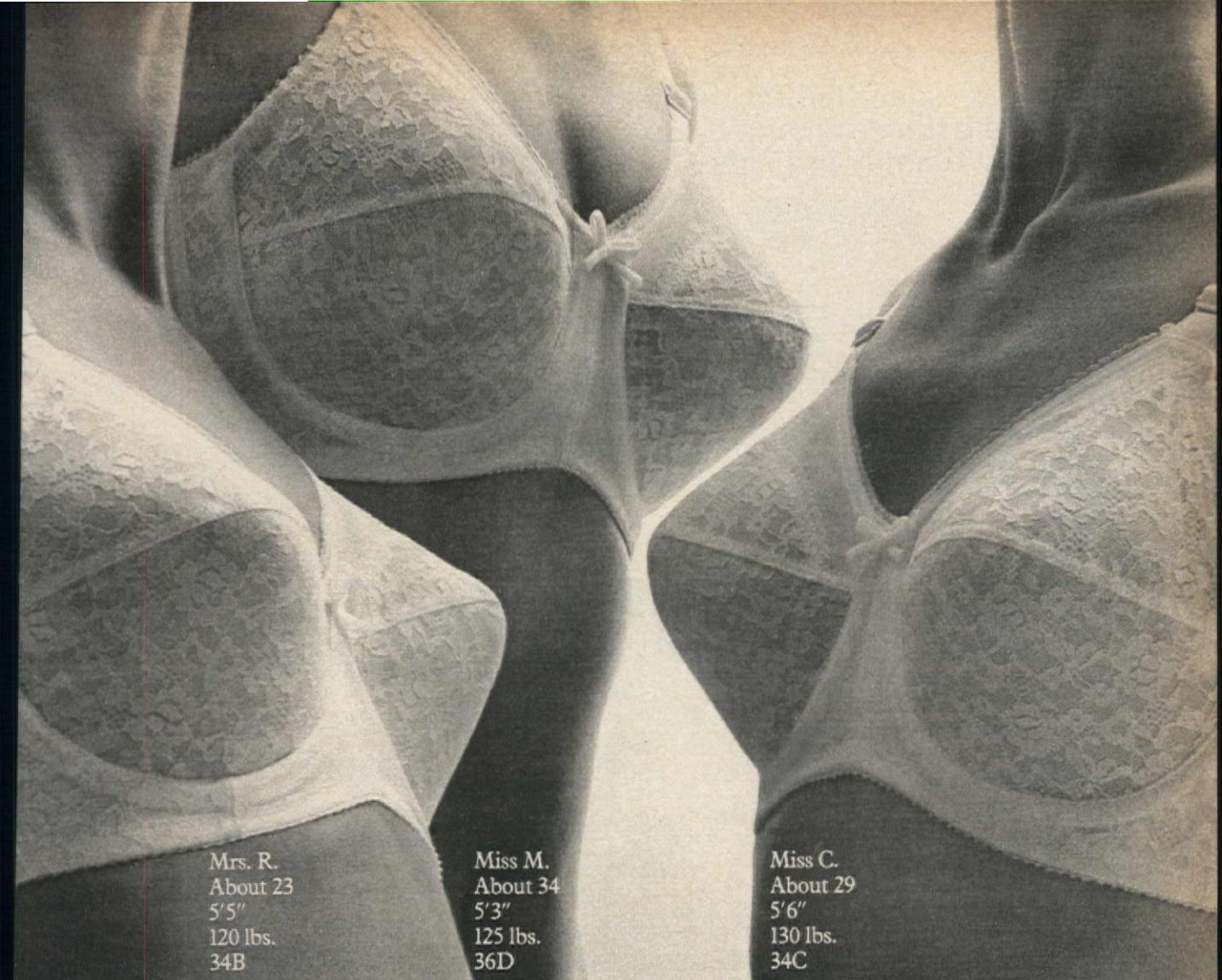
1 Unusual rock outcropping on a Stamford, Conn., site dictated the changing floor levels of this cedar-sided house. One-story living area flows into two-story bedroom tower. Architect: David Kenneth Spector. Honor award.

2 Situated atop a grassy knoll overlooking the Pacific at Sea Ranch, Calif., is this two-house complex. Host and guest houses both have stepped-back design, giving major rooms in each an ocean view. Architect: Kirby Ward Fitzpatrick. Merit.

3 Its night glow reflected in a quiet pond, this house sits serenely on four-acre site near Old Westbury, N.Y. House, designed for a large household and extensive entertaining, is an interplay of forms and spaces. Architects: Richard Meier & Assoc. Merit.

4 Glass-enclosed living area high in the trees occupies most of top floor of Berkeley, Calif., house designed for architect's family. Lower floor has apartmentlike space for three young boys. Architects: McCue Boone Tomsick. Merit.

5 A 25-by-40-foot courtyard is the focal point of this architect's home in Tacoma, Wash. Protected on three sides, courtyard serves as a sun trap in cool climate and adds to livability of 1700-square-foot house. Architect: Alan Liddle. Merit.



Mrs. R.
About 23
5'5"
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Miss M.
About 34
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125 lbs.
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Sensitive consideration for the land is a recurring theme among these award-winning multifamily projects.



1 Shorebirds Condominiums, a second-home recreational development, nestles into seaside dunes at Watsonville, Calif. Project takes up one-fifth of 47 acres—the rest is untouched. Architects: Frank L. Hope & Assoc. Builder: Williams & Burrows, Inc. Honor.

2 To avoid row-after-row monotony, Evergreen Villages in Olympia, Wash., is actually nine villages, each facing inward to planted and paved courts. Rough-sawn stained cedar siding blends with richly wooded site. Architect: Robert Billsbrough Price. Builder: Contractors, Inc. Honor.

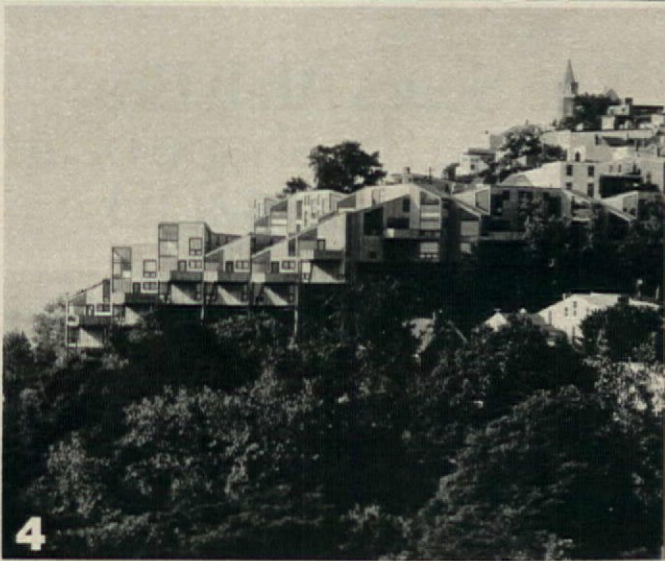
3 Blackbriar, in Danville, Ill., comprises condominiums with living spaces oriented toward country-club golf course. Screened patios and balconies provide outdoor living areas. Architects: Crites & McConnell. Builder: Connor-Crites Development Co. Merit.

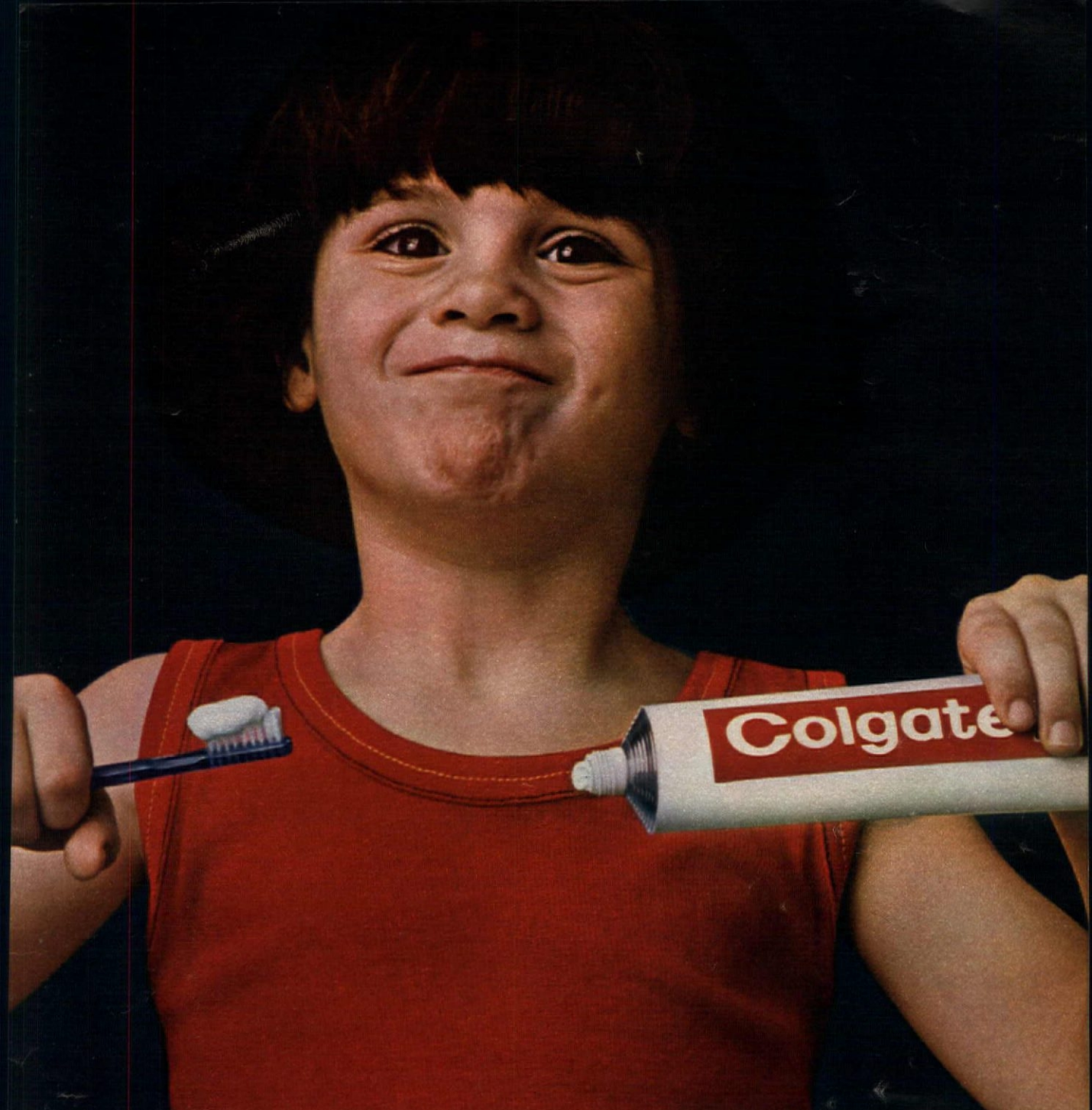
4 Hillside view of Ohio River is part of life in The Cloisters, town-house development in Cincinnati, Ohio. Architects: Hardy Holzman Pfeiffer. Builder: Towne Properties. Honor.

5 Sbona Tower and Senior Center, built for the housing authority in Middletown, Conn., provides apartments and community center for the elderly. Architects: Gilbert Switzer & Assoc. Builder: Giordano Construction Co. Merit.

6 Rugged farmhouse construction of Country House Condominiums at Black Butte Ranch, Sisters, Ore., blends with ponderosa pine grove. Interiors are nonstructured spaces. Architect: Donald Goodhue. Builder: Keeton-King. Merit.

7 Design and siting of condominiums at Sahalee Village in Redmond, Wash., represent an effort to retain landscape and also insure individual privacy. Architects: Mithun and Assoc. Builder: Swanson-Dean Corp. Merit.





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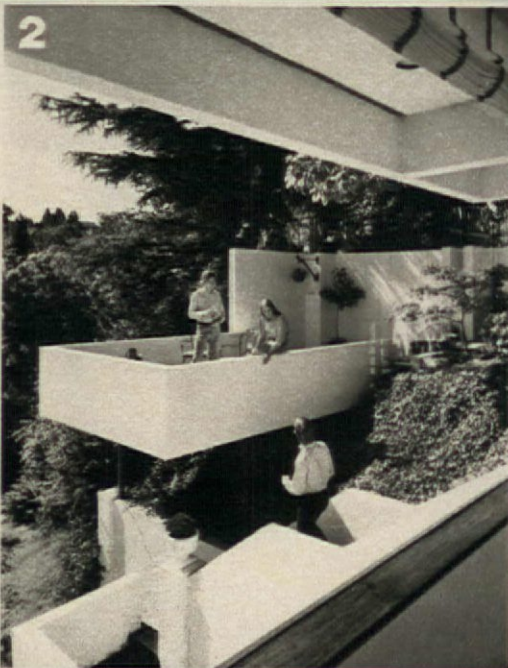
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1

1 Country: Detaching and moving the garage (before, top) began the updating of this Cape Cod house in Princeton, N.J. Garage was replaced by contemporary bedroom-playroom wing, then breezeway was enclosed (above). Garage is to the left, out of photograph. Architect: William H Short. Merit.



