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Big Idea?

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Cover: This holiday entertaining setting combines the newest accessories with a warm, traditional look. Full details are in "Shopping Information," page 54. For more "Inviting Party Tables," see pages 70-71 and our tear-out guide cover. **Photographer:** Gordon Smith

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WHAT YOU SHOULD KNOW ABOUT HOME INSPECTIONS

Pre-purchase home inspections, mandatory under the Truth-in-Housing bill proposed by Sen. Philip A. Hart of Michigan (July *AH*), are available in many areas. These inspections, described below, offer the home buyer an impartial report on the structural and mechanical condition of a house. This is the seventh in our consumer-information series. —The Editors

Buying a home? More power to you if you've spotted a Victorian beauty loaded with charm, a ranch that's perfect for that family of yours or a vintage cottage that could be the house of a lifetime with just a *tiny bit* of fixing. But slow down: An eye-catching bit of gingerbread may make you less attentive to the faults of a foundation; bright new paneling may hide a badly cracked wall; or you may just plain *miss* those warning signals in plumbing and electrical systems that portend big bills later on.

Certainly, it can be irritating—and expensive—to discover the inadequacies of a house *after* you've bought it, yet it's the rare home buyer who has the expertise and objectivity needed to make a sound evaluation. Unless you know how to get behind the scenes and really size up a house, you'd be miles ahead to call in an expert to look over your future investment. *Then* sign on the dotted line.

And it's just this need for expert help that has spawned a growing number of professionals who specialize in home inspections. In some cases the inspectors are architects, in others, former builders or professional engineers; all are thoroughly acquainted with the many facets of home construction and repair.

At one time you could find these services only in a few big-city areas; now they're in many metropolitan/suburban locations and are usually listed in the Yellow Pages under "Building" or "Home Inspection Services." Most inspect apartments and commercial buildings as well as houses. The idea for an inspection service was the brainchild of a professional engineer, Arthur Tauscher, who began 15 years ago in Rockville Centre, N.Y. Today, Tauscher has 32 Home Inspection Consultants branches across the country. "More and more people want this kind of service," he reports. "Costs today are so high—for both housing and repair work—that soon *no one* will want to buy a house without consulting professionals first."

Tauscher's is one of the three inspec-

tion firms with representation in most major cities. The others are National Home Inspection Service of Washington, D.C., and Nationwide Real Estate Inspectors Service of New York City.

What do these inspection services offer the prospective buyer? For a low fee—charges range from around \$50 to \$100, depending on the value and location of the house—they give you a fully detailed, written report on every nook and cranny of the structure involved. Because they do no contracting themselves, the result is a dispassionate and trustworthy factual review that describes all the defects and explains what would be required to bring the place up to snuff. Their reports are often an assurance that the house is in good shape and that no major repair work is anticipated for the near future. If they find problems, they usually provide rough estimates of repairs, so you can decide whether the house is affordable in the long run. If nothing else, the reports can be a lever for bargaining with the seller.

For your money, says Tauscher, you get "an independent, unbiased review of the structural and mechanical components of the house—top to bottom, inside and out." You'll learn about the condition of walls, ceilings and floors, roof, gutters and downspouts, site grading and drainage, plumbing, heating, ventilation and air conditioning, the electrical system, fixtures, foundations, weather stripping and insulation. You'll be warned of evidence of termites and, in such earthquake-prone areas as California, of signs of earthquake damage.

Home inspections are not only of special interest to buyers of older houses, but to those interested in new homes as well. In fact, Walter Gloskowski, a former building contractor who has helped pioneer home inspection in California, reports that he is often called in by an owner to check on a just-completed house—and ascertain whether all specifications have been faithfully met. He reports that the clients of his Bel-

mont-based Architectural & Structural Investigation Systems are divided equally between young couples buying their first homes and families who have owned homes before and been stung by problems that arose along the way.

Gloskowski, who does a major share of his firm's inspections, explains that he works from the inside out—kitchen and bath first, then attic, foundation and crawl areas, and finally the exterior. When he finishes, he hands the prospective buyer a checklist with his findings and recommendations. The process takes from one and a half to three hours.

High on the list of checks is the roof. A recent report of one he inspected went like this: "The roof has had numerous repairs for leaks in the past. Replacement will likely be required within the next five years. No present leaks were detected. The joints in the gutters were sealed with tar and roofing felt. They are deteriorated and they leak; repairs should be made to prevent damage to the wood fascia and roof deck in the area around the defective joints. The outer roofing felt at the base of the rear skylight has completely deteriorated."

Elsewhere in the same report, Gloskowski faults the draw of the furnace (a venting problem) and points out the absence of an air-gap device in the dishwasher drain line.

Speaking for himself, and for others in his profession, Gloskowski declares: "We do not recommend for or against purchase. We simply assemble facts concerning the physical and mechanical condition of a house and present them." From then on, it's up to you, the prospective buyer. But at least you're armed with a thorough and detailed report.

As Gloskowski points out: "Right now I have a finished inspection report on my desk. I went over an old house for a family and found many problems. They fell in love with the place, so they're buying it. But they're ahead of the game because they're not going into the venture wearing blinders."



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SHINES.**



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LIFESTYLE



Joan and Rocky, with daughter Susan, 15, enjoy the rustic simplicity of their Lake Saint Louis living room (left). "We decided not to have a family room," says Joan. "This really is our room for family living."

The Richard Rockefeller of Lake Saint Louis, Missouri

Pulling up stakes, leaving an old, established community in favor of a brand-new, up-from-scratch town would seem a risky move. But Joan and Richard ("Rocky") Rockefeller (no kin) took the plunge two and a half years ago—and are now reaping the rewards of a richer, more satisfying life. They left a close-in St. Louis, Mo., suburb to settle in Lake Saint Louis, a six-year-old

community developed around two man-made lakes in what was once Missouri farmland.

What made the Rockefellers move? "We were 'water people' in a landlocked place," says Joan. "Nearly every weekend we were loading one of our boats onto the trailer and hitching it to the car, then driving several hours to find some water hole. Our summers were spent constantly packing and

unpacking, and we got tired of it. Now everything that we want to do is right outside our door."

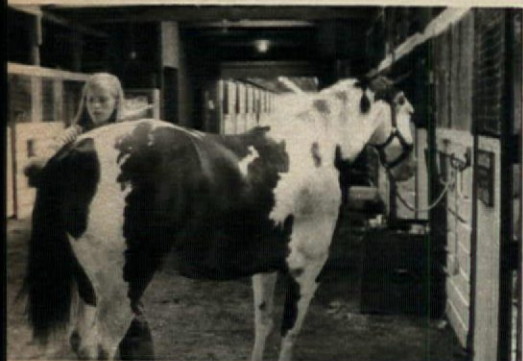
In Lake Saint Louis, people can buy homesites, condominiums or, like the Rockefellers, build their own houses. And some rent town houses. They are people from all walks of life—all drawn by the tranquil beauty and splendid outdoor facilities. Further, (continued)

Clusters of houses line the lake shores (below, far left); everybody in the community lives near the water.

Joan and Rocky prepare for an afternoon of sailing, while Susan stays behind to do some dockside fishing (below and below, center).



"Everything we're doing here is for the first time—in effect, we really are pioneers."



it's only about 40 auto minutes from downtown St. Louis. "We're learning about governing ourselves for the future," says Joan. "But we're not far removed from the culture of the city." Rocky drives more than an hour each way to work—he's an executive with Monsanto Industries outside St. Louis—but he feels his new leisure lifestyle more than compensates for the extra time he spends commuting.

Now two and a half years under sail in Lake Saint Louis, the Rockefellers have only praise for it. "Our life is more relaxed," says Rocky. "We have guests more spontaneously than we used to, and the mood is much more informal. Joan never has to fuss—that's not the way it's done here."

Part of their new ease in living must be credited to Joan and Rocky's careful home planning. "We spent weeks

poring over magazines and working on a floor plan to give the architect," Joan recalls. "My goal was simplicity, easy maintenance and good-size rooms. We eliminated the family room, but added a downstairs recreation room that's strictly for Ping-Pong, pool and kids in wet bathing suits. To cut down on house-keeping chores, we used a lot of rough materials—stone, cedar shakes and quarry tile. In furnishing, we selected tweeds and tough fabrics that wouldn't show dirt."

As she is not tied down to household chores, Joan works part time as a model in St. Louis department stores. She also takes courses given at the community center—the basement of the country club—and plans to teach a course herself. "It's a 'charm-school' course for teenagers," she explains. "It will cover diet, health and

beauty care, exercise, manners, makeup and fashion tips."

Rocky is a member of the community advisory board, a panel of homeowners who represent resident opinion to the developers of this 3,000-acre community. As such he finds himself caught up in the excitement of Lake Saint Louis's plans for future growth. A sampling of things to come was provided this fall with the opening of a new wharf area comprising supermarket, theater-restaurant, retail shops and 500-foot boardwalk—all easily accessible by car or boat.

At Lake Saint Louis there are no above-ground electric or utility wires, no outside TV antennas, no glaring neon signs. Instead, there are trees, horses and sailboats tacking in the breeze. And—right now—there are 2,000 new-towners who drove out one day to have a look and decided to stay.

Susan loves animals even more than sailing. Here she grooms and rides her pet pinto, Cochise, which she boards at the community stables.



Rocky, third from left, meets with fellow advisory-board members to discuss community plans and problems. Current population (2,000) is expected to swell to 25,000 in 10 years. By then, Lake Saint Louis hopes to be an incorporated town.



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HELP ABOUT THE HOUSE

GET OUT OLD GROUT

Is there a safe way to remove old dried grout from the surface of the plastic tiles in our bathroom?

*Mrs. W. Hurper
Sioux Falls, S.D.*

Though we don't know what adhesive was used to install and grout your tiles originally, you should be safe and successful using any of the adhesive cleaners sold by manufacturers of plastic tile. (Sears, Roebuck has one, for instance.) Simply scrub off the old grout with it. A dull putty knife will work on stubborn spots.

SCRAPE PAINT BEFORE REPAINTING

We recently painted one of the ceilings in the old house we bought and were amazed to find the paint hanging in limp strips the next day. We painstakingly scraped off both old paint and new, then repainted. Now we're afraid to redo the other ceilings. What happened and how can it be prevented?

*P. Duggan
King of Prussia, Pa.*

The old paint on the ceiling must have been calcimine, a water-base paint used universally before latex paints were developed. Calcimine loosens when wet. If you used water-thinned latex paint, it probably permeated the calcimine, which proceeded to peel itself. Before repainting your other ceilings, brush water on the calcimine; let it soak in a few minutes, then scrape the calcimine off completely. Repaint with latex ceiling paint.

WINDOWS NEEDN'T STEAM UP

How can we prevent condensation from accumulating on the windows of our electrically heated house?

*Mrs. W. L. Hill
Ukiah, Calif.*

First, try to cut down on the amount of moisture generated inside the house. For example, don't slosh water on the kitchen floor when you wash it; use a barely damp mop. Don't take long, hot showers. Always put tops on cooking pots. To get rid of whatever condensation does form, use exhaust fans: a powerful fan in a hood directly over the range, a vent for your clothes dryer directed outdoors, ventilating fans in bathrooms.

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.



Is Your Complexion Older Than You Are?

Are you one of the many women who feel young and vital and alive, but whose complexion looks far older than it really is? There is no reason for you to turn down the corners of your mouth in a bleak little expression of despair each time you look into a mirror.

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Share the secret of this unusual liquid, available at drugstores here in the United States as Oil of Olay beauty lotion. This unique blend, containing a profusion of natural moisture, along with tropical moisturizing oils and other emollients, was developed by beauty researchers. The special formulation quickly penetrates the all-too-visible surface layer of the skin, soothing away dryness. As the dryness which accents wrinkles lessens, those little lines that make you look older are less apparent.

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to keep you younger looking still. With faithful use, your complexion becomes softer and more radiant, until you have achieved the most youthful look possible for you.

For the most rapid results, let your skin virtually drink in Oil of Olay at least twice a day. Lavish on in the morning, to surround your face and neck with a moist environment. Smooth on again before bedtime, so that the precious fluid can work its wonders during quiet nocturnal hours.