2 Lake shore: Cantilevered deck (right) and glass-enclosed study (far right) were added to a 1920s house near Seattle to exploit views of Mt. Rainier. Study and deck are joined by landscaped walks. Architect: Keith R. Kolb. Honor.



The remodeling winners: A sense of today reaches out to three diverse locations.



3

3 City: Though the facade of this converted stable on Boston's Beacon Hill could not be altered (far left), traditional brick court at the center was surrounded by two-story glass that worked a dynamic change (left). Architects: Childs Bertman Tseckares. Merit.

continued

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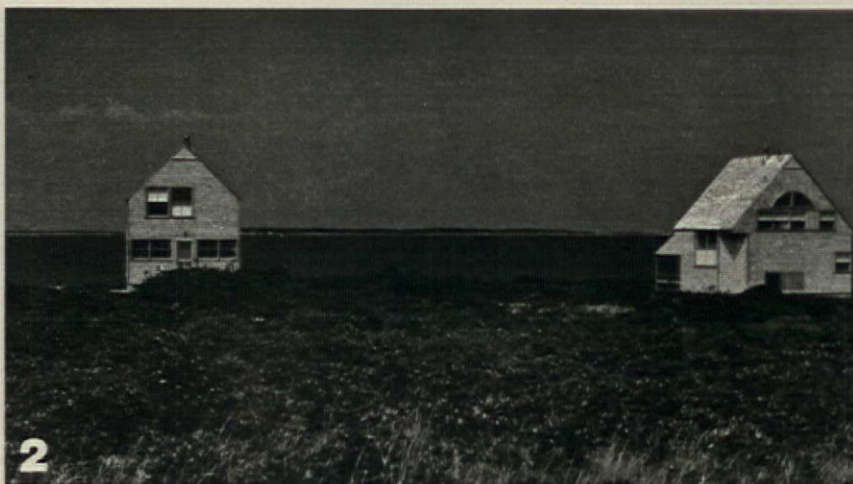


BEST HOUSES continued

Two vacation-house winners take different approaches—one a radical departure, one a return to indigenous design.

1 Anchored by steel beams to the fractured rock of a limestone cliff in Door County, northeastern Wisconsin, this glass box (above) hangs out over a 150-foot drop. Except for teak planking on roof deck, the house is sheathed in self-weathering steel that creates a protective rust coating. Architects: Harry Weese & Assoc. Honor.

2 Like the New England fishermen's shacks they were designed to resemble, this pair of houses (below) blends beautifully into the Nantucket, Mass., moor they stand on. Executed as one project for two related families, they are clad in the island's traditional wood shingles. Architects: Venturi and Rauch. Merit.



Custom-house jury: architects Barrie H. Groen, Phoenix, Ariz.; George E. Hartman, Jr., Washington, D.C.; Don M. Hisaka, Cleveland, Ohio; Remmert W. Huygens, Boston, Mass.; AH building and architecture editor Guy Henle.



Builder and multifamily house jury: architects Claude Oakland, San Francisco, Calif.; Nick Pappas, Washington, D.C.; Don L. Stull, Boston, Mass.; Stanley Tigerman, Chicago, Ill.; architectural student Barry L. Donaldson, University of Kentucky, Lexington, Ky.; builder Gerson Bakar, San Francisco, Calif.; House & Home associate editor June R. Vollman.

Architects and builders who wish to enter next year's judging should write for applications before November 1, 1973, to: "Homes for Better Living," American Home, 641 Lexington Ave., New York, N.Y. 10022.

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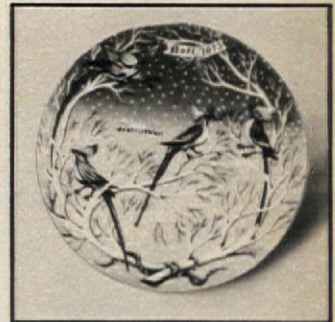
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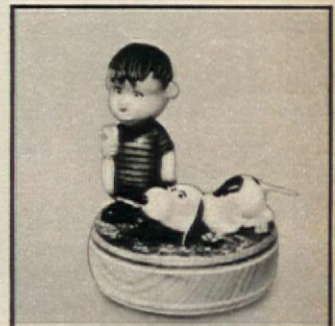
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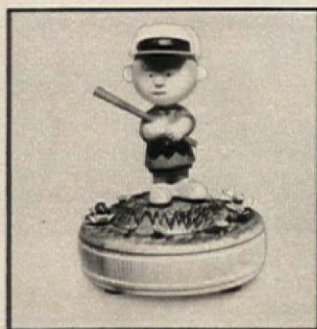
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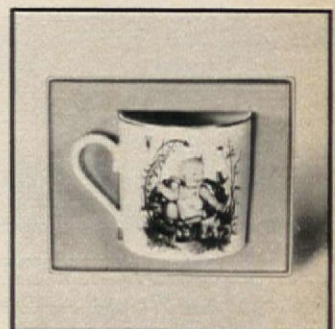
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By Dorothy Lambert Brightbill

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I passed up reducing sessions and lost 77 pounds.

By Jerrie Wooley — as told to Ruth L. McCarthy



This is hardly a sitting-pretty pose, but at 197 lbs. this was my best angle.



Now that I'm down to 120 lbs., it sure feels good to get into junior-size clothes.

Some things you can afford in life, and others you can't. Me? I couldn't afford to get fatter than 197 pounds. How did I have the money for those group sessions where they talk you into reducing. But I was determined to lose weight.

I'd been a chubby ball from as far back as I could remember. Fact is, I used to think I'd been born with a lot of "fat cells". But the real reason was I couldn't walk away from my mother's delicious cooking. So by the time I got to eighth grade, I weighed near 160 pounds.

My mother finally took me to a doctor and he gave me reducing pills. They helped me lose some, so I could graduate in a "skinny" dress. But shortly after graduation, I gave up the pills and started eating and gaining all over again.

Why, I even got married fat. Young, too. At the age of seventeen. My life from then on was just one diet and reducing pill after another.

At 170 pounds, after my second child was born, I developed bulging varicose veins — which called for an

yelled from the living room. That hurt. But that's what got me into action.

I'd been reading those ads about that reducing plan candy, Ayds®, and when a nurse friend suggested I try them, I bought a box of the vanilla caramel kind at our local store.

I'm a great label reader. And when I read that Ayds didn't have any drugs, but did contain vitamins and minerals, I started on the plan with hope. Stubbornness, too. I was determined to prove to my family I could lose weight without spending a lot of money on weekly sessions.

On the Ayds plan, I took one or two Ayds before meals with a hot drink and they really helped me cut back. However, it wasn't until I'd taken off 19 pounds that I realized how it showed. We were at my sister-in-law's for dinner and being from the country, she sets a big table. Well, I didn't want to insult her by turning down seconds, so I owned up to reducing. She said: "We kind of noticed you were losing" and didn't force me to eat after that.

I found as the scales went down, I had more energy for doing things in the house and exercising outside.

Of course, my doctor was delighted. Losing over 70 pounds on the Ayds plan sure made my varicose veins operation easier. They had to wrap me in bandages from my thighs down, but at least they didn't need a crane to get me up.


When I finally got down to 120 pounds, I had a garage sale and unloaded my fat clothes. And somewhere in Louisville, Kentucky, there are some chubby little ladies, who are very happy in my castoffs. Too bad they didn't buy Ayds and start on the plan. Then they'd never have a hard time finding clothes that fit.

operation. "But not till you lose a lot of weight," the doctor warned. I got so discouraged at this point, I went home and eventually ate myself up to 197 pounds. It was terrible.

Even my uncle who comes to visit us only once a year noticed it. "Are you staying in the kitchen because you're ashamed of how you look?" he

BEFORE AND AFTER MEASUREMENTS

	Before	After
Height5'1"5'1"
Weight197 lbs.120 lbs.
Bust42"34"
Waist34"25½"
Hips52"34½"
Dress20½11



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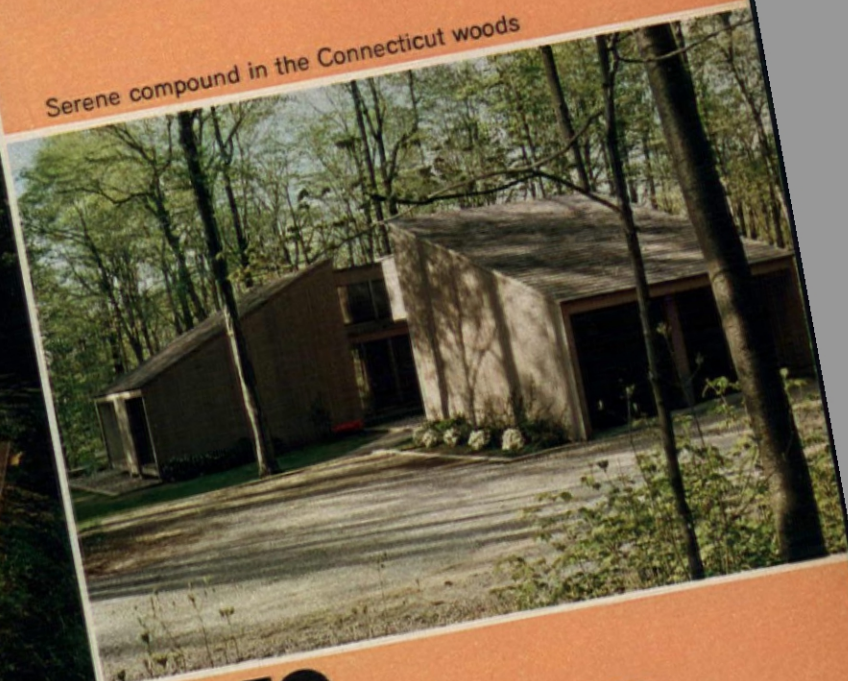
Discover Aquarius at most larger Sears, Roebuck and Co. stores and in the catalog. And nowhere else.

Sears

Redwood rambler in Mill Valley, Calif.



Serene compound in the Connecticut woods



TRIO OF WINNING DESIGNS

When an architect designs a house for himself, he faces some of the same limitations other clients impose on him: personal lifestyle, budget, choice of site, availability of materials. But his artistic freedom is bound only by his talents. Thus it is no surprise that year after year many winners in our "Homes for Better Living" judging turn out to be the homes architects have designed for themselves and their families. This year is no exception. Six such houses were cited. Three are shown here and examined in detail on following pages. As with the other winners (complete story begins on page 46), they illustrate similar trends and use of materials, but the lifestyles they provide differ greatly. —Guy Henle



Skylit eyrie overlooking San Francisco



BEST HOUSES OF '73
**REDWOOD
AMONG
THE OAKS**

Dedicated conservationists, architect Ivan Poutiatine and his wife, Lochi, were determined to build on a wooded hillside in Mill Valley, Calif.—a rural San Francisco suburb—without disturbing the natural beauty of their half-acre site. Ivan even altered his plans, lowering the roof line 18 inches to avoid cutting off one limb of a California live oak tree. His three-bedroom Honor award winner is paneled, inside and out, with redwood carefully salvaged from a 70-year-old aqueduct, giving the house a weathered look. With 2,400 square feet, its rooms are simply arranged and generous-sized. "I didn't want a house with clever, intricate spaces," says the architect. (continued)

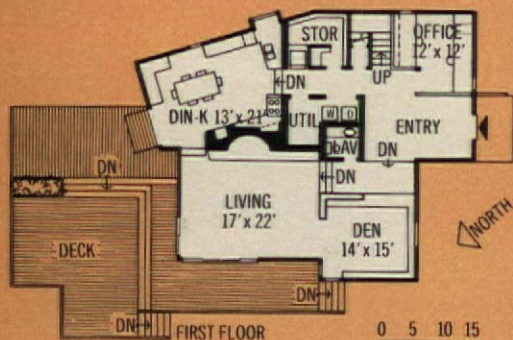
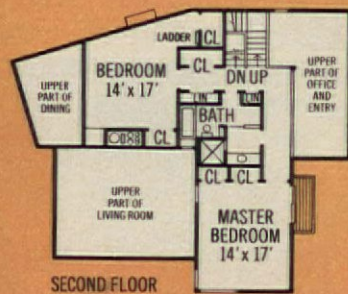
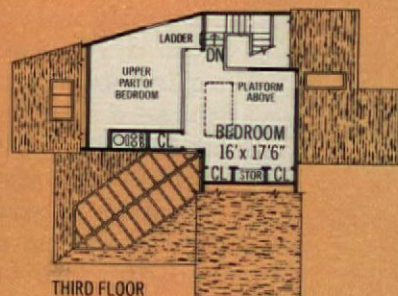


Poutiatine house stands tall in its grovelike surroundings. Huge skylight (opposite) floods living room with sun. Entry (above, left) is reached by walk beside plants and pool. Approach to kitchen (above) is also inviting.