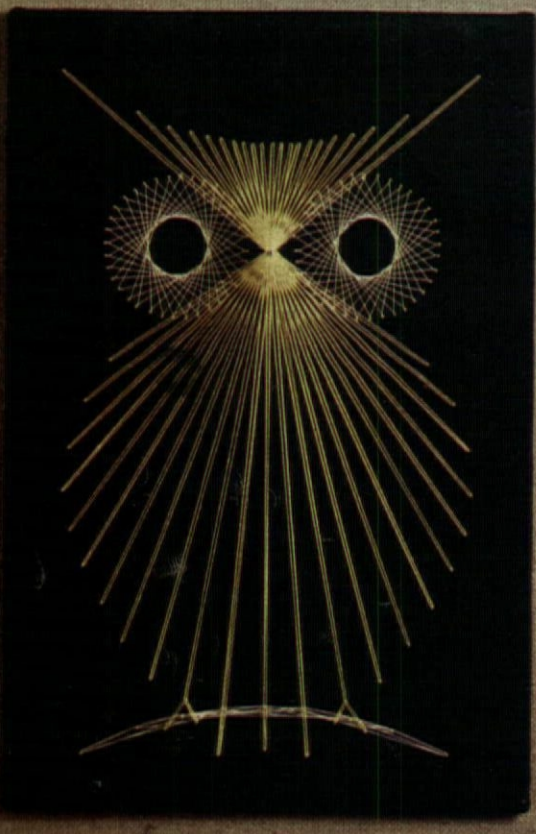
Continue to feel young and vital and alive, and let Oil of Olay help your outward appearance match your inner feelings.

Beauty Hints

Devoted users find that Oil of Olay is absorbed rapidly, leaving no greasy look or feel. The beauty lotion lets cosmetics stay fresh for hours, without their streaking or discoloring. If you re-apply makeup during the day you'll find it refreshing and esthetically pleasing to redo your face from the skin out, beginning with an application of Oil of Olay.

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Gently tap a little extra Oil of Olay® into the area around your eyes, where age often shows itself first, just before you turn out the light.



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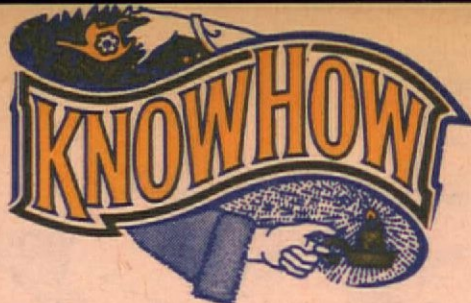
By Dorothy Lambert Brightbill

Wouldn't it be fun to make these charming decorative accessories for your home, or as imaginative Christmas gifts for someone you love? They're simple to do—you can create any one of them in almost no time. The string pictures at left, above, could be done even by a child, and the untraditional-looking eagle or his wide-awake owl friend would add a nice touch to a bedroom, den or hall. String-art crafting is easy: Our kits come with a paper pattern that you place over the fabric-covered, pressed-board base (the eagle base measures 12 by 16 inches, the owl 16 by 24 inches). Then, holding the pattern in place, you hammer small gold nails into spots marked on the paper. When you have all nails in place, off comes the pattern and on goes the string, which is wrapped from nail to nail in a continuous line (you break it when necessary to change colors). Each kit is complete with instructions, pattern, nails, colored string and covered board (the eagle's background is dark-blue cotton, the owl's is black felt).

The shiny aluminum-foil accessories above make especially handsome gifts: They look as though they cost a pretty penny, but the secret is gold- and silver-colored foil tape. Starting with your own mirror frame (or picture frame) or your own small wooden box, you can work wonders with a simple weaving and gluing method. Full instructions are included, and each kit contains enough foil tape for you to make three little baskets (2, 2½ and 3 inches high, plus the handles) or to cover a 16-by-18-inch frame or a 7-by-10¼-inch lidded jewelry box. A cutting stylus is included, too—all that you need supply is glue and some spare time.

Ben Swedowsky

For other exciting American Home crafts, order catalog #61014 (see coupon).



It's how to heat your home sensibly, light better, choose a dishwasher, make candles.

THE HEATING-FUEL CRISIS

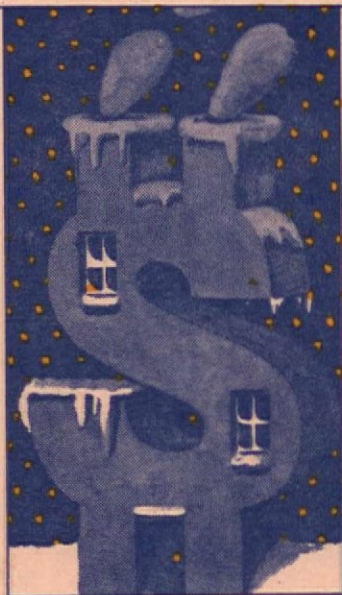
WAYS TO CUT COSTS & CONSERVE

Conserving the amount of heat you use at home has always made sense, but this year there are strong, new incentives to actually cut down. As the cost of heating fuel continues to rise, every gallon of oil, therm of gas or kilowatt-hour of electricity conserved adds up to more and more money saved. At the same time, the unused fuel contributes to national energy conservation—and also lessens the possibility of a local shortage, such as occurred last year in many parts of the country.

There are a number of steps you can take to reduce heating fuel consumption. Some cost nothing; others involve expenditures you are almost certain to recoup from the savings that result. (And if your house is partly or fully air conditioned, you can cut costs when warm weather comes. See "Air-Condition Now and Save!" in our March issue.)

Since the amount of heat you need depends directly on the indoor-outdoor temperature differential, the lower you can comfortably set your thermostat, the less fuel you will use. Consider whether you've been overheating your house. The sense of comfort gained from being warmed or cooled is mostly a matter of conditioning. Nearly everyone has had the experience of visiting a home that seemed uncomfortably hot (or cold) except to those who lived in it. Obviously, some people feel comfortable in temperatures that are higher than average; others prefer lower temperatures. Since it's possible to save about 3 percent of your heating expenses with every degree you lower your thermostat, it would certainly pay to experiment—and see if you and your family can adjust easily to somewhat cooler indoor temperatures in the colder months. Heavier clothing will help, though we wouldn't want anyone sitting around the house in an overcoat (a light sweater would be a good compromise). This is the easiest cost-nothing step you can take, and whether or not you lower your thermostat setting in the daytime, you should certainly do so at bedtime. This procedure, once considered of doubtful value, was recently tested under carefully controlled conditions and proved valid.

The actual amount of fuel you can save depends on several factors—where you live, how much you lower the thermostat and for how long. But Honeywell, Inc., a leading maker of heating controls, has computer calculations that may give you a general idea. They show that if your normal daytime thermostat setting is 75°, turning it down to 67.5° for eight hours during the night reduces fuel use 8 percent in Milwaukee and Buffalo; 9 percent in Boston, Chicago and Denver; 10 percent in New York, Cleveland, St. Louis and Seattle; 11 percent



in Louisville, Washington, D.C. and Portland, Ore.; 12 percent in San Francisco; 13 percent in Atlanta and Dallas; 14 percent in Los Angeles.

Even greater savings can be realized if you lower the thermostat 10 degrees. But don't go any further, or you're likely to waste more fuel raising the house temperature to the desired level in the morning than you've saved by lowering it at night. Furthermore, you may feel pretty uncomfortable during that extra-long warm-up period. To maximize your savings, the setback should be done regularly every night, regardless of the outside temperature. A clock-controlled thermostat takes care of this automatically—and it will also turn up the heat every morning. Installing a clock-thermostat will cost roughly \$50 to \$80, but if it insures your setback every night, you'll recover the

cost after several heating seasons.

If you leave your house for an extended period during the cold months, set the thermostat as low as is safe in your area. Most go down to 55°—generally considered a good lower limit. Here are other ways to save fuel without spending a cent:

- Clean filters in a warm-air furnace at least once every two months.
- Keep dampers closed when your fireplace is not in use.
- Shut the door if you keep a bedroom window open at night—so cold air doesn't reach your thermostat and start up the heating system needlessly.
- Don't obstruct radiators or registers with furniture and draperies. Make sure radiator covers allow free passage of air under, through and over the radiators.
- Pull up shades and open draperies to let in sun during the day, but close them all at night. (Covering windows doesn't actually save much heat, because the coverings still allow air movement, but shielding cold surfaces makes you feel warmer and keeps you from setting up the thermostat.)

Even larger fuel savings are possible if you're willing to invest money in a few home improvements. You should, for instance, check to make sure that no cold air is leaking into the house around windows and doors (including the door to a basement, attic or attached garage). If you feel any drafts, install or replace the weatherstripping—foam tapes are effective and easy to apply. At the same time, check caulking around the outer frames of windows and doors. If it has dried out and gaps are visible, re-caulk, using silicone rubber or polysulfide rubber compounds. They're more expensive, but you can count on them to stay flexible for (continued)

HEATING FUEL CRISIS continued

years. Less important sources of heat leaks are the openings in the walls or ceilings around lighting fixtures and plumbing vents and pipes. Stuff with bits of fiber insulation.

Insulation is worth far more in fuel savings than it costs. Increase it wherever you can. Begin in the attic. The odds are that the insulation there is only 4 inches thick—or less. Building authorities now recommend 6 inches for maximum fuel savings. Adding 2 inches of loose fill should cost you under \$2 for every 20 square feet of attic floor. The addition will pay for itself within a few years—even more quickly if your house is air conditioned. You should also put insulation under the floor over an unheated crawl space, basement, porch or garage. Use a 3-inch fiber-glass blanket or batt. If your house is built on a concrete slab and the floors are uncomfortably cold, dig a trench around the house and place 2-inch rigid-foam insulation against the perimeter of the slab. It should extend at least 2 feet into the ground below the slab.

Insulating exterior walls that have little or no insulation is also highly advisable and can yield big fuel-saving dividends, but this isn't a job you can do yourself. Professionals will blow insulation into each wall cavity. It sounds complicated, but the technique has been perfected and may not cost as much as you think. It's worth getting an estimate, particularly if yours is an old house, and you suspect the walls are uninsulated.

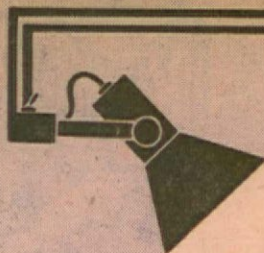


If your heating ducts or pipes run through any unheated area (a crawl space or the garage, for example), wrap insulation around them. This is an easy do-it-yourself job that will pay off immediately.

Installing storm sash on all windows will cut in half the loss of heat through the glass. An added benefit is the elimination of condensation on the panes. (Storm windows will cut your air-conditioning load in summer, too.)

The final step you can and should take to save fuel—regardless of whatever else you do—is to have your heating system professionally serviced at the start of every heating season. Keeping it clean and properly adjusted is essential to its most efficient operation.

While you're waiting for the serviceman to come, a little mathematical exercise may prove useful and enlightening. Ask the nearest U.S. Weather Bureau how many degree-days it recorded in each of the preceding three or four years. (A degree-day is simply a unit of temperature used to measure a day's fuel requirements.) And consult your fuel supplier or your own records to find out how many gallons of oil, therms of gas or kilowatt-hours of electricity you bought in each of the same years. Then divide the number of degree-days for each year by the corresponding fuel-consumption figure. Compare the results for the three or four years. If there is no more than a 5 percent difference between them, your heating system is in good operating condition. But if you've used considerably more fuel per degree-day in the last year or two, something may have happened. Unless there is a simple explanation—a change in your living pattern, for example—chances are the heating system has gone awry. Tell the serviceman to look for serious trouble. —Stanley Schuler



LIGHTING

Many familiar home-furnishing articles first came into being as purely functional products developed for commercial or industrial use: Standard-and-bracket wall-hung shelves and cabinets made their debut as storage units in stores and factories; chopping blocks were preempted from the butcher store to create a new look in residential furniture; the carpenter's lowly sawhorse, glamorized in steel, brass and chrome, is well on its way to becoming a cliché in contemporary interiors.

TRACK LIGHTING, the latest of these technological transplants, has come into our homes by way of showrooms, store displays and art galleries. According to its advocates, track lighting is the easiest, the most flexible, the best way to put light exactly where it's wanted, without costly alterations or electrical installations. Track lighting is, in essence, a system whereby an electrified track—actually a long, continuous outlet—is installed on ceiling and/or wall to receive individual swivel lights that can be positioned anywhere along the length of the track. With a simple twist of the wrist, lights can be turned up, down and all around to alter the point of focus; they can also be shifted to new positions on the track. Illumination can be pinpointed to zero in on a single object or broad-beamed to wash an entire room with light. For flexibility, the system has no equal.

BUT WHAT ABOUT APPEARANCE? The visual acceptance of undisguised functionalism is an acquired taste, but we've come a long way in the right direction since the 1950s. We no longer feel impelled to tuck the TV set into a French provincial cabinet; stereo equipment sits naked and unashamed on open shelves; the telephone doesn't have to hide under a needlepoint tea cozy; electric bulbs need not masquerade as candle flames. Modernists and traditionalists alike have learned to accept and live with these articles for what they are—technological adjuncts to good living. The mature endorsement of good functional design is reaching out to embrace track lighting, too; its advocates are numerous, and proliferating daily. Lighting manufacturers, returning the favor, are spiffing up, scaling down and otherwise revamping track lighting to increase its appeal for use in the home.

ARCHITECTS AND INTERIOR DESIGNERS point out the advantages of track lighting by enumerating the faults of conventional lighting methods: Some residential situations require too many table and standing lamps for adequate lighting, and these interfere with furniture layouts and



fficient patterns; power sources restrict furniture placement possibilities; light provided by conventional lamps is often uneven—too bright near the source, too dark in the distant shadows; the extensive use of window walls in contemporary residential architecture produces problems of excessive reflection from conventional lamps; surface-mounted ceiling fixtures produce high glare and deep shadows, unbecoming to interiors as they are to people. The adaptation of track lighting for residential use has been an inevitable consequence of the growing popularity of track lighting. Owners of fine paintings, prints and sculpture are using track lights to put their cherished possessions into dramatic focus, following the lead of art galleries and museums. Track lighting enhances home furnishings exactly as it enhances objects in a showroom or store display, heightening the texture of masonry or paneling, underscoring interesting architectural features, accenting living greenery, intensifying the brilliance of color in draperies and carpeting, highlighting the glitter of glass and metal, the warmth of polished wood. For purely practical purposes, track lighting can't be matched as a source for working light—above a kitchen counter; around a dressing-room mirror; over a desk, a sewing machine or piano; or lighting a billiard table or chessboard. Exploited to its fullest, track lighting can bring a new dimension to interior design. Because the light sources are not dependent upon the location of baseboard outlets, furniture and art works can make use of total floor area, rather than crowd along the walls, around the perimeter of a room. Arrangements can be changed at whim, and whatever the new grouping, track lights can turn about instantaneously to shine on the new scene.

SYSTEMS DESIGNED SPECIFICALLY FOR HOME USE have all the versatility and practicality of products designed for industry. They are trapped in more appealing packages, however. Tracks are narrower, shallower, slimmer; designs are either understated to appear less obvious or played up to be more decorative. Finishes—for tracks and fixtures—include satin-smooth white, gleaming polished aluminum and mat black. One particularly handsome system is in black metal, with horizontal banding in teak. Movable lamp holders are a great improvement over the track lights designed for industry, which have all the eye-appeal of two-quart juice cans. Lamp-holder shapes include spheres and cylinders; bells,

bowls and boxes; tubes, cubes, cones, candles.

Lamp holders come in sizes to accommodate 30- to 100-watt bulbs, and there is one style with mini lamp holders that calls for high-intensity bulbs. Baffles built into most lamp holders keep glare to a minimum—and render actual light sources relatively inconspicuous. Reasonable cost is not the least significant attribute of track lighting. Lamp holders range in price from \$13 to just over \$50, with a broad selection in the \$20 to \$25 range. A single four-foot track with three lamp holders can be purchased for as little as \$55, plus installation (yours or a professional's).

Single tracks are also available in two- and eight-foot lengths; straight extenders with L-, T- and X-shaped connectors can shape track installations to any pattern. Where no ceiling outlet exists, plug connectors can be purchased to turn a track system into a so-called portable unit; instead of being tied into household wiring, it simply plugs into a baseboard outlet. With a bit of foresighted planning, the cord can be hidden behind draperies, along the side of a bookshelf or the edge of a door frame, to give the portable unit a built-in look.

TRACK-LIGHTING ACCESSORIES include special adapters for use with chandeliers and pendant lights, permitting incorporation of all of a room's lighting needs into a single track system. In addition, several makers market recess-mounted tracks for installation in new homes or remodelings. Such tracks can be installed flush—in either plaster or plasterboard surfaces or suspended ceilings—and as such are almost invisible. The lamp holders appear to be attached directly to the wall or ceiling.

Ease of installation is a big plus in the use of track lighting. If you know how to install a toggle bolt or turn a screwdriver, you can hang your own tracks. And you needn't restrict their placement to ceilings. They can also be successfully mounted to the underside of a cabinet or shelf—and attached either horizontally or vertically to a wall. If you're handy enough to install a conventional light fixture, you have all the electrical know-how you'll need for hooking up track lighting to an existing circuit. National availability is another factor in favor of track lighting. Leading manufacturers—including Gotham, Halo, Lightolier, Prescolite, Progress, Swivelier and Thomas Industries—and smaller companies have stepped up production to keep retailers stocked with the latest styles. —Carol L. Crane 21

The upcoming holiday season promises parties galore, but when you are the party-giver, it also promises stacks of dirty dishes. If you ever needed a dishwasher, it's now! Besides relieving you of what must be one of the duller household jobs, a dishwasher turns out cleaner dishes and fewer broken ones. It also helps keep your kitchen neater and clutter-free.

Dishwashers come in three types: built-ins, which are permanently installed; portables, which are on casters, readily movable; and convertibles, which are similar to portables, but can be adapted to permanent installation.

Built-ins are designed for placement under counters or enclosure in cabinets, and are permanently connected to a hot-water outlet, a drain and a 115-volt, 60-cycle, 20-ampere properly grounded electrical outlet. When planning a new kitchen with built-in appliances, make sure the dishwasher is located near a sink or other plumbing, so water and drain connections can be made easily. Built-ins are scaled to fit into a 24-inch-square space beneath a standard 36-inch-high counter. All necessarily open from the front. A completely under-the-counter model is the least expensive, for only the front panel must be finished. An end-of-the-counter model must have a finished side and/or back, thus is more expensive. Generally, built-ins cost less initially than portables or convertibles, but installation must also be considered. It can raise the cost \$75 to \$125 or more.

Portables and convertibles are ideal choices if you rent a home or apartment. Portables may be either top- or front-opening; convertibles, because of their built-in potential, open only from the front. Each is moved to the sink for use and rolled out of the way othertimes. Where to store the appliance when not in use is a point you should consider before purchase. Also, check the space called for by each type of door opening. Front-loaders need horizontal space for the door to open and the racks to slide out. Top-loaders need only vertical space, but the top can't be used on a full-time counter-top basis, as it can with the front-loading machine.

Once you've decided which machine is best to automatically wash the approximately 48,000 dirty dishes that pass through your hands each year, there are other important points to be aware of:

Capacities vary from model to model, though exterior dimensions may be similar. This is due to machine construction, rack design and the type of dishes you have. (The Association of Home Appliance Manufacturers specifies that dishwasher capacity, when given, be indicated in terms of number of place settings.) Many machines have removable partitions and racks with height adjustments to make loading easier and more flexible.

Cleaning ability is determined by water action, proper water temperature, the right kind and amount of detergent, and hot air for drying. Water action is influenced by water pressure and distribution. The recommended water pressure is from 40 to 70 pounds per square inch (p.s.i.). The simplest water distribution system features a single spray arm located at the bottom of the tub. Others have an additional spray tower or tube rising to the middle of the dishwasher. The most complex system has several spray arms or a combination of spray arms and towers. All washing systems are effective, but the simpler systems with fewer water sources require far greater care in loading—to keep the dishes from blocking the flow of water to various parts of the machine.

Use only those detergents specifically formulated for automatic dishwashers, and follow directions carefully. Dishwasher detergents contain ingredients that emulsify greasy soil and hold hard-water minerals in solution to enable the water to penetrate and loosen soil. They produce little or no suds, so the machine's washing action is not inhibited. Some dishwashers also have an automatic device that dispenses a liquid rinse agent—to help eliminate the spotting that can occur in especially hard-water areas. (A rinse agent is also available in solid form for use in machines without a dispenser.) The temperature of water in a dishwasher should be 140 to 160 F., to dissolve detergent most effectively, remove food soil and help dry dishes properly. Water in this temperature range also acts to kill bacteria and germs. Some dishwashers have a booster heater, an excellent feature if maintaining high water temperature is a problem.

Two types of drying systems are used in dishwashers. The first is a heating coil located at the bottom of the tub. The second has, in addition to the heating coil, a blower to circulate hot air and vent out moisture. This system is faster; in some machines it also incorporates a "cool-down"

at the end of the dry cycle, to make dishes easier to handle if you happen to remove them immediately.

Here are other basics to bear in mind when buying a dishwasher:

Tub construction, though not pertinent to cleaning, is an important quality feature.

Porcelain enamel, resistant to detergents and food-soil staining, can be chipped, and if so, is difficult to repair.

Vinyl, more vulnerable to stains and punctures (though easy and inexpensive to repair), is flexible, providing a kind of cushion if a dish is dropped in the tub.

Stainless steel—stain-, odor- and scratch-resistant—is the most durable material; it is also the most expensive.

Rack design serves two purposes: to position dishes at an angle that provides good washing action, and to hold dishes in place.

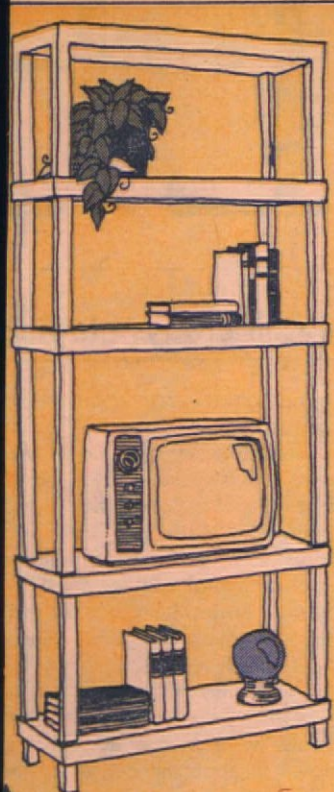
All dishwasher racks are vinyl-coated metal pins arranged either for *random loading* (allowing considerable freedom where the placing of dishes is concerned) or *patterned loading* (dishes must be placed in specific positions).

Insulation is important to keep noise at a minimum and achieve the most efficient washing/drying results. The kind and amount of insulation varies widely. A quick test for portables is to knock on the inside of the tub; the less noise you hear on the outside, the better the insulation. In built-ins, the major source of noise can be vibration; thus proper installation is as important as good insulation.

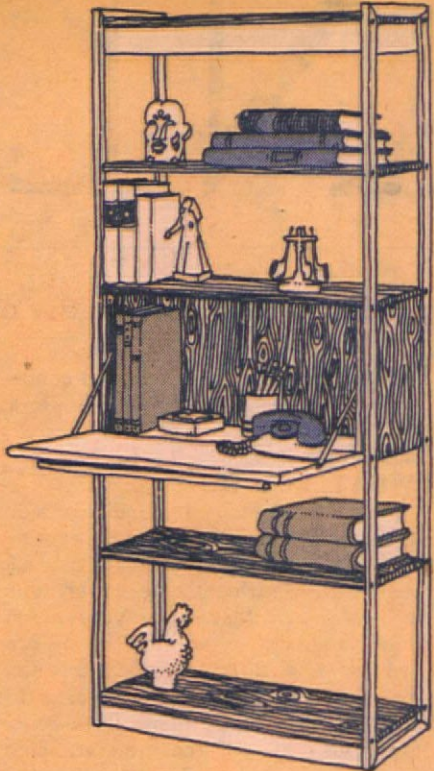
A filter screen, located on the bottom of the tub, helps prevent food particles from being redeposited on dishes. Some dishwashers have a *pulverizing device* that disposes of soft food particles. Check openings into the pump to see what size particles the device can handle.