Ivan and Lochi's lively sons, Michael, 10, Andrew, 8, and Peter, 4, have their own center. They sleep, play and care for their indoor pet collection in a two-story, two-bedroom "tower." They clamber between levels by ladder, but their parents prefer a stairway from the second floor. At ground level, a large deck wraps around two sides of the house. It holds Ivan's bonsai tree collection and opens the house to the outdoors, his design inspiration.

It's a house that children really can enjoy.

Peter watches Michael and Andrew play cards before the massive lava-rock fireplace that dominates living room (opposite). Walls of stone and redwood change texture and tone as sun moves across angled skylight.



House is basically a three-story L, embracing high, skylit living room (on first floor, along with dining room, kitchen, office). Second floor has master bedroom and a two-story boys' room—linked by ladder to top bedroom.



Lochi serves lunch to Peter and a playmate (above). Two built-in conveniences, an oven and an indoor barbecue (behind Lochi), are set into rock wall of kitchen.



Michael (left) perches on platform at peak of boys' two-room play/sleep "tower." Near foot of daybed is opening where ladder leads down to their lower bedroom.

PHOTOGRAPHS BY JOHN ZIMMERMAN

Details on building material page 90



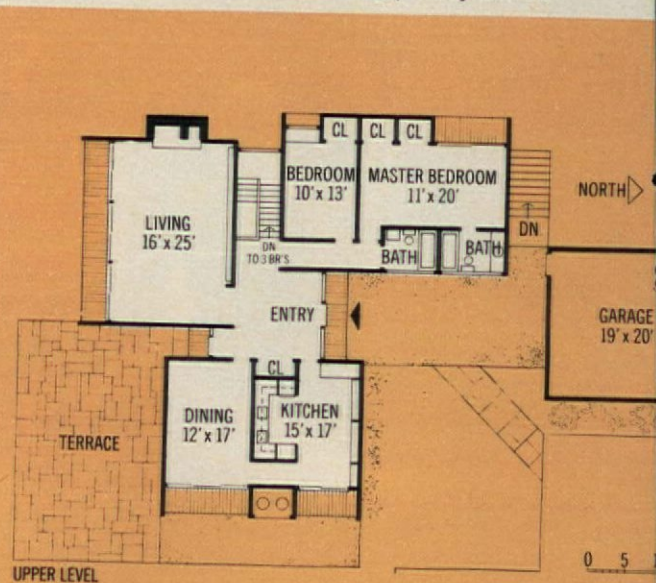


BEST HOUSES OF '73

CLUSTERED CEDAR PAVILIONS

Resting gently on a two-acre woodland site in Wilton, Conn., this five-bedroom Merit award winner is a model of simplicity. Designed by architect Willis N. Mills, Jr., for his own family of six, it is a cluster of three shed-roof pavilions arranged around a central entry hall. The plan encloses 3,000 square feet on two levels, combining easy circulation with privacy for all. (Lower level, not shown, has bedrooms, bath and playroom for the three Mills boys.) Shingle roofs and cedar walls echo rustic setting.

Plan (below) shows how three "dead-end" wings cut down traffic flow—no room serves as a walk-through. Garage completes entry court, adding privacy buffer.





Betsy Mills prepares an after-school snack for David, 8, and Liza, 12 (below). Spacious kitchen gets working light from clerestory windows.

From entry hall (left), which ties three separate wings together, you can move to any room in the house—or go directly to rear terrace, through doorway at far left.



Living room (left) is airy and informal. Glass wall is recessed three feet under roof extension, thus shaded from sun. The deck beyond glass adds to the sense of space and makes window washing easy.



Maris/Semel



From the street (opposite) it's easy to see how well Pat Coplans used appropriated space to add width to her house. Stairs allow entry at center of plan. Overhanging bays not only expand interior, but also vary the boxy look of the cedar-sided exterior.

Brick terrace at rear (below, left) surrounds glassed-in kitchen-dining room. Design of house is so compact that Pat need walk only a few steps to have coffee on the outdoor patio with her friend Dave Hunter.

Window extension in living room (below), lined with comfortable built-in seating, offers spectacular view of Golden Gate Bridge and the Pacific beyond. Ceiling soars to 26 feet. Here, Pat takes in the panorama, while Dave and his sons huddle over chess.



When a lot is only 25 feet wide, it takes superlative design to put a livable house on it. Architect Patricia Coplans, who won an Honor award for her effort, used every inch of width on a San Francisco hill to create this stunning, skylit home for herself.

SKYLIT SPACE SAVER

By adding space "stolen" from an undeveloped street at one side for her entry steps, she was able to devote the entire frontage to her living room. The variance she needed—to use the street space—also allowed the overhanging bays. (continued)

With an enviable view to the north, there was no question which way the living room would face. But Pat wanted sun as well as spectacle. Her solution is a south-facing skylight that also brightens the balcony bedroom. Lowered ceiling creates a restful nook beneath bedroom.

Skylight festooned with hanging pots of ivy drenches bathroom with sun. It also enables a bather to gaze at towering eucalyptus trees from large, circular tile tub. Pull-up shades block out sun, when necessary. Door at left leads to sauna.

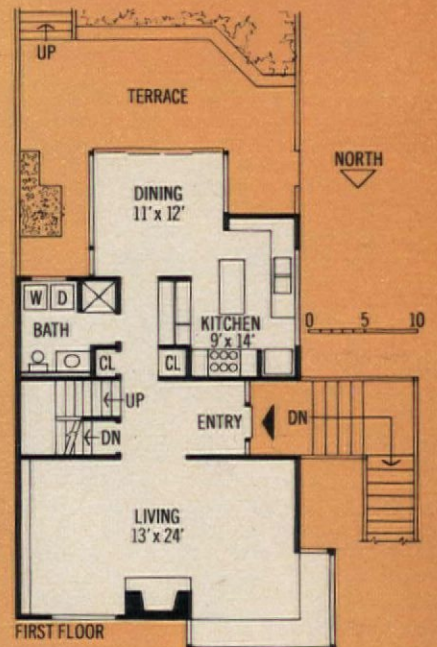
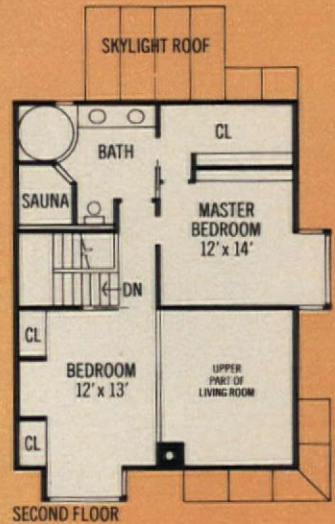


Pat prefers an open plan: "I don't like doors!"

"I wanted interrelated areas for living, eating and working," says Pat, and being the architect as well as the client, she got exactly what she asked for. Her rooms flow into each other, and by using skylights and high ceilings, she created a feeling of spaciousness and lofty drama for this 1,800-square-foot, two-bedroom house. Easy upkeep, inside and out, was another consideration. Tile floors and other scrubbable surfaces line interior.

Kitchen is an efficient U-shaped space arranged around counter-high worktable. Dining corner looks down hall toward living-room fireplace. Terra-cotta ceramic tiles cover all floors except living room, richly surfaced in parqueted wood.

Floor plans show how spaces relate. Two bedrooms and bath are on top level (below). On main floor (bottom), living areas flow together with little need for doors or dividing walls. Stairs lead to garage at street level.



Outside, the roof, doors, window frames and downspouts are metal—treated, before installation, with a new long-life enamel coating. Pat chose brick-red color to contrast with diagonal siding of natural cedar, which will be allowed to weather. To keep south-facing bath and kitchen-dining rooms cool during the heat of the day, skylight glass is coated with a shading tint. At night, from inside, this treatment gives the glass a mirrorlike quality.

PHOTOGRAPHS BY JOHN ZIMMERMAN

Details on building materials, page 90



House is reached through the beautifully landscaped brick courtyard Karin designed. "We would have liked a nice lawn," she points out, "but at the beach there's no chance of growing one. So we have trees and rosebushes, honeysuckle and bougainvillea instead."



YOUNG DECORATING WITH ANTIQUES



Antiques add charm to living room (left). Pine horse over remodeled fireplace is an old shop sign; floor lamp was a ship's telegraph; coffee table, a captain's chest. Wood bench is a hand-painted Scandinavian settle that opens to a bed.



By Helene Brown
When Karin and Merritt Blake, two native New Englanders, decided to move to southern California, they took their Yankee traditions with them. Their love of sunning, swimming and sailing made them choose Malibu at the edge of the Pacific, yet the charming Cape Cod house they bought there is a clear reminder of home. "It wasn't easy to find a traditional house in this seaside colony," says Karin, an interior designer. "Now we feel we have the best of both worlds. We love the sound of the surf, and the children have an enormous sandbox as a yard." (continued)

In living room (left), Justin, 3, and Emily, 5, huddle over a storybook with Karin. Kitchen-breakfast room (opposite) has antique pine and oak pieces and an old mission door picked up in Santa Fe, N.M.

*A place with
light and breezy
living spaces*



Bath (above), with new pine-framed stained-glass windows and old wicker chair, oak commode and medicine chest, is a quiet retreat. Floor is green white Mexican tile.

Emily's room (right) has antique bed covered with a ready-made spread. Doll atop hand-painted armoire was her great-grandmother's.

The house the Blakes found in Malibu was a warren of tiny dark spaces, which they converted to airy openness. Walls were topped to create a large living-dining room, and bowed windows added to flood the room with light. The fireplace front was completely remodeled. In master bedroom (opposite), which fills floor space over living-dining room, the round window over bed was copied from a house pictured in a book on historic American homes.

Walls throughout were stuccoed and floors refinished. New cedar beams painstakingly hand-chipped to look old, were left unfinished to mellow in the mild salt air. Major remodeling completed, Karin and Merritt filled their rooms with a mix of new and old. Some of the antiques were handed down from parents and grandparents; others were collected since their marriage.

Master bedroom (opposite) has cozy seating area for reading and relaxing. Quilts are antiques. Karin designed ruffled pillows on settee.

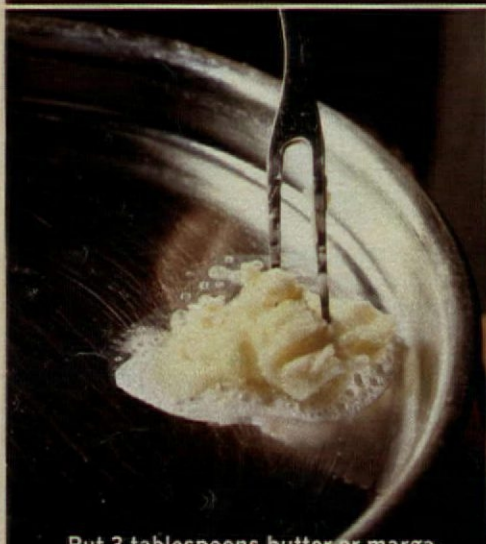




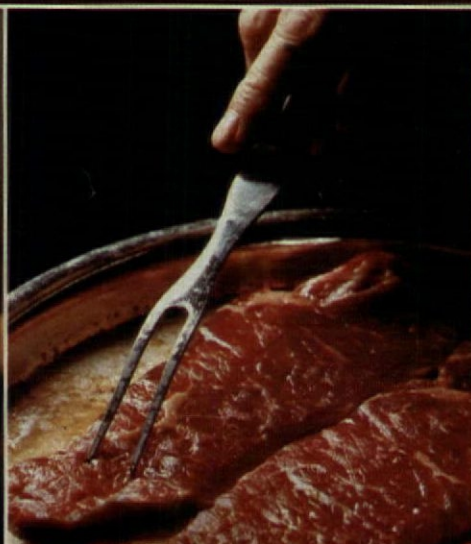
COOKING LESSON No. 58 By Jacques Jaffry

STEAK DIANE

Be a star at your next dinner party, or give top billing to the man of the house. Follow these steps, and either of you can do a rave tableside act in minutes. Accompany it with French fried potatoes, green salad, dry red wine, a green vegetable. A superb finale: strawberries in wine, and coffee.



2 Put 3 tablespoons butter or margarine in large chafing dish set over a burner (or 2 burners, if possible). Heat until foam begins to subside.



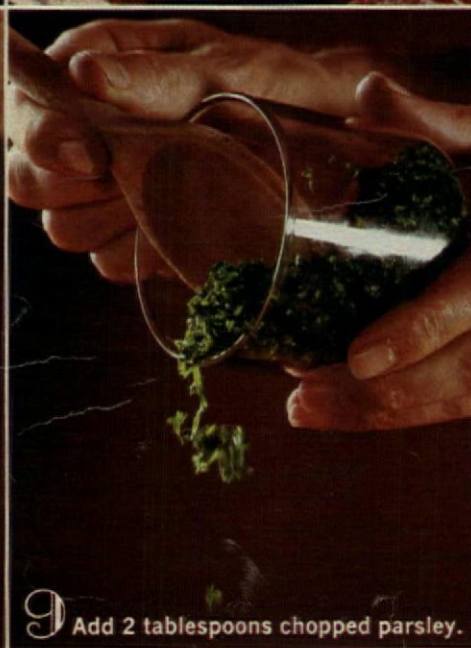
3 Cook 2 or 3 steaks 1 minute on each side; remove. Repeat with other steaks.