A water overflow protection device, another essential, is a safety feature that prevents overflowing if the timer should fail while the machine is filling, or if the machine fails to drain properly. Also, look for the Underwriters' Laboratories Seal (UL); it indicates that the machine conforms to established electrical, fire and mechanical safety standards. Also, the seal means that the dishwasher has a door seal switch that turns the machine off when the door is opened—to prevent burns from hot water and to allow you to add dishes after the wash cycle has begun. —Jeanne M. Bauer

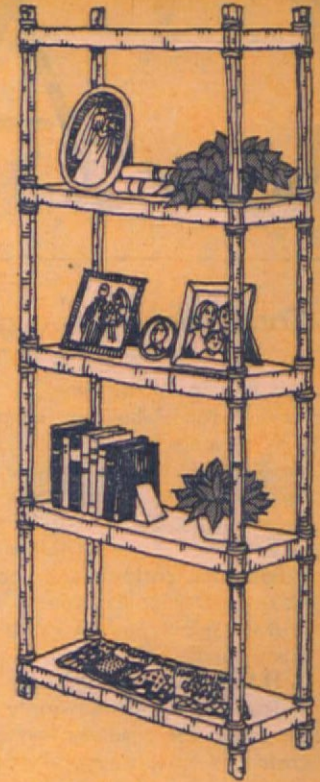




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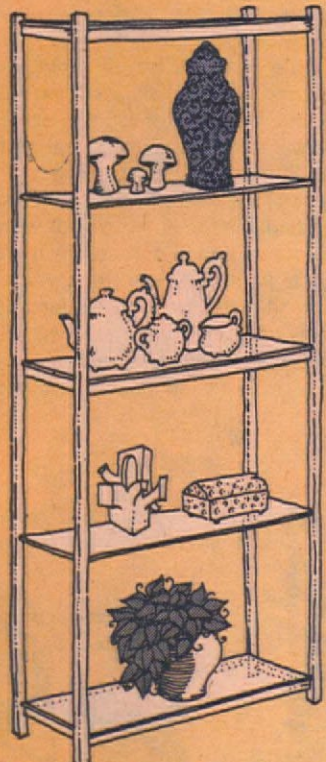
B



C

étagères

Yesterday's high-priced whatnots are today's decorating show-offs to suit every style and budget. These are \$70 tops.



D

Many good things still come in small packages, and these handsome étagères are no exception. All start out as "knock-downs"—sold as units and packaged compactly. Once home, they can be assembled quickly. All, available nationally, are made of easy-care materials ideal for casual lifestyles.—Sara Beaudry

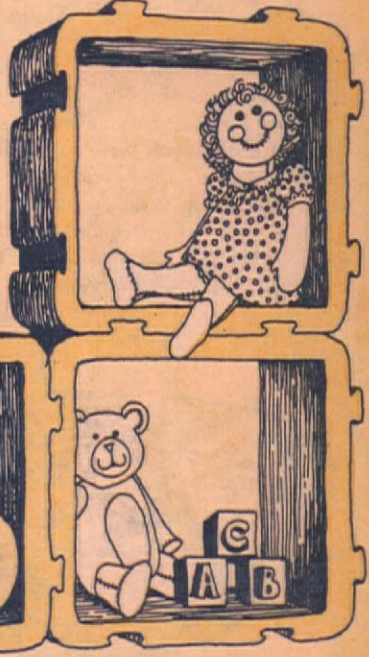
A Polyform's five-shelf plastic unit comes in yellow, orange, black, white or brown, \$40.

D Barwick's "Affordables" contemporary five-shelf showpiece is chrome and glass, \$58.

B J.S. Permaneer's "Chrome and Pecan" vinyl-veneer étagère has five shelves and a drop-leaf desk compartment, \$60.

E Rathcon's "Cork 'n Corrugated" are cork and cardboard cubes that interlock. Three-cube unit is \$60.

C Burwood's Galway Div. combines a bamboo/wicker look with the practicality of plastic in this five-shelf, all-white design, \$70.



E

CANDLE

Candlemaking is a gratifying craft. The method is easy and the result always glowing.

This is the nicest time of year for candlemaking; holiday candles burn with a special glow and, of course, make wonderful gifts. They're also easy and fun to create. To start with, you need a mold. You'll find plenty of them in your own kitchen: gelatin or aspic molds; milk cartons; salt, oatmeal or frozen-fruit-juice containers. Use your prettiest glass jars as molds that become candle holders.

WHAT YOU'LL NEED

There's an infinite variety of molds especially for candlemaking on sale at craft and candle-supply shops. You'll see choices for every season, in every shape: Santas and trees, mushrooms and flowers, cylinders, squares. (A mail-order catalog is available free from American Handicrafts, Catalog Dept., 330 Fifth Ave., New York, N.Y. 10001.) These reusable molds are made of plastic or metal. The metal molds (and some of the plastics) are specially constructed so that the wick can be inserted before wax is poured in. (With all other molds, you insert wicks later.)

Next, you need paraffin, available at variety stores and supermarkets, or in larger batches at craft and candle-supply stores. And while you're in one of the specialty stores, buy stearic acid, silicone spray and wicks. Stearic acid turns colors bright and prolongs candle life, because it makes wax melt only at a high temperature. The silicone should be sprayed inside your mold so the finished candle will slip out easily. The best wicks are the wire-core type, which burn slowly and, being stiff, are easy to insert. For candles less than 2 inches wide, buy a fine wick; for thicker candles, use the heavyweight wick.

You'll need coloring: Craft and candle shops sell "color chips," but you can also use crayons. Pick up a candy thermometer and you're all set.

WHAT YOU DO

The best way to make candles is to do a group at a time—you can be pouring one while others cool. Select a solid, level work surface and cover with brown paper. Make sure your molds are clean: Plastic or glass molds are washed and dried completely; metal ones are placed in the oven a short time at a low temperature. If the mold is cardboard, reinforce it by wrapping string tightly around sides, then around the container lengthwise; this prevents warping. Spray inside of mold with silicone.

Break paraffin in small pieces and put in top of an old double boiler (reserved just for candlemaking) or into a big can set in a pot of water. (One quart-size candle requires 2½ pounds of paraffin.) Melt wax over low heat and make sure it doesn't come in contact with flame. If it does catch fire, smother flames with baking soda (never water), or quickly put a lid on. Keep wax from dripping near the flame. (If you spill some on your skin, cool wax with cold water; peel off.)

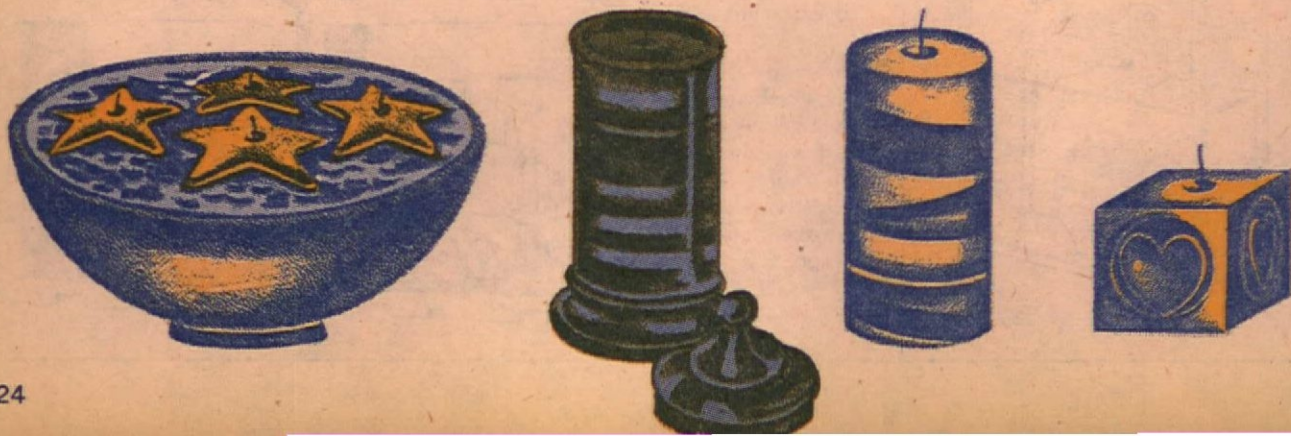
As the wax melts, insert candy thermometer, so you can determine when the pouring temperature has been reached (130° for cardboard, plastic or glass molds, 190° for metal ones). Be careful not to scorch wax; keep your eye on it. Add the stearic acid (2 to 3 tablespoons to each pound of wax) and stir in your coloring a bit at a time. The melted wax will be slightly more intense in color than the cooled

wax. To test color, drop a bit of wax into a paper cup; let cool, then judge.

To pour, tilt mold slightly; let wax run down the silicone-coated inside wall. Protect your hand with a paper holder. Fill mold, setting it level as it fills. As crust forms on top, briefly insert an ice pick or metal knitting needle in the center to break the crust. Let wax harden completely. If you're not using a pre-wicked mold, once the wax has hardened, insert the wick: Heat the ice pick or knitting needle over an open flame. Make well by gently inserting either down through the center of the candle. Reheat the tool, if necessary. Do not pierce the bottom. (In glass molds, go no closer than ½ inch from the bottom.) Cut the wick 1 inch longer than well; insert wick; fill well with hot wax the same color you last added to candle. (Do not pour wax down sink. Store leftover wax in paper cups for later use or disposal.)

Now, remove hardened candle from the mold. If you've used a cardboard mold, simply tear it away; if a reusable mold, turn it over and tap candle out. If you have trouble sliding out the candle, place the mold in the refrigerator (not the freezer) for 10 minutes or so; the candle should slide out easily.

To finish the candle surface, scrape away any seam lines with a dull knife. Polish with an old nylon stocking. If the surface isn't as smooth as you'd like, dip the candle in hot (not boiling) water for 5 seconds and it should even out. Dry candle with a terry-cloth towel and polish it. If you want a super-shiny finish, rub on a little vegetable oil with a clean, dry cloth. Trim the wick to within ½ inch of the candle top. You



CANDLE POWER



Hold our all-time favorites or create the shapes you enjoy.

to make a base by cutting out a scrap of felt to shape and attaching it to the bottom with white, all-purpose glue.

That's all there is to the simple art of candlemaking—even the kids will want to get in on the act. To get you started, here is how to make some of our favorites, all illustrated in order at the bottom of these pages.

LOADING STARS

Buy a reusable plastic star mold; fill with melted wax in whatever color you choose. Insert wick; let harden and release from mold. Float several stars, in different colors, in a clear bowl.

STRIPES IN AN APOTHECARY JAR

Melt colored wax and pour into apothecary jar to the depth desired. Let harden, then melt and add other colors, layer by layer, letting each one harden before adding the next. Insert wick. Leave candle in jar.

STRIPES ON A SLANT

This is a variation on the striped candle above, but do it without the jar this time. Simply set your mold (you can use a round salt or oatmeal container) at a different angle as you pour in each layer of colored wax. Leave mold level or slant during pouring. Insert wick.

CANDLE PLUS CUTOUTS

Make and wick a fat, square candle, using part of a milk-carton mold. Pour a 3/16-inch layer of wax (in a contrasting color) into a metal cake pan. As it hardens to a fudgy consistency (solid, yet pliable), impress 4 circles into it with a biscuit or cookie cutter. When wax hardens completely, invert and tap pan bottom to release shapes and excess wax. Pour a similar layer in a contrasting color; cut out 4 heart shapes

with a cookie cutter slightly smaller than the circle cutter. Attach wax circles, then hearts to the 4 sides of the square with Sloman's Quik glue, available at craft shops, variety stores. Save scraps for drip and chunk candles below.

DRIP CANDLE

Make and wick a candle (try a star-shaped column, using a metal mold). Stand candle on a wax-paper-covered cookie sheet. Melt leftover wax bits; at 165° pour a little of one color into a paper cup. Fill an old spoon with the wax and, holding it at the top edge of the candle, allow wax to drip partway down the side. Drip wax in different colors on all sides of the candle.

COLORFUL CHUNK CANDLE

Pour a 1/2-inch layer of colored wax into a rectangular metal cake pan. When it hardens to a fudgy consistency, divide it into 1-inch squares with a knife. When it hardens completely, invert pan and tap bottom to release squares. Repeat with several colors. Pre-wick a tall, hexagonal metal mold. Gently drop in colored wax squares around wick. Melt clear wax (use no stearic acid; this wax filler should not be hot enough to melt squares) and pour into mold, filling in the spaces between the squares. Tap sides of mold to release any air bubbles and add more wax, if necessary. Remove hardened candle and scrape sides with knife to reveal color chips.

LACY ICE CANDLE

Trim a taper to desired height, leaving an additional inch of wick exposed at top. This candle will serve as the core of your rectangular ice candle. Pour 1/4 inch of colored melted wax into a milk carton to give you a base. Insert taper quickly; let it harden in place in base.

Surround with a 2-inch layer of small ice cubes or large cracked ice chips. Quickly pour in hot (200°) wax to just below the top of the ice. Continue adding ice and hot-wax layers until you just cover the taper top. (Work quickly; ice melts!) Remove hardened candle over the sink, as water will pour out of the mold at the same time. Trim wick.

WHITE SNOWBALL CANDLE

Make and wick a white ball candle using a 2-piece plastic mold. While this hardens, melt a pot of colorless wax, then remove from the heat and allow to cool. When a thin film forms on top, whip wax into a froth with fork or eggbeater. When spreadable, dab onto the ball candle, using spatula or fork. Remelt and rewhip wax as needed.

SAND CANDLE

Fill a bucket with sand. Dampen sand just enough so it can retain its shape when you work with it. Scoop out sand to form candle mold. If you want legs, impress a 1-inch-wide dowel into the sand at 3 equidistant points to form a tripod support. Pour in hot wax in whatever color you choose. (Use 300° wax and slightly drier sand for a thickly crusted sand shell; use cooler wax and damper sand for a thinner shell.) When wax reaches a fudgy consistency, add wick. Allow candle to harden before removing sand to release it.

Here are some books you might like: *Candle Art: A Gallery of Candle Designs & How to Make Them* by Ray Shaw, William Morrow, \$8.95; *Getting Started in Candlemaking* by Walter E. Schutz, Collier Books, \$2.95 (paper); *Contemporary Candlemaking* by William E. Webster with Claire McMullen, Doubleday Co., Inc., \$3.95. —Phoebe Fox



The GOOD LIFE

Have toast with a message, ease parties with new tray and plate mates, play music to understand houseplants by, enjoy a flip new movie projector.



TOASTY WORDS

To start your day bright, the shiny new "Toast Writer" does its flour-power bit by popping out nut-brown slices that have been branded on the buttering-up side with the words "Love" and "Peace." Made by Sanyo, it's in white with multi-colored flowers (naturally) on the sides. You can find it for about \$17 at your peaceful, loving housewares place.

WHY WOBBLE?

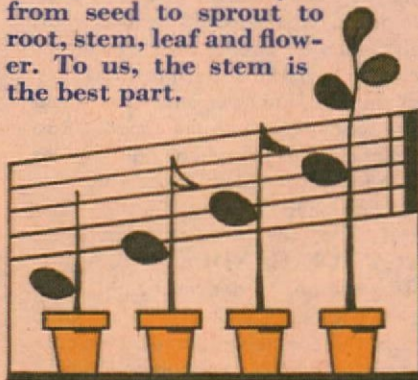
No more wobbly, leaky paper plates at parties. Now there are Tray Mates, a clever combination of dinner-sized plastic plate holders (chip-resistant and dishwasherproof) and fit-in plastic-coated disposable paper plates to see you sturdily through informal buffets and Saturday suppers. Available in housewares sections of department stores, Tray Mates has a starter set of 4 square, cheery yellow holders and 24 plates in a choice of 5 patterns or plain antique white, for about \$5.95. A 48-plate refill pack in any of the patterns is available for about \$2.95. You can thank the St. Regis Paper Company for these handy lap-savers.

TROPICAL TOPIC

The folks who brought you summer juleps have a sunny new thought to warm up fall and winter evenings. It's the Tropical Crow. In a blender, whirl up 1 jigger "light" whiskey, ½ jigger Galliano, 2 ounces piña colada mix, 3 ounces orange juice and some crushed ice. Serve in a highball glass and garnish with a pineapple stick, an orange slice and a cherry. It brings the tropics north—really something to crow about!

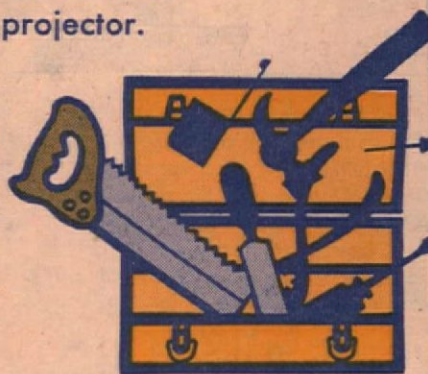
GOOD GREEN FUN

First it was discovered that cookbooks could be as much fun to read as cook with. Now the same addictive thing is happening in the garden department. Latest evidence: *Plantcraft* by Janet Cox (Yerba Buena Press, distributed by Random House, \$4.95), an amiably witty paperback dedicated to helping you and your houseplants coexist contentedly. Simple without being idiotic, devoted without being nutty ("I never, never talk to my plants. Because I tried it once and felt silly. . ."), it just might mean a happier life for you and your philodendron. Win Ng's illustrations are fun, and there's a musical bonus: an accompanying LP of Kenneth Ziegenfuss's "Quartet in a Green Key" to help you to understand your plant friends better. It takes them and you from seed to sprout to root, stem, leaf and flower. To us, the stem is the best part.



BEST FEATURE IN TOWN

Something had to happen to movie projectors that spent all their waking hours lost in closets because they were ugly and, besides, who knew where the screen was? Well, Bell & Howell has done it. Their new "instant" Double Feature projector looks sleek as can be: A handsome box that's 14½ by 14¾ by 7¼ inches high, it can take its place on your entertainment shelf beside the neatest TV and stereo. It's also easier than ever to load: You just drop 50-foot 8-mm reels of film into cassettes and see pictures two ways. You can get them rear-projected onto the built-in 6-by-8-inch TV-like screen (no room-darkening with these home movies!) or—with the flip of a lens cover—you can see them expanded on a conventional stand-up silvered screen. Double feature, get it? The standard model (with cassette-loading, automatic-rewind and instant-replay features) is about \$190; with slow-motion and even slower stop-motion options added, it's about \$220.



FIX-IT FEAST

In these days of soaring costs and sinking services, a little home-repair knowledge can be a reassuring thing. And there are two good, new self-help books on the subject: *The New York Times Guide to Home Repairs Without a Man* by Bernard Gladstone (Quadrangle Books, \$7.95) tells how you can cure what ails walls, ceilings, doors, windows, plumbing, electrical fixtures, floors, stairs and furniture all by your own reliable self. The language is clear, ditto the drawings.

The Householders' Encyclopedia by Stanley Schuler and Elizabeth Meriwether Schuler (Saturday Review Press, \$9.95) is billed as "a complete manual of home care" and proves it with 370 pages of definitive words on everything from how to install acoustical tile to the repair and cleaning of a zipper. It won't teach you how to rewire the family room, but if you bone up ahead of time, you'll be awfully savvy at the hardware store—or next time some elusive, high-priced electrician makes a house call.

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extra coolness makes in a
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14 mg. tar,
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Kool Milds is no ordinary lowered tar cigarette. We lowered the tar but didn't touch Kool's unique taste of extra coolness. The same taste that made Kool America's #1 selling menthol cigarette.

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You have to sit in a La-Z-Boy to feel the unique La-Z-Boy reclining action—with just your body movement. And the independently operated foot rest that's part of every La-Z-Boy.

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1958 B & G Christmas \$115 "Santa's Visit"



1957 B & G Christmas \$135 "The Christmas Tree"



1973 Bing & Grondahl Christmas Plate



1961 B & G Christmas \$90 "Christmas Squirrel"



1967 B & G Christmas \$35 "Gift for the Birds"

WONDERFUL GIFTS—FOR COLLECTORS AND INVESTORS, TOO! EACH PRODUCED IN A LIMITED QUANTITY—WHEN THESE ARE GONE, THEY'LL BE NO MORE!

1973 Bing and Grondahl Christmas Plate—Only \$19.50

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Please rush me your following Collectors Items: All collector items, sold with a 10-day moneyback guarantee!

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Enclosed is check or M.O. Joy's will pay full postage and handling. Illinois residents add 5% sales tax.

BING AND GRONDAHL of Denmark issued the world's first Limited Edition Christmas Plate way back in 1895. Each year since then the plate collecting world has eagerly awaited each new, beautiful hand painted masterpiece. And Christmas Plates traditionally, have been the most desired and become the most valuable plates of all.

WHAT IS A LIMITED EDITION?

After a specific limited amount of these exquisite plates are made, the mold is destroyed and reissue is impossible. Because the demand for these plates usually exceeds the supply, they usually "sell out" and become hard to find. As a result, prices rise and these plates usually increase in value from year to year. The first plate, by the way, sold for 50¢ and is now worth \$2,700.

So why not start your collection today with an order for one or more of these outstanding

plates, from Joy's, one of America's largest fine plate dealers. More and more Americans are starting to collect Limited Edition Plates not only because they're beautiful to own but because they are good investments. (And don't forget, they are Christmas gifts that will be remembered.) Since quantities are strictly limited, please order early.

SPECIAL BONUS: If you purchase any plate from this ad, Joy's will send you absolutely free a beautiful, full color 1974 Goebel Hummel Calendar (worth \$2.50).

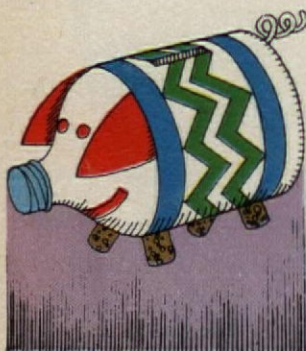
Some earlier Bing and Grondahl Christmas Plates available:

1895	\$2,700	1902	\$172	1941	\$270
1896	\$1,500	1909	\$ 90	1956	\$135
1897	\$ 950	1911	\$ 72	1968	\$ 37
1900	\$ 450	1915	\$112	1970	\$ 27

Holiday Taping Tips



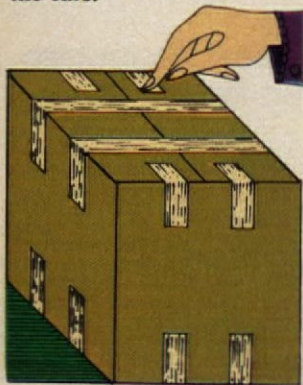
from "Scotch" Brand Tapes



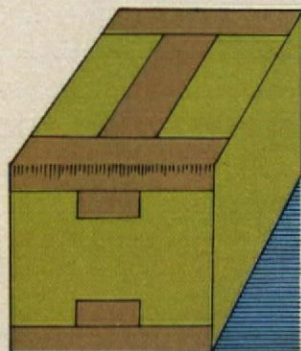
A perky piggy bank from a plastic bleach bottle is just one of the clever gifts little fingers can make with colorful "Scotch" Brand Plastic Tape. Use corks for the bank's feet, a curled pipe cleaner for the tail, and "Scotch" Plastic Tape for decorating and folded back-to-back for the ears.



Use "Scotch" Double Stick Tape to attach decorations, lightweight ornaments or tags to Christmas gift wrap. No tape shows because this tape is sticky on *both* sides.



For extra-heavy cartons, use "Scotch" Brand Strapping Tape. It's fiberglass reinforced for super strength to help get your packages safely through the busy holiday mail.



Make sure you have "Scotch" Package Sealing Tape on hand for holiday mailing. It's extra wide and holds at a touch without water or mess.

At Christmas time or anytime when you have a lot to do "Scotch" Brand Tapes can do a lot for you!



"SCOTCH" AND THE PLAID DESIGN ARE REG. T.M.'S. OF 3M COMPANY, ST. PAUL, MN 55101 © 1973 3M CO.

America's gone gadget happy—with clever, time-saving kitchen tools that perform



SMALL WONDERS

Today's array of low-cost "treasures" with a party purpose has strong appeal for the gadget-collecting urge in a lot of us. These handy helps make light work of troublesome little jobs and also help prettify. They're made by such companies as Ekco, Foley, Mirro and Androck, and are available nationally in gourmet food shops or in the houseware section of department stores. But if you can't find what you want in your particular area, send for a free mail-order catalog from Bazaar de la Cuisine, 1003 2nd Ave., New York, N.Y. 10022.

Gadgets designed for butter and margarine proliferate. Here are some of the best: a *butter curler* (\$2), which does curly swirls, *butter paddles* (\$1.50) to make butter balls and a *butter mold* (85¢) for patties or rounds with a design on top. To simplify egg handling, consider these: an *egg separator* (39¢) that easily separates white and yellow and practically eliminates broken yolks, an *egg piercer* (80¢) that puts a tiny hole in an egg so it won't burst when you cook it, and *egg rings* (\$1.25 for a set of two) to produce perfectly round fried or poached eggs for that special party brunch. And for using hard-cooked eggs decoratively, there's an *egg slicer* (\$1.50), which cuts round or oval slices evenly, and a *tulip cutter* (\$4), which produces two zigzag-sliced halves.

Here are our choices for those specialty devices that create unusual effects or take the tedium out of specific jobs: The *radish gadget* (\$3) cuts glorious radish spirals with one simple motion (it's a West German import from BIA); the *pineapple cutter/corer/slicer* (\$3) swiftly does all three of these chores and cuts wedges as well; the *apple corer/slicer* (\$2) cores, then cuts the fruit into eight even sections (it also works on pears); the *melon baller* (75¢) creates perfectly round melon balls in two sizes and can be used to make cream-cheese or potato balls as well—it's also handy as an all-purpose scooper-outer. The *zester* (\$1.25) and the *stripper* (\$1.50) each turn out paper-thin strips of orange or lemon rind. Use when you want long, continuous spirals or short shreds, both of which make lovely garnishes for salads and desserts.