4 Melt rest of butter or margarine in pan. Add shallot or green onions. Cook 1 minute, stirring constantly.



8 Add 2 tablespoons lemon juice to sauce remaining in pan.



9 Add 2 tablespoons chopped parsley.



10 Add 1 tablespoon finely cut chives. Mix well. Heat through. Pour over steaks. Makes 6 servings.



STEAK DIANE

- 6 boneless sirloin or shell steaks (each 1/2 inch thick)
- Salt
- Pepper
- 8 tablespoons butter or margarine
- 1/4 cup minced shallots or green onions
- 1 teaspoon dry mustard
- 1 tablespoon Worcestershire sauce
- 2 tablespoons lemon juice
- 2 tablespoons chopped parsley
- 1 tablespoon finely cut chives

Trim steaks of all fat. If you wish, pound steaks between 2 pieces of wax paper with wooden mallet to 1/4-inch thickness. Dry steaks with paper towels. Sprinkle with salt and pepper on both sides.



5 Add 1 teaspoon dry mustard.



6 Add 1 tablespoon Worcestershire sauce. Mix well.



7 Return steaks to pan. Cook 1 minute on each side. Transfer to warm platter or serving plates.



11 The glorious results—tender, rare and juicy: how to win friends and captivate people in a matter of minutes.

Delicious dinners for six can be beautifully simple and quick when you combine fresh ingredients and canned, packaged or frozen foods. You'll have a meal to present with pride, and no one will suspect your shortcuts. Starred recipes

EASY in menus shown and for two more begin on page 80.
**"CONVENIENCE"
COOKING**

By Frances M. Crawford





MENU (right)
Tuna-Stuffed Tomatoes*
Baked Chicken*
Kernel Corn with Sweet Peppers
Green Beans Lyonnaise*
Floating Island*



Gordon Smith



MENU (left)
Shrimp Green Goddess*
Ham Steaks in Cream Sauce*
Duchesse Potatoes*
Peas and Mushrooms
Chocolate Charlotte*



pasta

By Lucy Wing

Say "pasta," and you think "Italy," though people everywhere use this versatile, low-cost staple. Consider this international trio (from top): Greek *pastitsio*, lamb between macaroni layers; folded noodles in a Mexican dry soup; Chinese pork soup with vermicelli. Recipes for these and more begin on page 82.



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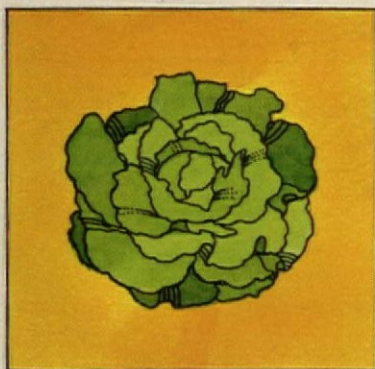
THE ABC'S OF



If you'd like a low-calorie food that's a source of many nutrients, look to lettuce—particularly the outer leaves. It supplies healthy amounts of vitamins A and E, some C, small quantities of B vitamins, calcium, iron and other minerals.

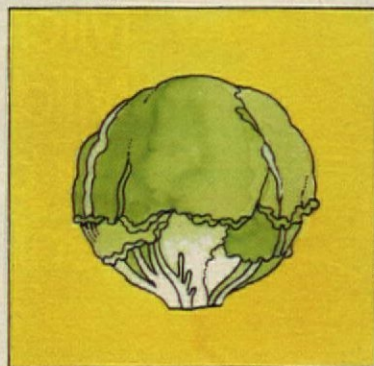
BUTTERHEAD

Lettuce of this family is loosely headed with soft, pliable leaves that have an oily feel and a delicate buttery flavor. The heads are not especially crisp and are quite easily bruised. The best-known butterhead is *Boston* (below). Its leaves are often used as cups to hold individual salads. The outer leaves are a deep dark green, the inner ones shade almost to white.



Another prized member of this family is *Bibb* (above)—a tiny cup-shaped lettuce with distinct color, flavor and crispness. The leaves are deep, rich green on the outside, blending to a whitish-green toward the core.

CRISPHEAD



Varieties in this group have firm heads and a brittle texture. The leaves overlap in a smooth, regular manner to form heads six or more inches in diameter. The leaves, coarse with prominent ribs, are medium green on the outside, shading to pale green in the center. The widely distributed *Iceberg* (above) is the best known.

COS OR ROMAINE



The elongated head and long, narrow leaves make this lettuce easy to recognize. There are two varieties: the self-closing, whose leaves curve inward at the tips—and the loose closing, which does not form a closed head. The leaves of both look coarse but are tender and sweet. The outer ones are dark green and shade to almost white at the root end. The light, golden-yellow inner leaves are very tender and flavorful, a favorite in tossed salads.

LEAF



This type, also called looseleaf or bunching, does not form a head. The light green, raggedy-edged leaves are arranged loosely around the stem with only the young ones at the center overlapping to any extent. Leaf lettuce has a very short market season and does not transport well. Easy to grow, it is a favorite of many a home gardener.

TIPS ON HANDLING

Lettuce should be refrigerated as soon as possible after buying to insure crisp texture, good color and top flavor. Peel off any bruised outer leaves, and remove the core. For the crisphead type, hold the head core end down and whack it on the kitchen counter. Lift or twist out the core. Rinse, cored end up, under running cold water. Drain. For the more easily bruised heads, like *Boston*, cut out the core with a sharp knife; hold the head, core cavity up, under running cold water and spread the leaves apart gently. Drain thoroughly.

Store in an airtight container, a tightly closed plastic bag or the vegetable compartment of your refrigerator. Lettuce will keep three to eight days. Freezing is not recommended.

In use, lettuce can be cut into wedges or chunks, shredded or torn apart to mix in a salad. Tearing is preferred, because it keeps the leaves from darkening at the cut edges.

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MENU

- (pictured on pages 74-75)
- Shrimp Green Goddess***
- Ham Steaks in Cream Sauce***
- Duchesse Potatoes***
- Peas and Mushrooms**
- Chocolate Charlotte***

SHRIMP GREEN GODDESS

1 package (8 ounces) frozen, shelled and deveined shrimp

Lettuce

½ cup mayonnaise or salad dressing

½ cup bottled Green Goddess dressing

Cook shrimp according to package directions. Drain well. Arrange in serving dish on bed of lettuce leaves. Mix mayonnaise or salad dressing and Green Goddess dressing. Serve separately. Lemon wedges may be served, if desired. Makes 6 servings.

HAM STEAKS IN CREAM SAUCE

2 tablespoons butter or margarine

6 fully cooked, ½-inch-thick ham steaks (about 2 pounds)

2 tablespoons minced shallots or green onions

1½ cups heavy cream

¾ teaspoon pepper

1 tablespoon melted butter or margarine

1 tablespoon flour

Duchesse Potatoes (below)

Melt 2 tablespoons butter or margarine in large skillet over medium heat. Brown ham steaks lightly on both sides. Remove; reserve. Add shallots or green onions to fat left in skillet. Cook 2 minutes, stirring frequently. Add cream and pepper. Bring to boiling. Blend melted butter or margarine and flour until smooth. Add to sauce. Stir until sauce is thickened and smooth. Return ham slices to skillet. Baste with sauce. Simmer 1 minute or until ham is hot. Arrange ham and sauce on serving platter. Surround with Duchesse Potatoes. Garnish with watercress, if desired. Makes 6 servings.

DUCHESS POTATOES

6 servings instant mashed potatoes

3 egg yolks, beaten

Prepare mashed potatoes according to package directions, omitting milk. Beat in egg yolks; beat until smooth. Shape into 12 mounds on lightly greased cookie sheet by molding with spoon or pressing through pastry bag. Heat in 450° oven until golden brown. Makes 6 servings.

CHOCOLATE CHARLOTTE

2 packages (3 ounces each) ladyfingers

3 tablespoons green crème de menthe or orange liqueur

1 package (4½ ounces) instant chocolate pudding mix

1 package (2 ounces) whipped topping mix

1½ cups milk

Split and separate ladyfingers. Trim about 15 into triangles, to fit bottom of a 6-cup charlotte mold. Line sides of mold with more ladyfingers. Reserve remainder for top of mold. Dice trimmings. Sprinkle with liqueur; reserve. Combine pudding mix, topping mix and

milk in large mixer bowl. Beat at low speed until well blended. Increase speed and beat until mixture forms soft peaks. Fold in reserved trimmings. Spoon into prepared mold. Arrange remaining ladyfingers over mixture. Freeze or refrigerate until firm. Unmold. Makes 6 to 8 servings.

MENU

- (pictured on page 75)
- Tuna-Stuffed Tomatoes***
- Baked Chicken***
- Kernel Corn with Sweet Peppers**
- Green Beans Lyonnaise***
- Floating Island***

TUNA-STUFFED TOMATOES

6 small tomatoes

Salt

Pepper

¼ cup mayonnaise or salad dressing

2 teaspoons anchovy paste

1 tablespoon lemon juice

1 can (6½ or 7 ounces) tuna, drained and flaked

1 cup finely diced celery

Lettuce leaves

Cut off small slice from top of each tomato. Scoop pulp from tomatoes. Sprinkle inside with salt and pepper. Place, opening down, on plate. Chill. Blend mayonnaise or salad dressing, anchovy paste and lemon juice in bowl. Add tuna and celery. Mix well. Five minutes before serving time fill tomatoes with tuna mixture. Garnish with parsley sprigs, if desired. Arrange on platter; surround with lettuce leaves. Makes 6 servings.

BAKED CHICKEN

1 broiler-fryer (3 to 3½ pounds), cut up

Salt

Pepper

6 cups bite-size Cheddar-cheese crackers

¼ cup melted butter or margarine

Heat oven to 450°. Sprinkle chicken pieces with salt and pepper. Crumble crackers with rolling pin until very fine. Dip chicken pieces in melted butter or margarine; roll in crumbs to coat well. Arrange pieces in lightly greased baking pan or on cookie sheet. Bake 25 minutes. Turn chicken pieces. Bake 20 minutes or until chicken is tender. Makes 6 servings.

GREEN BEANS LYONNAISE

2 packages (10 ounces each) frozen

French-cut green beans

2 tablespoons butter or margarine

2 cups sliced onion (2 large)

Cook beans according to package directions. Drain well. Melt butter or margarine in skillet over medium heat. Add onions. Cook, stirring frequently, until onions are soft. Add beans. Mix gently. Cook 2 minutes or until beans are hot. Makes 6 servings.

FLOATING ISLAND

1 package (3¾ ounces) instant vanilla pudding mix

3 egg whites

¼ cup sugar

½ teaspoon vanilla

Heat oven to 475°. Prepare instant pudding according to directions, using 2½ cups of milk. Turn pudding in shallow 1-quart baking dish. Beat egg whites until foamy. Beat in sugar very slowly; continue beating until meringue forms stiff peaks. Beat in vanilla. Heat meringue onto pudding in mound. Place in oven 2 to 3 minutes or until meringue is lightly browned. Makes 6 servings.

MENU

- Curried Cream of Potato Soup***
- Filets of Sole Dugléré***
- Boiled Rice**
- Green Salad**
- Strawberries Romanoff***

CURRIED CREAM OF POTATO SOUP

1 tablespoon butter or margarine

2 teaspoons curry powder

2 cans (10½ ounces each) condensed cream of potato soup

2½ cups milk

Melt butter or margarine in saucepan over medium heat. Add curry powder. Cook 1 minute. Add soup and milk. Bring to boiling, stirring constantly. Simmer 2 minutes. Correct seasoning to taste. Makes 6 servings.

FILETS OF SOLE DUGLÉRE

6 medium-size filets of sole or flounder

1 tablespoon butter or margarine

¼ cup minced onion (1 small)

1 can (1 pound) tomatoes, coarsely chopped

½ cup dry white wine

1 teaspoon salt

¼ teaspoon pepper

1 small bay leaf

1 small clove of garlic

1 tablespoon melted butter or margarine

1 tablespoon flour

2 tablespoons chopped parsley

Fold each filet of sole in half. Butter large skillet with 1 tablespoon butter or margarine. Sprinkle onion over bottom. Arrange filets in skillet. Add tomatoes, wine, salt, pepper, bay leaf and garlic. Cover fish with a circle of wax paper. Bring to boiling. Reduce heat. Simmer 5 to 8 minutes or until fish flakes easily. Transfer filets gently to warm serving dish. Keep warm. Discard bay leaf and garlic. Cook sauce until reduced to half its original volume. Blend melted butter or margarine and flour until smooth. Add mixture gradually to sauce, stirring until sauce is thickened and smooth. Correct seasoning to taste. Pour over filets. Sprinkle with parsley. Makes 6 servings.

STRAWBERRIES ROMANOFF

1 quart strawberries

2 tablespoons superfine sugar

¼ cup orange juice

¼ cup Curaçao or orange liqueur

Aerosol whipped cream

Wash and hull strawberries. Place in small bowl. Sprinkle with sugar. Add orange juice and liqueur. Chill 1 hour, stirring a few times. Turn strawberries and juice into serving dish. Decorate strawberries with whipped cream topping. Makes 6 servings.

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MENU

Stuffed Celery*
 Broiled Flank Steak*
 Mock Béarnaise Sauce*
 Shoestring Potatoes
 Watercress Salad
 Ice Cream

STUFFED CELERY

- 1 bunch celery
- ½ cup blue cheese, finely chopped
- ½ cup butter or margarine, softened
- ½ teaspoon Worcestershire sauce
- ½ cup chopped celery leaves

Trim root of celery. Separate leaves. Wash 4 or 5 medium stalks. Scrape off any strings with vegetable peeler. Reserve remaining celery for other uses. Combine cheese, butter or margarine, Worcestershire and celery leaves. Mix well. Fill center of celery stalks with cheese mixture, using spoon or, if desired, forcing it through a pastry bag fitted with tube. Cut each stalk into 2-inch pieces. Makes 6 servings.

BROILED FLANK STEAK

- 1 flank steak (2 to 3 pounds)
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder
- 2 tablespoons melted butter or margarine
- Mock Béarnaise Sauce

Trim all fat and gristle from steak. Heat broiler and broiler rack 3 to 5 minutes. Mix salt, pepper and garlic powder. Rub well into both sides of steak. Brush steak with melted butter or margarine. Place on broiler rack. Broil 4 to 5 minutes. Turn. Broil 4 to 5 minutes on second side. Remove steak to warm serving platter or cutting board. Let rest a few minutes. Cut steak in thin crosswise slices. Serve with Mock Béarnaise Sauce. Makes 6 servings.

MOCK BÉARNAISE SAUCE

- 2 tablespoons tarragon vinegar
- ½ teaspoon dried tarragon
- ½ cup mayonnaise or salad dressing
- 1 egg yolk
- Salt
- Pepper

Combine vinegar, tarragon, mayonnaise or salad dressing and egg yolk in top of double boiler. Place over hot, not boiling, water. Beat with wire whisk until mixture has thickened and is warm. Correct seasoning to taste with salt and pepper. Makes ¾ cup.

PASTA continued from page 76

SOPA SECA DE FIDEOS

(Dry Soup of Vermicelli)

(pictured on page 76)

- ¼ cup lard or shortening
- 1 package (12 ounces) fideos (folded fine egg noodles) or vermicelli
- 1 medium onion, chopped, or ½ cup frozen chopped onion
- 1 clove of garlic, minced
- 1 can (1 pound) whole tomatoes
- 1 can (10¼ ounces) condensed chicken broth
- 2 tablespoons diced canned green chili peppers
- 1 teaspoon salt

Melt lard or shortening in large skillet over medium heat. Fry uncooked noodles or vermicelli, half at a time, until golden brown. Drain on paper towels. Heat oven to 350°. Sauté onion and garlic 1 minute in fat remaining in skillet. Drain liquid from tomatoes into skillet; cut up tomatoes; add to skillet. Stir in undiluted broth, green chili peppers and salt. Bring to boiling. Arrange noodles in shallow baking dish or casserole. Spoon tomato mixture over noodles. Cover dish with aluminum foil or enclose in roasting wrap. Bake 30 minutes or until noodles are tender and liquid is absorbed. Serve as an accompaniment to meat in place of rice or potatoes. Makes 6 to 8 servings.

GREEK PASTITSIO

(pictured on page 76)

Pasta:

- 1 package (1 pound) macaroncelli or long macaroni, broken into 2-inch pieces

- ½ cup butter or margarine
- 1 cup grated Parmesan cheese
- 2 egg whites

Filling:

- 2 pounds boneless lamb shoulder
- 2 tablespoons olive oil
- 1 medium-size onion, chopped, or ½ cup frozen chopped onion

- 1 cup water
- ½ cup white wine
- 2 tablespoons tomato paste
- 3-inch cinnamon stick
- 1 teaspoon salt
- ½ cup packaged bread crumbs

Sauce:

- ¼ cup butter or margarine
- ¼ cup all-purpose flour
- 2 cups milk
- 2 egg yolks
- 1 teaspoon salt

Prepare pasta: Cook macaroncelli or macaroni according to package directions. Drain well. Return to pan; add butter or margarine; toss until coated. Cool slightly. Stir in cheese and egg whites.

Prepare filling: Cut lamb into small cubes, removing all fat and gristle. Heat oil in large skillet over high heat. Add meat. Cook until meat browns and liquid evaporates, stirring occasionally. Add onion. Sauté 1 minute. Add water, wine, tomato paste, cinnamon stick and salt. Bring to boiling. Reduce heat. Simmer about 15 minutes, stirring occasionally, until most of the liquid is absorbed. Remove from heat. Discard cinnamon. Stir in bread crumbs. Mixture will be dry.

Prepare sauce: Melt butter or margarine in saucepan; stir in flour. Cook over low heat, stirring constantly, until bubbly. Stir in milk gradually until blended. Cook over medium heat, stirring constantly, until sauce bubbles. Beat egg yolks in small bowl with half the hot sauce; stir mixture into saucepan with remaining hot sauce. Cook 1 minute. Stir in salt.

To assemble: Heat oven to 350°. Butter a 10-inch pie plate well; dust with bread crumbs. Press half the pasta into bottom and sides of plate. Spoon filling into center. Cover filling with remaining

pasta. Spoon sauce on top. Sprinkle with grated Parmesan cheese and bread crumbs, if desired. Bake 30 minutes until lightly browned. Let stand 10 minutes for easier cutting. Makes 8 servings.

CHINESE PORK NOODLE SOUP

(pictured on page 76)

- 1 cup catsup
- ¼ cup soy sauce
- 2 tablespoons sugar
- 1 tablespoon dry sherry
- ½ teaspoon salt
- 1 clove of garlic, crushed
- 3 strips boneless pork, each 6x2x1 inches, cut from loin or shoulder
- ½ package (1 pound) vermicelli or very thin spaghetti
- 1 tablespoon sesame-seed or pure vegetable oil
- 3 cans (13¼ ounces each) chicken broth
- 2 tablespoons soy sauce
- 1 can (8½ ounces) sliced bamboo shoots, drained
- 1 bunch watercress, washed and trimmed

Combine catsup, soy sauce, sugar, sherry, salt and garlic in shallow dish. Add pork strips, turning to coat all sides. Cover. Marinate several hours or overnight. Heat oven to 375°. Line baking pan with aluminum foil. Place pork on roasting rack in pan. Reserve any marinade for basting. Roast pork 1 hour or until tender, turning and basting occasionally with marinade. Cover pork with foil if it browns too quickly. Cut pork diagonally into thin slices.

Cook vermicelli or spaghetti according to package directions; drain. Place in shallow 6-quart casserole. Add oil; toss gently. Bring chicken broth and soy sauce to boiling in saucepan. Pour over vermicelli. Arrange bamboo slices, watercress and pork slices on top of vermicelli. Bake 5 minutes or until all ingredients are hot. Serve as a luncheon or supper main course. Makes 4 servings.

MINISTRONE ALLA FIORENTINA

- 4 slices bacon, diced
- 1 large onion, chopped, or 1 cup frozen chopped onion
- 2 cups diced potatoes (2 small)
- 1 cup diced celery
- 1 cup diced carrots
- 2 cans (10½ ounces each) condensed beef broth
- 2 soup-cans water
- 1 can (1 pound) whole tomatoes
- 1 can (8 ounces) tomato sauce
- 2 cans (1 pound, 4 ounces each) white kidney beans
- 1 cup elbow macaroni, tubettini or ditalini
- Salt

Cook bacon in kettle or large saucepan until golden. Add onion. Sauté 1 minute. Add potatoes, celery and carrots. Cook 5 minutes, stirring occasionally. Add broth, water, tomatoes and tomato sauce. Bring to boiling. Cover. Simmer 25 to 30 minutes or until vegetables are tender. Add kidney beans and macaroni. Cook 15 minutes. Season to taste with salt. Serve in warmed soup bowls. Makes 10 to 12 servings.

FROZEN PASSION

MANICOTTI WITH MUSHROOM SAUCE
 package (8 ounces) manicotti shells (8 shells)
 cups (1-pound carton) ricotta or cream-style cottage cheese, drained
 package (8 ounces) mozzarella cheese, diced
 large egg
 tablespoons chopped parsley
 teaspoon salt
 jar (about 1 pound) spaghetti sauce with mushrooms
 tablespoon instant minced onion
 teaspoon garlic salt
 teaspoon sugar

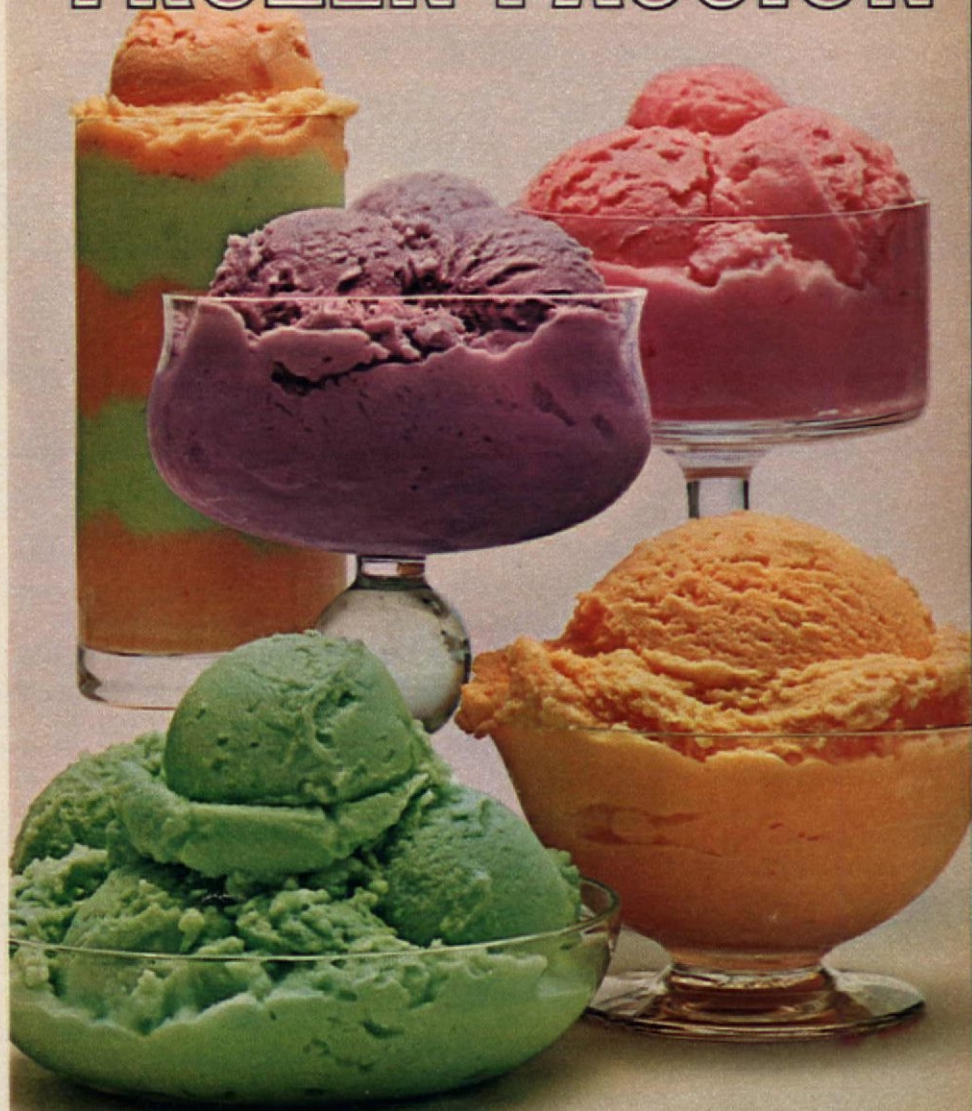
Cook shells according to package directions until just tender. Pour off cooking water from pan; add cold water to cover shells. Combine ricotta or cottage cheese, mozzarella, egg, parsley and salt in bowl. Remove shells from water, one at a time; drain well. Fill with cheese mixture using a teaspoon. Heat oven to 350°. Combine spaghetti sauce, minced onion, garlic salt and sugar. Spoon half the sauce into 13x9x2-inch baking dish. Arrange filled manicotti in single layer. Top with remaining sauce. Cover dish with aluminum foil or enclose in roasting wrap or bag. Bake 30 minutes. Let stand 10 minutes for easier serving. Makes 4 servings.