The *fluting knife* (\$1.50) has a scalloped blade to cut wavy rounds of cucumber, carrot, zucchini or potato. The *notcher* (\$1) has a V-shaped blade that carves two perfectly even cuts with one incision; it's great when you want to use notched halves of lemon, orange or tomato as decorative hollowed-out cups for salad, salad dressing or sherbet. The *shrimp sheller and deveiner* (\$2) and the *clam opener* (\$3.70) provide easy shortcuts to two messy jobs. A stainless-steel *chicken holder* (\$3), another BIA import, is a real find if trussing a chicken isn't your forte. You simply position the bird in the holder and that's that. There's no fuss, no need for string or poultry skewers.

A good *utility scissors* (\$10) is helpful to have around, at party time or anytime. Ours, by Cutco, snips fresh herbs neatly and is perfect for cutting sticky foods, such as marshmallows and candied fruits.

—Jeanne M. Bauer

Have you seen the New Pledge shine? It's a dead ringer for a paste wax shine."

—George Montgomery, Actor and Furniture Maker

"I love wood furniture. That's why I've designed and built furniture for myself and people all over the country most of my life.

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

"But Johnson Wax showed me how to get rubbed-in beauty a new, easy way. With New Pledge."

"New Pledge now has an enriched formula containing key ingredients found in Johnson Paste Wax. Pledge brings out the natural beauty of the wood every time you dust.

"If you haven't seen the New Pledge shine, it's time you did. It's a dead ringer for a paste wax shine."

**The rubbed-in
beauty of
paste wax
instantly...
every time
you dust.**

America is talking



and we're listening

There's a pinch in the housing market. And Americans are saying ouch! By 1980, there will be another 14 million people in America. We'd have to build the equivalent of a new town every week for the next seven years to house them all.

Or we could recycle our existing housing.

The NATIONAL ASSOCIATION OF REALTORS® is sponsoring just such a project as one of its Make America Better Programs. REALTORS® through their local Boards of REALTORS®, are buying old, run-down houses that are still structurally sound. They're repairing, modernizing and selling them to families at the fair market price.


This program of recycling houses is one very practical solution to the housing shortage. Neighborhoods are not only kept intact, but they are improved.

It's about time someone listened to the 80 million real estate property owners of America. REALTORS® are doing it.

More than
a real estate
broker.



NATIONAL ASSOCIATION OF REALTORS®
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Equal Housing Opportunity 
The NATIONAL ASSOCIATION OF REALTORS® subscribes to the policy that equal opportunity in the acquisition of housing can best be accomplished through leadership, example, education, and the mutual cooperation of the real estate industry and the public.

"Who says we couldn't do it?"



Not Bassett. When it comes to redecorating we put our money on her. Which is why we suggest you put your money on Bassett.

Like this couple. It's a nice feeling to know that after 12 years of wedded bliss, you can afford to completely re-do the bedroom with those beautiful gently priced Bassett treasures.

And still have money left for Joan's braces and Mike's new bike. And a spanking new Bassett cocktail table for the living room.

Another nice thing about Bassett. Because people's styles vary, we have an endless variety of different kinds of furniture.

You have a choice of over 6000 different ways to be you. In tables. Bedding. Nursery, bedroom, dining room furniture. And upholstered pieces, with still another quality feature. Many fabrics are protected with Du Pont Zepel® soil/stain repeller.

No matter what your style, you can express it with Bassett. And no matter what your budget, you won't break it with Bassett.

Why the headboard, door dresser and mirror shown cost less than \$500. The cocktail table a tender \$130.

So if you're thinking of redecorating, why wait? At Bassett prices, you can afford to have a new furniture fling now.

Bassett

lets you show your style now.

For 40 pages of furniture-decorating ideas, send 50¢ to Idea Book, Dept. N113, Bassett, Virginia 24055

Sears presents the no-sag, no-sag drapery rod. Made beautifully for your beautiful draperies.

The look is elegant. From traditional to gleaming modern to mellow Mediterranean. And this is just part of Sears exclusive traverse rod collection.

But what you can't see here is the craftsmanship. Tension-pulls that are engineered to keep nylon cords taut and to prevent tangling. Moving parts that are self-lubricated for silent, smooth-drawing draperies. And

extra-durable construction, so even heavy, heavy draperies draw smoothly—without sagging.

Sears trouble-free drapery rods. No snag, no sag—and nowhere else but at Sears. At your nearest large Sears, Roebuck and Co. store, or by catalog. At a price that will be sure to delight you

Only at

Sears



American Home

LIGHTHEARTED
ENTERTAINING
GUIDE

Great Parties, American Style

Easy updates
on old favorites and
national classics:

The indoor clambake
Sociable box suppers

The All-American hot dog

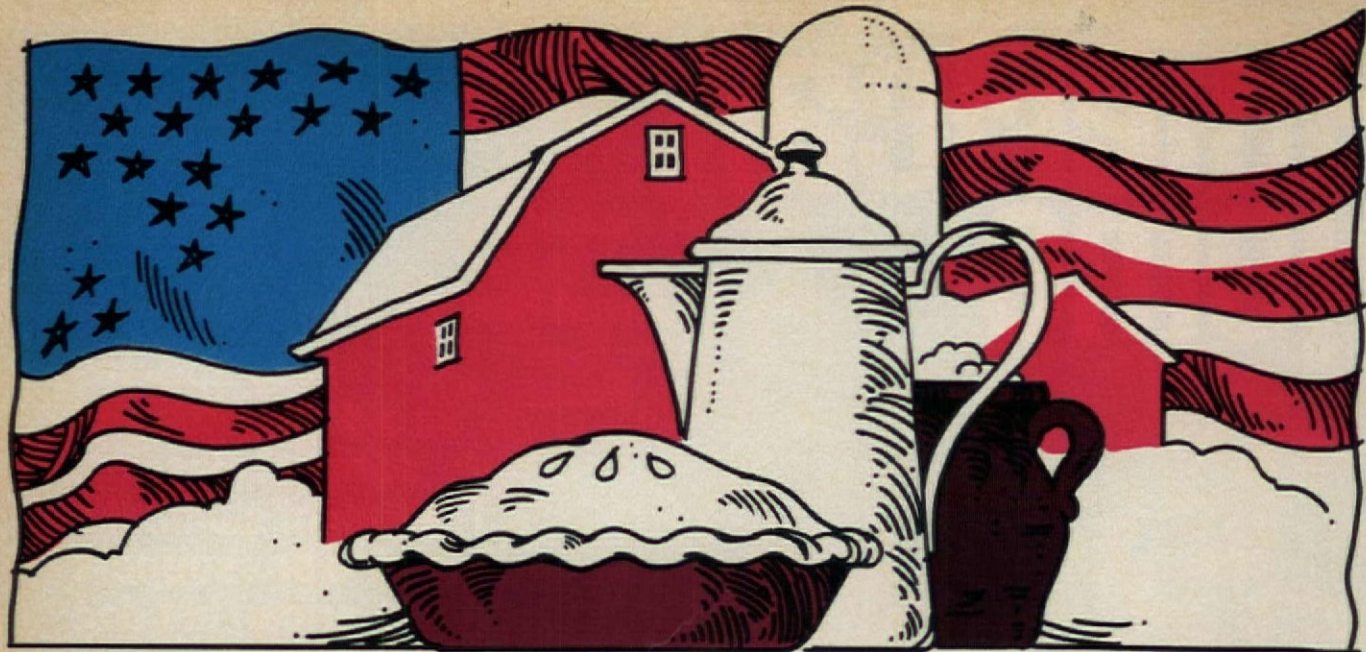
How to make your home
party perfect

Change-of-pace nibbles

Backgammon,
the newest/
oldest game



Detach and save
this 16-page
Entertaining Guide
Fall, 1973



GREAT PARTIES, AMERICAN STYLE

By Eileen Denver Mimoso

Recapture the heartwarming flavor and flair of bygone days in your holiday get-togethers.

Now's the season for happy entertaining in the lighthearted, free-wheeling style that Americans have made so successfully their own. From Maine to New Mexico, we all seem to agree that when it comes to a party, our aim is the same: good friends, good feelings, good food.

That's certainly the way it's been, down through the years. Think of the simple, heartwarming Thanksgiving celebrations of the early New England settlers and the cheerful, abundant Christmases of the Pennsylvania Dutch. Recall the old-time quilting bees, when women would gather from miles around, thimbles and tongues at the ready, to sew with their friends. In a cozy kitchen, they would stitch and talk, enjoying coffee, sweet cakes and the latest gossip.

Today, you can give your own version of a quilting bee by inviting your friends to come for the afternoon and bring their needlepoint, macramé, embroidery or whatever portable craft they are working on. Have a big pot of coffee brewing and, true to the old days, an array of sweet things to nibble on.

Among the best-loved of all American festivities have long been those traditional summer revels: the barbecue in the West and Southwest, the clambake in New England, the fish fry in the South, and all across the land the red-white-and-blue Fourth of July picnic with its speechmaking, its bands, its races and games, its dances and flirtations and gargantuan quantities of food and drink.

Without a doubt, old-time parties had a lot to offer. But so do today's, because with paper and plastic and convenience foods to help us, we entertain in an even easier everybody-get-together way. Nowadays, it's becoming increasingly evident

that really Big Deal parties are getting few and far between. The parties that we prefer more and more—to give as well as go to—are those whose emphasis is on camaraderie and not on cost. The ingredients are beloved basics, the style informal.

As you make your plans for the season, why not keep traditional party themes in mind and try updating some wonderful old favorites for the enjoyment of your friends? For example, you don't literally have to raise a barn to give a modern barn raising. Just make the job of painting the den into a party. Invite six stalwart chums to come in and wield a brush. After the job is done, regale them with a summer picnic served indoors—with all the summertime works included: hamburgers, hot dogs, potato and macaroni salads, pickles and olives, hard-cooked eggs, soft drinks and beer.

Or hark back to another fine old custom and invite the neighbors in for a Boston Baked Bean Supper. (It doesn't have to be Saturday night, but that helps.) Let the big crock bubble lazily in the oven all day—the aroma is guaranteed to whet the most jaded appetites. Set out the dish with the time-honored fixings: brown bread, cole slaw, cider.

Or you might try a fish fry à la summertime down South. Fry batter-covered filets of fish in deep fat. (You might also hunt up a recipe for hush puppies.) Accompany everything with lots of tangy tartar sauce, green salad in big bowls, cold beer and plenty of paper napkins. Later, serve pecan pie and coffee. The result: instant Georgia, summer of 1873.

Or some blustery January day, have a real Western-style barbecue indoors.

Baked in your oven, this will really kill the chill and give your guests a warm glow. Serve spareribs, brisket of beef and chicken pieces slathered in your zippiest barbecue sauce. Add some kind of chili-pepper dish, a four- or three-bean salad, onion rings, biscuits, pickles and beer.

A deep bow to the Southland might be a real hunt breakfast. As this makes a bang-up brunch, it could be your way of starting the new year right. Begin with bourbon and water, if you want to do things in the traditional manner. Then bring on baked country ham, scrambled eggs in cream, fried hominy squares, jellies and apple butter, buttermilk biscuits and lots of coffee. Any good American cookbook will have recipes for all of these, or at the least, for something very close to them.

Throughout America runs a rich vein of entertaining traditions to draw on. And this special tear-out-and-save section will help you mine the lode. You will find out how to bring that great New England seaside classic, the clambake, indoors in your own home, and how to update that old-fashioned favorite of the church social, the box supper. You'll get a fresh look at a too-often taken-for-granted national specialty: the great American hot dog.

And to make your entertaining as smooth as possible, we alert you to the best ways to get your house ready for holiday hostessing; we tell you about some tempting tidbits you can offer your guests to nibble on; and finally we present a report on the new/old game that's sweeping the country—backgammon.

With all this going for you, how can you help but have the breeziest, most carefree holiday parties on your block?



Six dozen ways to keep your children happy this holiday season.

Make 6 dozen delicious Party Cookies with **m&m's** Plain Chocolate Candies.

Fun for the kids, fun for you, Party Cookies are easy to make. And so bright and festive for the holidays.

Easy Party Cookies Recipe

1 cup shortening	2 1/4 cups sifted
1 cup brown sugar,	all-purpose flour
firmly packed	1 tsp. baking soda*
1/2 cup granulated	1 tsp. salt
sugar	1 1/2 cups m&m's Plain
2 eggs	Chocolate Candies
2 tsp. vanilla	(3/4 pound pkg.)