MACARONI SALAD

package (8 ounces) elbow macaroni
 1/2 cup mayonnaise or salad dressing
 1/2 tablespoon cider vinegar or lemon juice
 1/2 teaspoon salt
 1/8 teaspoon pepper
 1/3 cup diced celery
 1/3 cup diced green pepper
 2 hard-cooked eggs, sliced

Cook macaroni according to package directions. Rinse with cold water; drain well. Combine mayonnaise or salad dressing, vinegar or lemon juice, salt and pepper in large bowl. Add macaroni, celery and green pepper. Toss gently until well coated with dressing. Chill. Just before serving, spoon into serving bowl. Top with eggs. Makes 8 servings.

continued



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Two one-dish recipes for people who have to eat and run.



QUICKY CARBONARA

- ¼ lb. bacon
- 2 lbs. olive oil
- 2 lbs. butter
- 1 clove garlic, pressed
- 2 cups julienne strips of ham (about ½ lb.)
- 1 pkg. (8 oz.) spaghetti, cooked and drained
- ¼ cup grated Parmesan cheese
- ¼ cup chopped parsley
- ½ tsp. salt
- ¼ tsp. pepper
- 3 eggs, beaten
- ¼ cup sliced ripe olives
- 2 pimentos, sliced

Brown bacon in electric fry pan; drain, crumble and reserve bacon; pour off fat. Add oil, butter, garlic and ham to pan. Sauté lightly. Add spaghetti, bacon, cheese, parsley, salt and pepper; stir well. Turn off heat. Pour eggs over and quickly toss to coat spaghetti evenly. Add olives and pimentos; toss. Decorate with parsley. Serve at once. Makes 4 to 5 servings.

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- ## TUNA MACARONI CASSEROLE
- 2 cups small shell macaroni (8 ounces) or 1 package (8 ounces) elbow macaroni
 - 2 cans (6½ or 7 ounces each) tuna, drained and flaked
 - 2 cans (10½ or 10¼ ounces each) condensed cream of mushroom soup

- ½ cup milk
- 2 tablespoons diced pimiento
- 2 tablespoons sliced green onions
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ cup grated Parmesan cheese

Heat oven to 350°. Cook macaroni according to package directions until just tender. Drain. Combine tuna, undiluted soup, milk, pimiento, green onion, lemon juice and salt until well mixed. Fold in cooked macaroni. Spoon into buttered 2-quart casserole. Sprinkle with cheese. Bake 30 minutes. Makes 6 servings.

APPLE KUGEL

Europeans use noodles to make many delectable desserts like this.

- 1 package (8 ounces) wide egg noodles
- ¼ cup softened butter or margarine
- 1 package (8 ounces) cream cheese
- ½ cup sugar
- 4 large eggs
- 1 carton (1 pint) half-and-half or 2 cups milk
- 1 tablespoon lemon juice
- 1 teaspoon vanilla
- ⅛ teaspoon salt
- 1 cup golden raisins
- 2 tablespoons butter or margarine
- ½ cup graham-cracker crumbs
- 2 baking apples, pared, cored and thinly sliced

Cook noodles according to package directions. Drain; return to pan. Add ¼ cup butter or margarine; toss gently until noodles are coated. Heat oven to 350°. Beat cream cheese in large bowl until fluffy. Beat in sugar gradually. Beat in eggs, 1 at a time, until blended. Stir in half-and-half or milk, lemon juice, vanilla and salt. Fold in buttered noodles and raisins. Turn into buttered 13x9-inch baking dish. Bake 20 minutes.

Melt 2 tablespoons butter or margarine in small saucepan. Add cracker crumbs. Remove sugar from oven; sprinkle with crumbs; arrange apple slices on top. Return to oven; bake 25 minutes or until custard is firm. Cool 30 minutes on wire rack. Serve warm or chill and serve cold. Makes 12 servings.



PASTA continued

CHICKEN LO MEIN

- 1 package (1 pound) linguine or thin spaghetti
- ½ cup pure vegetable oil
- 1 teaspoon salt
- 2 whole chicken breasts, skinned and boned
- ¼ cup pure vegetable oil
- 2 cups sliced mushrooms (¼ pound)
- 4 cups sliced Chinese or celery cabbage
- 2 tablespoons soy sauce
- 2 tablespoons cornstarch
- 1 can (10¼ ounces) condensed chicken broth

Cook linguine or spaghetti according to package directions. Drain well. Heat ¼ cup oil in large skillet (preferably

with nonstick finish). Add half the linguine and salt; cook until lightly browned, turning occasionally with pancake turner or broad spatula. Remove; keep warm. Brown and remove other half of linguine or spaghetti. Keep warm with first batch.

Cut chicken breasts crosswise into thin slices. Heat ¼ cup oil in large skillet over medium heat. Sauté chicken pieces and mushrooms in hot oil, stirring constantly. Add cabbage; cook only until tender crisp. Combine soy sauce, cornstarch and undiluted chicken broth in small bowl. Mix until blended. Stir into chicken mixture in skillet. Cook until sauce has thickened. Spoon over browned linguine or spaghetti. Makes 4 main-dish servings.

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Mrs. D. Sche
Godfrey

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How do I create the proper "climate" for bread making? Recipes always say let dough rise in a place that has an optimum temperature, 80 to 85 degrees. How can I achieve this warmth?

T. Lo
Elmhurst, N

You can do any of the following: (1) Set bowl of dough into an unlit oven with a large pan of hot water on a rack beneath it. (2) Fill a large pan two-thirds with hot water; place a wire rack atop pan and set bowl of dough on rack. (3) Put bowl in a deep pan of water, making sure the water is warm, not hot. (4) Set bowl in a draft-free place near, but *not on*, the range or radiator. Since temperature and humidity may differ each time you do this, the results may also differ.

When I open a jar of applesauce and store it in the refrigerator, it gets moldy very quickly. Why?

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The applesauce spoils because it has a high sugar content that reacts readily with the humidity and bacteria in the air. Once you've opened a jar of applesauce, says the Processed Apple Institute, you should try and use the remainder within three or four days. If you can't use this fast, freeze the leftover portion, putting the date on the outside of the container. It will keep up to one month.

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Mrs. J.P. Wilb
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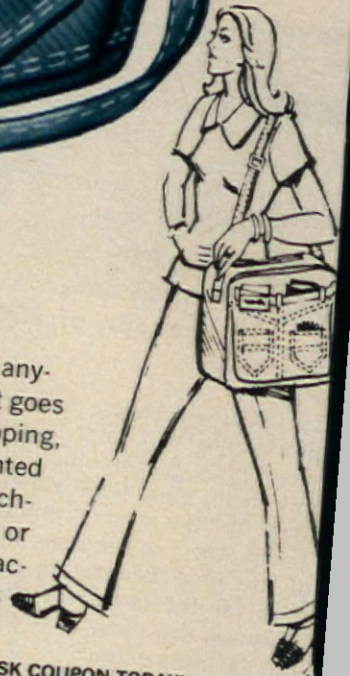
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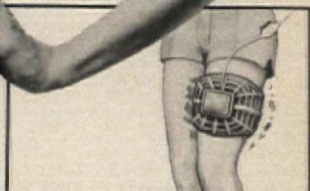
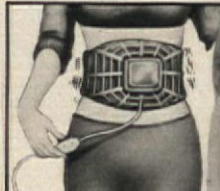
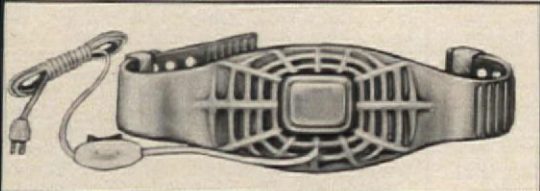
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★ **ENVELOPE STUFFERS WANTED!** Homeworkers! Average \$25.00 Hundred. Experience unnecessary. Information 25c (refundable) and stamped addressed envelope. Earl's, Postbox 1087-JAH, Findlay, Ohio 45840.

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★ **TOP SWEEPSTAKES BULLETIN, TIPS.** 40c. Continental, B11616, Philadelphia, Pennsylvania 19116.

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★ **ENJOY COLLECTING** First Day Covers. Write Artcraft, Box 125, Maplewood, New Jersey for Brochure.

★ **200 DIFFERENT WORLDWIDE STAMPS 10c.** Approvals included. White, 6808-CC Chrysanthemum, Indianapolis, Indiana 46224.

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★ **OUT OF PRINT BOOKFINDER.** Box 633L, Seaside, California 93955. Send 5c.

★ **BOOKS AND POEMS PUBLISHED.** Details Free. Clover, 210 Fifth, N.Y.C. 10010.

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Merchandise listed here is available leading department and specialty store. If you cannot find it, write to **America's Home, Reader Service, 641 Lexington Ave., New York, N.Y. 10022.** Items not listed may be privately owned or custom made.

A KITCHEN THAT CARES

Page 41: Major appliances, GE, Louisville, Ky.; portable appliances, GE, Bridgeport, Conn.; counter-top and cabinet surface: Textolite by GE, Coshocton, Ohio; flooring: Solarian "Bar Harbor" and ceiling, Integricor both Armstrong Cork Co., Lancaster, Pa.; canisters, casserole, Smugglers' Attic and plant, Wilson's Garden Center, both Columbia, Md.

BUILDING MATERIALS AND SOURCES

The products listed reflect our continuing regard for quality in building, using the most efficient materials, judged for value durability and energy conservation.

REDWOOD AMONG THE OAKS

Pages 58-61: Skylights, O'Keeffe's, Inc. San Francisco, Calif.; windows, "Palco," Paramount Aluminum Co., Oakland, Calif.; oak-strip floor, Nat'l Oak Flooring Mfrs. Assn. Memphis, Tenn.; oven, Thermador Div. of Norris Industries, Los Angeles, Calif.; cooktop, Magic Chef, Cleveland, Tenn.; dishwasher, KitchenAid Div. of Hobart Mfg. Co., Troy, Ohio; refrigerator, GE Louisville, Ky.; disposer, Waste King Universal, Los Angeles, Calif.; washer dryer, Whirlpool Corp., Benton Harbor, Mich.; kitchen sink, Elkay Mfg. Co., Broadview, Ill.; laminated counter top, "Colorlith," Johns-Manville Corp., Denver, Colo.; finish on counter top, Watco-Dennis Corp. Santa Monica, Calif.; cabinets, Elmack Cabinet Mfg. Co., Mill Valley, Calif.; bath kitchen-sink fittings, Speakman Co., Wilmington, Del.; hardware, Sargent & Co. New Haven, Conn., and Baldwin Mfg. Corp., Reading, Pa.

CLUSTERED CEDAR PAVILIONS

Pages 62-63: Red cedar siding, Western Wood Products Assn., Portland, Ore.; stain on siding, Samuel Cabot, Inc., Boston, Mass.; red cedar roof shingles, Red Cedar Shingle & Handsplit Bureau, Seattle, Wash.; sliding doors and windows, "Arcadia," Northrop Architectural Systems, City of Industry, Calif.; exterior doors, "Stay-Strate," U.S. Plywood Div. of Champion International, N.Y.C.; oak-strip flooring, National Oak Flooring Mfrs. Assn., Memphis, Tenn.; floor heating units, "Electromode" Climate Control Div. of Singer Co., Auburn, N.Y.; radiant electric ceiling, Gold Bond "Panelectric," National Gypsum Co., Buffalo, N.Y.; cooktop, ovens, refrigerator, GE, Louisville, Ky.; dishwasher, Waste King Universal, Los Angeles, Calif.; plumbing fixtures, American Standard Inc., N.Y.C.

SKYLIT SPACE SAVER

Pages 64-67: Cedar siding, Western Wood Products Assn., Portland, Ore.; windows, Bonelli Enterprises, San Francisco, Calif.; skylights, O'Keeffe's, Inc., San Francisco, Calif.; coating on window and skylight frames, "Duracron," PPG Industries Inc., Pittsburgh, Pa.; coating on skylight glass, "Scotch Tint," 3M Co., St. Paul, Minn.; wood floor, "Bondwood," Harris, Haddon Hall, Johnson City, Tenn.; refrigerator, Sears, Roebuck & Co., Chicago, Ill.; dishwasher, KitchenAid Div. of Hobart Mfg. Co., Troy, Ohio; compactor, In-Sink-Erator Div. of Emerson Electric Co., Racine, Wis.; washer and dryer, Maytag Co., Newton, Iowa; sink, Elkay Mfg. Co., Broadview, Ill.; plumbing fixtures, "Case," Briggs Mfg. Co., Robinson, Ill.; faucets, Moen Div. of Stanadyne, Elyria, Ohio; heating convectors, Trane Co., La Crosse, Wis.; garden furniture, Brown Jordan, San Francisco, Calif.

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Midwest Medical Center showed this to be true in many cases.

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YOUR NERVES CAN CURE THEMSELVES

once you learn how to de-sensitize them, this doctor's ingenious new way...

If You Suffer From A Single One Of These Torturous Symptoms Of Nerves, Tension Or Chronic Anxiety, THEN THE FACTS BELOW MAY BE THE MOST IMPORTANT YOU HAVE EVER READ IN YOUR LIFE!

Because they reveal, for the first time, *how your nerves have tricked you* into the following mental symptoms:

constant nervousness and over-irritation... indecision... depression... loss of confidence in yourself and others... feelings of unreality... overwhelming obsession with one or two horrible thoughts...

a hopeless feeling that your entire personality is coming apart... that your identity is dissolving... or that you may be helplessly drifting into a nervous breakdown!

And—equally as bad—*how your nerves have tricked you* into the following physical symptoms:

chronic fatigue, that starts in the morning, and grows worse as the day goes on...

"missed" heartbeats—"racing" heart—palpitations—or sudden sharp pains under the heart...

sweating hands—or "pins and needles" in either your hands or your legs...

"churning" stomach... nausea... choking feeling in the throat... inability to take a deep breath... tight band of pain around the head... "ready to jump out of your skin"... strange tricks of vision... weak spells... insomnia, that goes on night after night after night...

hand shaking... panic spasms... knots in your chest... dizziness... difficulty in swallowing...

vomiting... and all the other physical tortures that turn your life into one continuous hell!

And Every One Of These Nervous Symptoms Can Be Controlled... And Then Diminished... And Then Eliminated—OFTEN BY AS LITTLE AS THIS ONE SINGLE INSIGHT INTO THEIR HIDDEN CAUSE!

And that insight is this:
If you suffer from any of the nervous symptoms listed above, then you must understand at once that your nerves are not ill... they have not deteriorated... they have not lost their true physical health in any way! What has happened to them instead is that they have simply become OVER-SENSITIZED... "rubbed raw" by too much outside irritation... and are now ready to discharge the emotional and physical symptoms of panic at even the slightest thing that goes wrong!

Thus, the depression... indecision... loss of confidence and all the other emotional symptoms you feel are all caused by OVER-SENSITIZED nerves! And the churning stomach... palpitating heart... never-ending headaches and all the other physical nervous-symptoms you feel are—again—all caused by OVER-SENSITIZED nerves!

And therefore the way to treat ALL these symptoms is NOT with drugs... NOT with shock... NOT with medical formulations or hospitalizations at all! The way to treat these nerves is to change the poisonous-thoughts that are rubbing them raw!

And this is done (as proven by this internationally-famed physician on thousands of patients) in four simple steps! The first of which stops nervous symptoms (both physical and emotional) from multiplying from that moment on! The second of which serves to tranquilize and quiet down those over-sensitized nerves far more powerfully (and permanently) than any drug a pharmacist could ever give you!

The third of which lets you stop fighting those symptoms (which only intensifies them in an ever-increasing spiral of sheer torment), and—instead—leave them alone in an ingenious way that lets them start healing themselves!

And the fourth of which—the great reward—brings you slowly-but-surely back to the person you used to be! With a new, enduring feeling of control and confidence that nothing can destroy! So much so that this doctor actually comes right out and states bluntly: "The advice given here will definitely cure you, if you only follow it!"

In Fact, Case History After Case History Proves That Cure May Be So Dramatically Quick That Your Friends And Family Will Beg You To Tell Them Your Secret!

Once again, it doesn't matter what physical or emotional symptoms you are now suffering from... how "deeply entrenched" they are... how long you have been plagued by them... how "old" or "weak" or "out-of-control" you may feel today! Here is specific, step-by-immediate-step advice that will (again to quote directly from the doctor) "banish every unwelcome sensation and regain peace of mind and body!"

For example:
The two-minute self-treatment (you perform one ingenious little action with your chest) that ends sudden panic seizures on the spot—including all their side effects such as dizziness, pins and needles, involuntary stiffening of the joints, inability to breathe, and all the rest.
That "lump in the throat that won't go away"—



how to banish it in minutes... and enjoy eating any food you wish to once again!

Physical weakness—perhaps the most dreaded of all symptoms—and (surprisingly) perhaps the fastest of all to banish!

How to deal with the twin monsters of fatigue and guilt! And leave behind emotional exhaustion... morning depression... thoughts that once raced around and around in your mind without cessation! (And leave them all behind—for good!)

Why so many patients who tried these simple techniques actually came out of their nervous sicknesses as far finer and stronger people than they ever were before!

How to recover from chronic tension caused by an insoluble problem! The only sane way to overcome it! How to avoid unnecessary suffering, for both yourself and others! And, perhaps, actually turn your worst defeat into crowning success!

The surest and most permanent way to cure obsessions!

How to tap the forces of Nature, every morning, that are just waiting to cure you!

How to bring happiness back into your everyday life! Not by waiting for some great event or reward... but simply by developing the eyes to see joy in the little things all around you!

How to beat insomnia! Again, specific, proven step-by-step instructions! Ten different aids that may have you waking up tomorrow morning as fresh as a baby, with eight full hours of blissful sleep replenishing every cell in your body!

And—the final goal: How to develop the kind of nervous control that automatically turns panic off the instant it starts! That frees you forever from "nerve-crutches" such as drugs or alcohol! That lets you pick up your life again from the point where over-sensitized nerves forced you to abandon it, with absolute confidence that you now have the poise and self-possession to accomplish the goals you have always wanted!

WHAT OTHERS SAY:

"...helped me so much and released me from the particular hell I have been living in since my breakdown six years ago."

"I am amazed at the progress I have made in such a comparatively short time."

"It would be no exaggeration to add that your book saved my life."

"The method you give for cure of nervous conditions is so effective—so simple."

"The great reassurance you give about the distressing physical symptoms of a disturbed nervous system is one of the greatest benefits to be derived from your book."

"You cannot possibly imagine what a relief it is to be able to view life normally again, instead of fear-panic all the while."

"I cannot describe the emotion I felt to find, at last, someone who really understood the problem, and to hear her say the condition can be cured... If only this understanding person had the time to take all sufferers under her wing."

"I would like you to know that my nervous condition has so greatly improved through the advice gleaned from your most precious and invaluable book... that all symptoms have now disappeared and I rarely need Librium or sleeping capsules."

"My physician is amazed at my progress and of course I showed him your book which he borrowed and read thoroughly and is now recommending."

"My wife has made a vast improvement. I'm sure if she had had your treatment in earlier years she would never have had to go into the hospital at all."

WHAT THE PUBLISHER SAYS:

HOPE AND HELP FOR YOUR NERVES has sold over 250,000 copies and has been endorsed by medical and mental-health associations throughout the world. Millions of Americans have heard Dr. Weekes on television and radio shows and have read excerpts from the book which recently appeared in Reader's Digest.

ABOUT THE AUTHOR

DR. CLAIRE WEEKES became interested in the problems of nervous illness when she observed in her medical practice that those who suffered most suffered "nervously." Dr. Weekes is Consulting Physician to the Rachel Forster Hospital in Sydney, Australia. She has appeared with Mike Douglas, Arlene Francis, Barry Farber and many other U. S. radio and TV shows.

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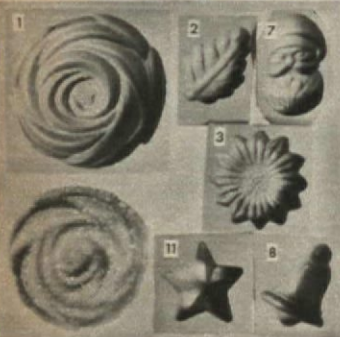
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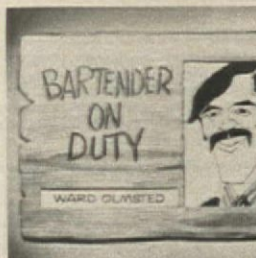
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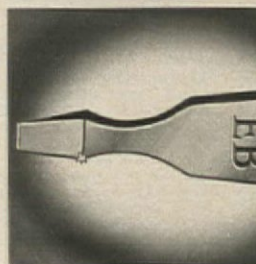
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You lie down on a cloth-backed vinyl mat that protects your entire body from the floor. You can do it at home, beside your bed...take it out on the patio or lawn, if you want to get some air and sunshine at the same time. Listen to the radio or watch TV.

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Satisfaction Guaranteed or Money Back

Use a Hip Cycle just once and we think you'll want to use and enjoy its benefits every day. And everybody

Contempo

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The Hip Cycle, complete, ready to use is only

\$10.98

— Mail this No-Risk Coupon —

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Please rush me one Hip Cycle K0599 at \$10.98, plus \$2 for delivery and handling charges (8 lb. pkg.).

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Buy the way

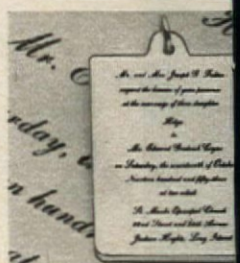
Checking your Christmas list to see "who's been naughty or nice?" It's thrifty and nifty to "go gifting" right at home. Free catalog has over 2,000 gift ideas under \$5. Features unusual gifts, housewares, imports, toys—items to please all! 196 pages of easy shopping. Miles Kimball, 149 Bond St., Oshkosh, WI 54901.

Heavenly shoe, sassy-cute

You'll feel like an angel walking in this soft-as-a-cloud casual cuddler made and laced with super soft, genuine cowhide leather! Built-in arch lift for e-a-s-y steps. Cushiony crepe sole and heel. Natural, black, white. 4-10½ M, W; 5-10½ N, M, W. \$12.90 plus 80¢ hdlg. Old Pueblo Traders, 600-A9H-S. Country Club Rd., Tucson, AZ 85716.

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—Every Penny Back!



"15 Years Ago: My total facial appearance was tired and old looking."
AGE 26



"Today: My husband and friends say I look younger than 15 years ago."
AGE 41

PHOTOS GUARANTEED UNRETOUCHED

"I look younger than 15 years ago!"

... without resorting to plastic surgery," says Joanne Cox.
"I saw results instantly. The 15-minute Beauty Renewal Plan helped. It rejuvenated me like magic!"

And here's how you can test FREE—and see for yourself within "15 MINUTES" how our "BEAUTY RENEWAL PLAN" can preserve your natural beauty of face and skin—as well as help roll back your years to new facial beauty!

WHAT WILL YOUR PLAN DO FOR MY FACE?

Just what the name says: **Renew it!** In 15 minutes you'll see proof that your sagging chineline and neckline start firming up. See tension, strain, "frown-lines" and "laugh lines" start disappearing from your face. You'll marvel at how fine lines, creases, blemishes, begin improving. You'll witness your facial roughness, flaking, and sun and wind damage disappear, and your face becoming satiny soft as a new born baby, as though by some miracle of youth.

HOW DOES THE PLAN WORK?

It works by giving your face the **trio of treatments** that it so desperately needs (one without the other will not do to maintain and help renew facial beauty).

1. NATURAL Moisturization from our Natural "Skin Food" Creme.
2. NATURAL Facial Shaper, helping

you to relax your face and realign your neckline, chineline and total face.

3. NATURAL Exercise for firming facial and chineline tissue. The Key Word is "NATURAL" because there isn't one element of the "15-Minute" Beauty Home Renewal Plan that's not 100% Natural. All these 3 Beauty Aids working together are in harmony with Mother Nature and her Natural way of helping create facial beauty.

THESE ARE THE NATURAL ELEMENTS OF OUR PLAN THAT HELP PRESERVE AND RESTORE YOUR FACIAL BEAUTY

1) NATURAL Avocado Complexion Renewal Creme — The richest skin moisturizer ever created, then made RICHER with Vitamin E, Vitamin A, Aloe Vera Gel, plus Amino Acids for skin penetration and much, much more. The base is a custom formulation of avocado, wheat germ and other natural

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3) NATURAL "15-Minute" Facial Rejuvenation Booklet — A scientifically documented, fully copyrighted booklet of original home beauty renewal tips, techniques and procedures. Special massage brings new color to your face... Simple exercises firm, uplift and reshape facial, neck, chineline and throatline muscles... Your key to totally "Renewed Facial Beauty!"

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That's all it takes...15 minutes, you're done! Your face is moisturized, tissues firmed, skin moisturized, tension and stress lines relaxed — your natural beauty starts returning. And this pleasant pampering treatment activity works its magic twenty-four hours a day.

OUR GUARANTEE TO YOU!

One "15" Minute Treatment...whether you're 20 or 80 — you must see and feel these positive results — **Or Money Back!**

- Sagging chineline and neckline starts firming
- Skin creases, dry skin lines, blemishes, start disappearing
- Damage due to air, sun and cosmetic pollution repaired
- Stress, tension leaves your face
- Frownline, forehead wrinkles relax
- Chineline and neckline are realigned, avoiding further sagging and wrinkling of facial tissue

SOUNDS TOO GOOD TO BE TRUE?

IT IS TRUE! Discover Today at Our Expense, What Our "15" Minute Beauty Renewal Plan Can Do For You In The Privacy Of Your Own Home. A regular \$19.98 value, for a limited time only, the entire 3-Way Plan is yours for just \$9.98 with this coupon.

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The face of your pet photo of *him* or *her* is the face of this unique clock. Or of any favorite photo! Send any black and white or color photo (original returned to you). 8". Of tarnish-proof silver metal. Electric, \$14.95. Battery model (batteries not included), \$19.95. Photo-Time, Dept. X407, 210 E. 23rd St., New York, NY 10010.