Cream shortening, sugars, eggs, and vanilla thoroughly. Sift together flour, soda, and salt. Add dry ingredients gradually to creamed mixture — mix well. Stir in 1/2 cup **m&m's** Plain Chocolate Candies; reserve remaining candies for decorating. Drop by teaspoon on ungreased baking sheet. Decorate tops of cookies with remaining **m&m's**

Plain Chocolate Candies. Bake at 375°F for 10-12 minutes, or until golden brown. After baking, some of the candies may be slightly cracked. This adds texture and interest to your cookies — still the same delightful flavor. Makes about 6 dozen 2 1/2-inch cookies.

*If you use self-rising flour, omit soda and salt.



Look for other fun recipes on specially marked packages of MILKY WAY® Bars, SNICKERS® Chocolate Peanut Bars, 3 MUSKETEERS® Bars, COMBO™ MUNCH Peanut Brittle and **m&m's** Peanut Chocolate Candies.

THE INDOOR CLAMBAKE

By Frances M. Crawford

With ingenuity and friendly help you can revive a delicious summer ritual anytime of the year.

The real New England clambake is one of the great outdoor cookout parties of the summer. Anybody who has experienced one remembers it longingly. So why not get your friends together and have an *indoor* winter clambake? It's really only a matter of collecting the ingredients and equipment. But because few kitchens have the number of large pots needed (three 8-quart ones), and because lobsters are so expensive right now, consider making it a cooperative party. That way everyone contributes what utensils she can, and the cost of the ingredients is divided among the group.

You can stage "a real nice clambake," in the words of that song classic, no matter where you live. If your market doesn't have clams and lobsters, or can't get them for you, order a ready-made clambake from a sea farm (see below). They will ship the lobsters and clams layered in seaweed in a cooking container that is placed in a special second container packed with refrigerant to keep the seafood alive and fresh on its trip to you. Cooking instructions will be included. All you need buy locally are the other clambake foods.

Your clambake menu should include steamed clams with clam broth and melted butter, boiled or steamed lobster, broiled chicken (optional), corn. In summer this would be followed by watermelon (but you could substitute any melon in season) and apple or blueberry pie (or both). To accompany the feast, stock a good supply of beer or soft

drinks, and don't forget the coffee.

To serve eight, you will need ½ peck steamer clams; 8 live lobsters, about 1¼ pounds each; 4 broiler-fryers, about 2½ to 3 pounds each; 16 ears of corn; at least a pound of butter or margarine; 1 melon and 1 or 2 pies. Then be sure to have ready lots of paper napkins—the large dinner size, by all means, tie-on paper lobster bibs, paper plates (handy plastic-coated ones are best), paper cups (the hot type for clam broth, melted butter and coffee, the cold ones for beer or soft drinks) and lobster shears or nutcrackers to cut or crack the claws (one to every two people is sufficient).

STEAMED CLAMS

Scrub clams well under running cold water to remove sand. (Some cooks recommend soaking the clams several hours in water to which cornmeal has been added; the clams then spit out the sand.) Put enough salted, cold water into a large kettle so you have it 1 inch deep. Add clams. Cover kettle tightly and steam clams 6 to 10 minutes or until shells open. Time the cooking from the moment heavy steam appears. Serve at once, discarding any unopened clams. Pour clam broth into cups. Serve melted butter or margarine in separate cups.

BOILED LOBSTER

Fill a large kettle about two-thirds full of cold water (there should be enough to cover the lobsters). Add about 1 tablespoon salt for each quart of water. Cover and bring to a full rolling boil. Grasp lobster behind the head and plunge it head first into boiling water. Bring water back to simmering and start your timing. Simmer lobsters 5 minutes for the first pound and 1 minute for each additional ¼ pound. Remove lobsters from water immediately, using tongs for easiest handling.

STEAMED LOBSTER

Many New Englanders believe that steaming is the only way lobsters should be cooked. Put cold water, an inch deep, into a large kettle. Place a wire rack in the kettle, making sure top is above the water level. Cover kettle. Heat water until it steams. Put lobsters on rack in kettle and cover. Steam 20 minutes. Remove lobsters and serve.

CORN

Boiled: Remove husks and silks from

ears; snap off ends of stalks. Cook in large kettle in enough boiling salted water to cover, 5 to 7 minutes. Remove from kettle with tongs. Keep warm.

Steamed: Remove husks and silks from corn; snap off ends of stalks. Line large kettle with husks. Add enough water to just cover bottom of kettle. Place corn on husks. Cover kettle. Place over heat. When heavy steam appears, steam corn 20 minutes.

Roasted: Remove husks and silks from corn; snap off ends of stalks. Spread corn with softened butter or margarine; sprinkle with salt and pepper. Wrap each ear securely in aluminum foil. Roast in 400° oven 15 to 30 minutes. The time needed will depend on the size of the ears.

HOW TO EAT CLAMS AND LOBSTER

Now it's time for the feasting to begin. Clams need not be tricky. Take each one from its shell and remove the neck covering. Hold clam by the neck and dip into clam broth. Swish clam around to remove any sand that might still remain, then dip it into butter and eat. When finished with your clams, be sure to drink any remaining broth.

For those tackling lobster for the first time, here are some steps that may help:

1. Twist off the claws.
2. Cut with lobster shears, or crack with a nutcracker. Remove meat.
3. Arch the back until it cracks and break off the tail piece.
4. Bend the flippers at the end of the tail piece and break them off.
5. Insert a fork at the end where the flippers were and push lobster meat out of the shell.
6. Remove the green liver, called the tomalley, but don't discard it—it's a delicious delicacy. (In the female there may be some pinkish red roe, called lobster coral; gourmets prize this, too.) Lift body out of the back shell.
7. Pull body apart sideways and break it. At the base of each claw you'll find tender kernels of lobster meat—the sweetest you'll ever eat, but something most people ignore.

For detailed information relating to cost and how to order clambake seafood, write one of the following companies: Saltwater Farm, York Harbor, Me. 03911; Graffam Bros., Rockport, Me. 04856; Crawford's Lobster Co., 62 Badgers Island, Kittery, Me. 03904.



Micronite filter.
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Warning: The Surgeon General Has Determined
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Kings: 17 mg. "tar," 1.1 mg. nicotine;
100's: 19 mg. "tar," 1.3 mg. nicotine av. per cigarette, FTC Report Feb. '73.

BOX SUPPERS FOR FUN AND FUNDS

Update an old-fashioned custom for a surefire evening of good eating and good cheer.

There's a fund-raising drive on—for the ambulance corps, a new playground or some other worthy cause—and in a weak moment you agreed to head the committee. Now you need a new theme, something different. Why not have a box-supper auction—an idea from the days when life was simpler and such an event was the highlight of a social evening? Of course, the purpose then as now was to raise money, but the young lasses who prettied up the boxes had another interest: The swain who bid highest became a beau for the evening and perhaps for good.

To give your auction, invite as many couples as you can accommodate. Instruct each of them to bring supper for two in a decorated box or basket (with whatever paper/plastic eating assists necessary). Remember that the wrapping will make the bidders vie for possession, raise the price and up the total.

Your friends will no doubt come up with box-supper ideas on their own, but here are two menus to get the action rolling, should anyone need inspiration. Recipes for starred items are below.

MENU I

Avocado Senegalese Soup*
Herb-Roasted Rock Cornish Hens*
Garden Rice Salad*
White Wine
Angel-Food Cake Wedges
Sugared Strawberries

AVOCADO SENEGALESE SOUP

1 large ripe avocado, peeled, pitted and mashed
1 can (10½ ounces) condensed cream of chicken soup
1 can (13¾ ounces) chicken broth
1 teaspoon curry powder

Combine all ingredients; mix well. Chill 3 to 4 hours. This will make 6 servings. Spoon enough for 2 servings into a wide-mouth thermos. Save or freeze the rest to use another time.

HERB-ROASTED ROCK CORNISH HENS

2 Rock Cornish hens
(about 1 pound each), thawed
1 medium-size carrot, pared and sliced
½ teaspoon salt
1 teaspoon leaf thyme, crumbled
2 tablespoons butter or margarine
Softened butter or margarine
Salt
Paprika
Thyme
⅓ cup canned condensed beef bouillon
¼ cup water



Heat oven to 450°. Wash hens; pat dry. Put half the carrot, ¼ teaspoon salt, ½ teaspoon thyme and 1 tablespoon butter or margarine in each hen. Place, breast side up, in shallow roasting pan. Brush hens well with softened butter or margarine. Sprinkle lightly with salt, paprika and thyme. Combine bouillon and water.

Roast hens 20 minutes. During the next 30 minutes of roasting, baste every 10 minutes with bouillon mixture. Reduce oven heat to 350°. Roast hens 20 minutes. Remove hens from pan. Cut each hen into quarters with poultry shears. If you wish to pack these to serve hot, wrap each cut-up hen in heavy-duty aluminum foil. If you prefer them cold, let them cool completely before wrapping in foil or in plastic wrap or bag. Makes 2 servings.

GARDEN RICE SALAD

1 cup cold, cooked rice
2 tablespoons diced green pepper
2 tablespoons sliced radishes
1 tablespoon thinly sliced pared carrot
1 tablespoon sweet pickle relish
Bottled French dressing
Salt
Pepper

Combine rice, vegetables and pickle relish. Moisten with French dressing; season to taste with salt and pepper. Spoon into container (the freezer type is good); cover. Makes 2 servings.

For the dessert, wrap wedges of angel-food cake (made from a mix or store-bought) in plastic wrap and put the strawberries into a covered container.

MENU II

Bouillon
Stuffed Lobster Tails*
Brown Rice with Almonds*
White Wine
Lemon Angel Tarts*

STUFFED LOBSTER TAILS

2 frozen lobster tails (8 ounces each), cooked, drained and cooled
1 tablespoon butter or margarine
2 tablespoons thinly sliced green onions
½ cup diced mushrooms
1½ teaspoons lemon juice
⅛ teaspoon salt
Dash of pepper
¼ cup mayonnaise or salad dressing

1 tablespoon chopped parsley

Remove lobster meat from tails. Reserve shells; cube meat. Heat butter or margarine in skillet over medium heat. Add onions, mushrooms, lemon juice, salt and pepper. Cook until tender. Cool. Stir in mayonnaise or salad dressing and parsley. Add lobster. Mix gently. Fill shells. Wrap in foil or plastic wrap. Makes 2 servings.

BROWN RICE WITH ALMONDS

Brown rice (enough for 2 servings)
3 tablespoons sliced, toasted almonds
1 tablespoon butter or margarine

Cook rice as directed on package. Stir in almonds and butter or margarine. Spoon into wide-mouth thermos to serve hot. Makes 2 servings.

LEMON ANGEL TARTS

1 egg white
⅓ teaspoon cream of tartar
¼ cup sugar
1 egg yolk
2 tablespoons sugar
1 teaspoon grated lemon peel
1 tablespoon lemon juice
¼ cup heavy cream

Heat oven to 275°. Grease and flour cookie sheet. Beat egg white and cream of tartar until foamy. Beat in ¼ cup sugar gradually; beat until stiff, glossy peaks form. Shape into two 3½-inch circles on cookie sheet with back of spoon, building up sides. Bake 45 minutes. Turn off oven; leave meringues in oven 1 hour or until cool.

Beat egg yolk in top of double boiler. Beat in 2 tablespoons sugar. Blend in lemon peel and juice. Cook over hot, not boiling, water 5 minutes or until thick. Cool. Whip cream. Fold into lemon mixture. Spoon into shells. Chill at least 12 hours. Wrap in plastic wrap or aluminum foil to pack. Makes 2 servings.

—Frances M. Crawford



FRANKLY SPEAKING

Consider the great American hot dog—with variations galore—for casual do's.

convenient spot or have your broiler ready for use. Then heat the franks; steaming or simmering them is the easiest way to cook franks for a crowd, as you can leave them in the water with the heat off and lift them out as needed. And, of course, don't forget the rolls. The toaster-oven is already at hand for those whose preferences lie in other directions, make available a selection of firm breads like pumpernickel, French or Italian rolls, or other rolls such as club or seeded.

Then you'll want to provide all those extras that can make your party really seem like a summer picnic: gherkins and bread-and-butter pickles, bowls of potato salad (you could offer a choice of hot or cold), cole slaw (for a change, make it with red and green cabbages), the ever-popular potato chips and pretzels, some green onions and radishes, perhaps a selection of cheeses. You'll also want a bottle or two of catsup, jars of mustard and relish (both red and green). For

those whose wants are simple, these extras, plus some chopped onion, should suffice. For those whose best-loved frank comes from the ball park or the pushcart, add cooked and drained sauerkraut for topping.