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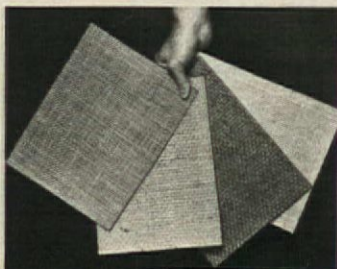
Kathy, the clog

This modified version is very pretty. Open-toe freedom, too! "Kathy" is snuggly soft and topped with a pert "belt 'n buckle." 1 1/2" wood wedge heels with crepe soles. Cushioned insoles. Black, white, bone, red, or navy. 4-12 N,M,W. \$9.95 plus 75¢ hdg. Sizes over 10, add \$1. Sofwear Shoes, AH9, 1711 Main, Houston, TX 77002.



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Wood plaques with child's name engraved on precious boys and girls of gold plated metal are ideal gifts. With hangers. 1 or 2 child plaque, 3x3 3/8"; 3 or 4, 3 1/2 x 7 1/2"; 5 or 6, 3 1/2 x 9 1/2". 1 child, \$1.98; 2 children, \$2.98; 3, \$3.50; 4, \$3.98; 5, \$4.98; 6, \$5.50. Add 50¢ hdg. Vernon, A91, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



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Our 5 Minute Body Shaper does it....
Without giving up the foods you love!

And firms up shoulders, chin, neckline, arms, as well as enhancing body posture and realigning figure beauty

And firms, uplifts, shapes your total bustline

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And slenderizes, tightens up your hipline

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And reduces protruding tummy in just 7 days

This ingenious 16 ounce Body Shaper — does it!

Weider, fitness expert and trainer of champions since 1936 says:

Give me 5 minutes twice daily for only 7 days and you'll lose up to 3 inches from your waistline, 6 to 8 pounds of unwanted weight, and 'shape up' — or I will return every penny."

Let's face the facts why you're out of shape.

When you eat the wrong combination of foods, you do not get enough exercise to thoroughly work your muscular, metabolic and respiratory systems daily. Because of this, fat accumulates around your waistline, heart and other body organs, slowing you down, aging your body and destroying your vitality, virility and youth. There is only one way to firm up and shape up: that is through proper exercise and proper nutrition. Effortless exercisers, reducing pills, sauna shorts, weighted belts, dangerous and painful diets and other gimmicks designed to appeal to your laziness will not work. It has been exposed by the medical profession as frauds, ineffective and in some cases dangerous. They can only reduce your pocketbook. Shape up to it... If you want to slim down, firm up and shape up, you must work off the inches, and there is no safer, faster and more enjoyable way to do it than with our patented, truly miraculous "5" Minute Body Shaper Plan.

How does this ingenious "5" Minute Body Shaper slim, firm and shape you up?

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The unit weighs about 16 ounces and fits any wallet-size case. You can carry it with you and Patent Pending. © Copyright Joe Weider, 1973

use it — anytime — wherever there's floor space for your body. Even while watching television.

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"Miraculous! Weighs less than a pound, is simple to use and beats working out in a gym with 30 different exercisers!"

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Proven results are already verified by the thousands. The guarantee is in writing. Now, can you think of a reason for not ordering your "5" Minute Total Body Shaper and start looking and feeling like a million... in just 3 days?

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I love being a woman and want to show it! Prove it to me at your expense that in just 3 days I can feel glorious all over, and start seeing my figure shaping up. Rush me the "5" Minute Total Body Shaper and Slimming Course that does it — in plain wrapper!

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"Tap" pronged all-steel ball bearing casters into legs of tables, chairs, beds, etc., and you'll be able to move your heaviest furniture without strain. Won't mar or scratch your floors either! 4 for \$1; 8 for \$1.98. Add 50¢ for hdg. Send your order to Best Values, Dept. 396, 160 Amherst St., East Orange, NJ 07019.

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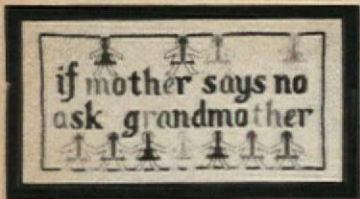
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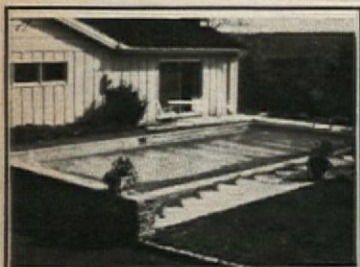
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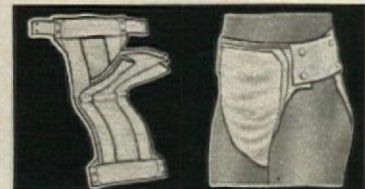
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1 1/2 x 2 Ft. — \$7.50
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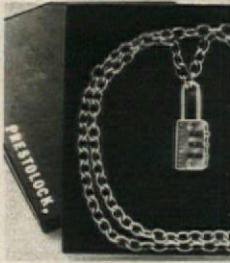
B&W POSTERS from any b&w or color photo, Polaroid, cartoon or magazine photo. For slides and negatives, add \$1.00 per poster. Better originals produce better posters.

1 1/2 x 2 Ft. — \$2.50, 2 x 4 Ft. — \$7.50

RUSH SERVICE! Shipped 1st class in one day. Add \$2 per poster. Not available for color.

Your original returned undamaged. Add 50¢ 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, INC.
Dept. AH93, 210 E. 23 St., New York, N.Y. 10010



Women on stamps!

In U.S. Postal history, stamps depicted women receive 25 of these unusual Clara Barton, Amelia Earhart, and other stamps to exchange any or none, return balance service anytime. 25¢. Stamp, A3HW, Calais, M

Amazing "LADY BOUNTIFUL ISO-TENSOR" Proves
You Can Increase Your Total Bustline, In Our

Free 10-Second Bustline Increaser Test

PROVES YOU CAN ADD UP TO 2" IN 14 DAYS!

See and Feel Firming and Shaping Results in 10 Seconds...
Or It Costs You Nothing!

NO GIMMICKS • NO SILLY PROMISES NOTHING TO LOSE

Take this revolutionary new Danish Bustline Increaser-Firmer-Shaper in your hands. Stand in front of your mirror. USE IT! In one second you see your bustline come vibrantly alive...with deep muscle motion that starts its firming, shaping, toning work at once... re-contouring your bosom-line to lovelier, fuller, more alluring proportions. **WHY?** It's the only bustline increaser and shaper plan that works the total bustline over its fullest range. Its' action is deeper, fuller; it's contraction and extension 100% complete. Unless your bustline is contracted, tensed and extended over its fullest range from all angles—your bustline will never reach its fullest and most beautiful potential. **Shouldn't you take the FREE "10 Second Test" and see, at our expense, the miraculous improvements you can make with this revolutionary Danish exerciser?**
Of course you should!

Don't Put It Off - GUARANTEE

This plan, which is now being successfully used in Denmark, Sweden, Germany, England, France, is so complete—so thorough—so safe—**WE PROMISE YOU WILL SEE BUSTLINE IMPROVEMENTS IN OUR "10" SECOND TEST—OR IT COSTS YOU NOTHING.**
We are that positive!

Danish
"ISO-TENSOR"
IT'S A BUSTLINE IMPROVER
THAT WORKS!
RESULTS GUARANTEED!

SEND TODAY!
"ISO-TENSOR" DEPT. CC/1
21100 ERWIN STREET, WOODLAND HILLS, CALIF. 91364
I want to make the "10-SECOND TEST" at your expense. If I do not see improvement in seconds—as you claim—I will return the Exerciser and Total Plan within 3 days and receive my money back.
For The Total Bustline Improvement Plan I enclose \$9.95 (plus \$1.00 shipping and handling). (No C.O.D.'s Accepted)
 Cash Check Money Order. (Calif. residents add 5% sales tax. For rushed delivery, add shipping and handling charges. Total \$10.50) plus \$1.00 for Air Mail. Shipped in plain wrapper.
Name _____
Address _____
City _____
State _____
Zip _____

AMAZING \$1 ART OFFER

4 IRRESISTIBLE K. CHIN KITTENS IN FULL COLOR FOR YOUR HOME



**BEAUTIFUL AND APPEALING OIL PAINTINGS
NOW YOURS AS FULL COLOR LARGE ART PRINTS**

ALL 4 ONLY \$1

Just picture these irresistible kittens in your own home. Everyone who sees these appealing kittens fall in love with their adorable warmth and touching beauty. You just want to take them into your home and into your heart. That's because the artist, K. Chin, one of America's most perceptive painters of animals has captured the universal appeal and warmth you find only in a funny, friendly kitten. Under his sensitive brush, the wonder of these lovable kittens and the colorful backgrounds combine to give a refreshing glimpse of life. Unfortunately the black and white illustrations here cannot possibly convey all the artist's magical color and brilliant details. Only when you see them in your home can you fully appreciate their magnificent artistry and superb beauty.

OFFER WILL NOT BE REPEATED THIS SEASON

We urge you to order your full color prints now while the supply lasts. The dramatic portraiture of kittens is the latest decorator rage, and these are certain to go quickly. In order to show some of the craftsmanship and intricate detail in all the pictures, we have shown one picture larger than the rest. Actually all four fine art prints are the same size, a full 12" x 9" decorator size. So hurry, order now, offer will not be repeated this season in this magazine.

**AMERICAN CONSUMER, Dept. KP-34
195 Shippan Avenue
Stamford, Conn. 06904**

Please send me the four Kitten prints for only \$1 (plus 25c postage with each order) on full money back guarantee if I am not delighted.

Enclosed is \$
Name
Address
City State Zip

SAVE! SPECIAL OFFER: Order 3 sets of prints only \$2.00 (plus 25c postage). Extra sets make ideal gifts.



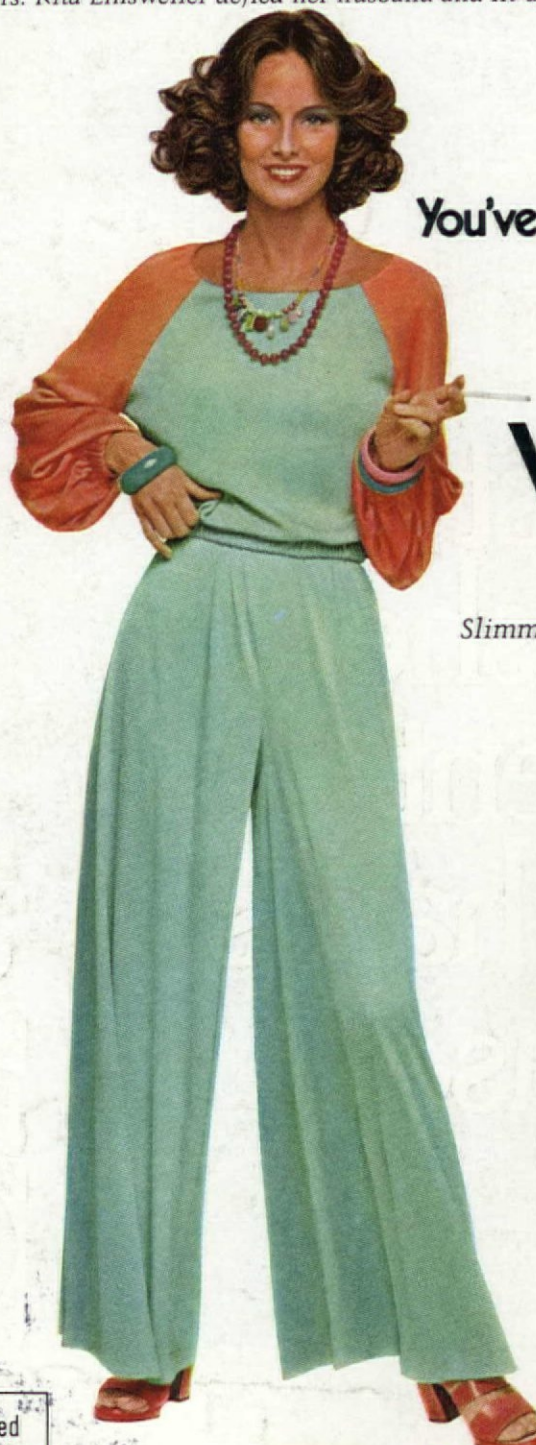
The first dishwasher detergent for dry-hards. Electrasol.

Dry-hards are tough-to-clean foods—like baked beans, eggs, oatmeal, sauces—that dry and cake and stick. And stick. On plates. On forks. Filming glasses. But Electrasol, with its special formula, gets rid of dry-hards. Lets your dishwasher give you cleaner, brighter, film-free dishes.





In 1911, during a picnic in the park, Mrs. Rita Einsweiler defied her husband and lit up a cigarette. Mr. Einsweiler put



You've come a long way, b

VIRGINIA SLIMS.

Slimmer than the fat cigarettes men sm



Fashions: Lew Prince of Aldrich

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

17 mg. 'tar,' 1.2 mg. nicotine av. per cigarette, FTC Report