No party would be complete without the potables. Have a variety of soft drinks and beer to recreate the ball-park feeling of summer.

At some point, someone is sure to ask the question, "What's for dessert?" So be prepared. You might have plates or trays of cookies and brownies (easy to eat without plates and forks) or have lemon sherbet handy in your freezer. You can just scoop it into paper cups the way the pushcart man serves it.

Here are some recipe ideas for particular combinations. However, your guests are sure to take something from here and another bit from there and, like Dagwood, dream up their own whoppers.

Everyone loves a Hero, so why not build one of these super-size sandwiches-on-a-roll around a frank? (continued)

Frankfurters are so much a part of our lives that we tend to forget just how good and versatile they are. Away from the ball park, far from the pushcart man, nowhere near the drive-in, but served up with all the trimmings, they can be the answer to a variety of entertaining needs. When you want to feed a horde of famished teen-agers or satisfy the hunger pangs of TV football watchers or pull together a little something for a casual get-together, frankfurters do the job deliciously.

Decide on which of our recipe suggestions you want to pursue, gather the necessities and set out the spread on the kitchen counter for help-yourself action. If you have included franks that need to be broiled, put your toaster-oven in a



At 4:14 Janette H. Strom dinged her husband's new car.

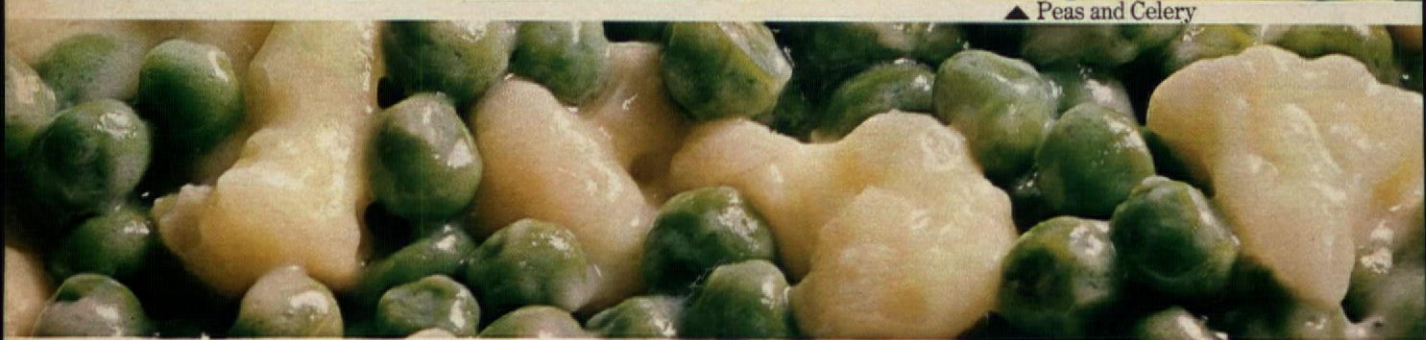
By 5:56 she had fixed it the best way she knew how.

It's creamy.
It's smooth.

It even spreads easier than
homemade buttercream frosting.
And it's ready when you aren't.



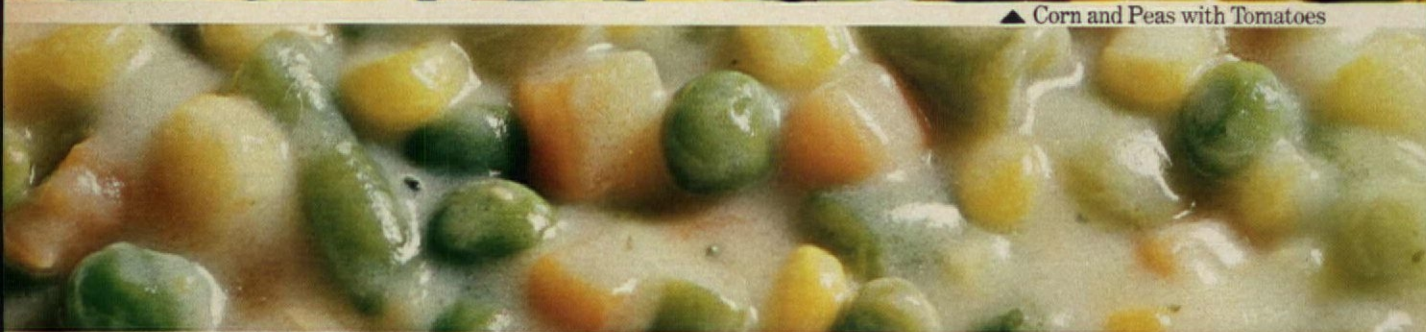
▲ Peas and Celery



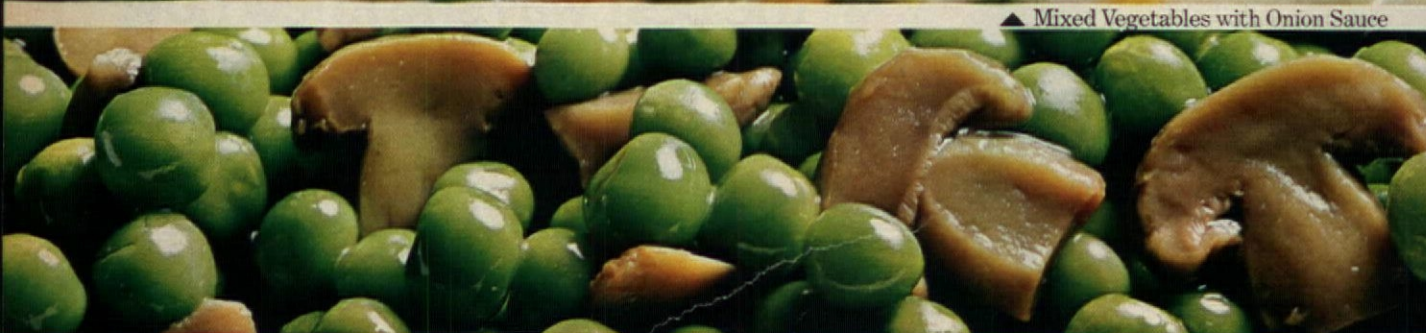
▲ Peas and Cauliflower with Cream Sauce



▲ Corn and Peas with Tomatoes

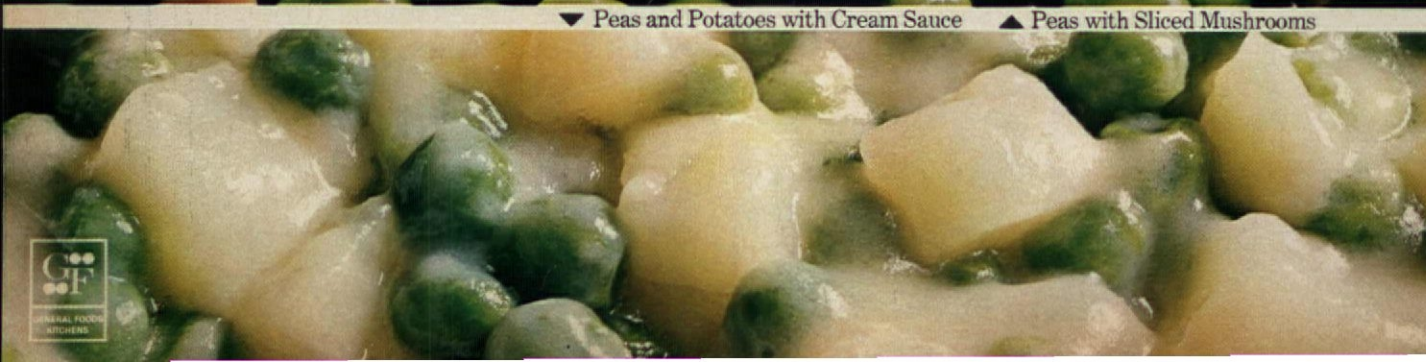


▲ Mixed Vegetables with Onion Sauce



▼ Peas and Potatoes with Cream Sauce

▲ Peas with Sliced Mushrooms





▲ Rice and Peas with Mushrooms

▼ Peas and Pearl Onions



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

Poor little peas. They're the favorite vegetable of a lot of husbands, but all by themselves, they're not the sort of vegetable that cause a lot of excitement at dinner. Your husband probably doesn't even notice them.

That's why Birds Eye® put peas in Combinations with lots of other nice things.

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They try so hard to get attention, your husband can't help but notice.

Of course, peas aren't the only vegetable that could use a little attention. So Birds Eye makes many other tasty Combination Vegetables, too. Like Carrots with Brown Sugar Glaze, for instance. And French Green Beans with Toasted Almonds.

But, all in all, no vegetable comes in as many Combinations as peas.

Because when you're as common as a pea, you try to get attention in as many ways as you can.



Birds Eye® Combinations.

The first vegetables your husband might even notice.

Above photographs are approx. 2 times actual size.

COOKING WITH

Kellogg's



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These crisp croutons have eight savory seasonings baked right in the special bread from which they're made. You just add liquids and the stuffing is ready to pop into your bird.

It couldn't be much easier, and you'll have a truly delicious stuffing to serve family and friends. Just follow the Stuffing Guide on every Kellogg's Croutettes package to serve the best-dressed bird in town.

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FRANKLY SPEAKING continued

Put a layer of shredded lettuce on the bottom of a split and toasted frankfurter roll and drizzle it with oil and vinegar. Then top with 2 half-slices of provolone cheese, 2 slices of tomato, heated and split frankfurter, 2 slices of raw onion, 1 slice of Swiss cheese and some shredded hot peppers. Add the top of the roll and bite right in.

Is there a chili lover in the crowd? Make up your own recipe for chili, or heat the canned variety and let those who wish use it to top their own franks. Chopped onion is then sprinkled over all.

Teens count this one among the best, so have your toaster-oven or broiler all set up for them. Put heated, split frankfurters on the bottom halves of toasted rolls. Top each with 2 slices of tomato and 2 slices of bacon. Cover with a slice of process American cheese, halved. Broil just until the cheese melts and add the roll top.

For another one that needs the broiler, try pizza franks. Place heated, split franks on bottom halves of split, toasted rolls. Spread with prepared spaghetti or pizza sauce and sprinkle with oregano. Top with shredded mozzarella cheese and sprinkle with grated Parmesan. Broil until the cheeses melt, then put on the roll tops.

Add a woody, outdoor flavor to your frankfurters by simply topping them with a mixture of prepared smoky-cheese spread and crumbled cooked bacon or the ready-to-use bacon bits.

Want a frank with Scandinavian tang? Mix equal amounts of blue cheese and butter or margarine and spread it on your heated franks in buns. Then add a generous sprinkling of chopped onion.

Stuffed frankfurters, long the stars of summer cookouts, are equally good indoors on a cold day. The simplest preparation is to insert a strip of Cheddar cheese into a frank you've split lengthwise. Just broil until the cheese begins to melt. When you want an extra touch, wrap a slice of bacon around the cheese-stuffed frank from top to bottom. Secure it with wooden picks, then broil.

Remember those batter-fried franks that were always a specialty at the county fair? They're great to do when the group is small, and as it takes only minutes to whip up the batter, making repeats is easy. For 8 frankfurters, combine 1 cup pancake mix, 2 tablespoons cornmeal and 1 tablespoon sugar. Add $\frac{3}{4}$ cup water. Beat 2 minutes. Spear frank with a two-tine fork or, if you have long wooden skewers, insert one into the end of the frank. Dip into batter to coat, letting the excess drip back into the bowl. Fry in 2-inch-deep hot fat or oil (375°) about 3 minutes or until lightly brown. Serve as is, or in a long roll, with catsup, chili sauce or mustard. —Frances M. Crawford

ANCIENT BACKGAMMON: THE NEW HIT GAME

By Lys Margold

The game of kings is winning masses of eager enthusiasts.

Backgammon is back—in a very big way. The age-old game is soaring to popularity again after a lull of about 40 years. Once considered the exclusive diversion of upper-crust society, backgammon, with its fast-paced action and satisfying sense of accomplishment, is virtually exploding across the board.

Why? Because backgammon is not only exciting to play, but also fundamentally a cinch to learn and a snap to teach. No one feels frustrated or left out. Whole families can and do join in the fun. Age and experience are not top factors. As soon as a child can concentrate and comprehend gamesmanship, he can challenge the household champ. One 10-year-old we know consistently and soundly trounces her father.

To a high-pressured population, backgammon offers immediate release—and the sheer joy of spending time at home in a challenging way. What's more, as one fan puts it, "With luck and good dice you can even beat a pro on your very first game. That's instant love."

No one can pinpoint the game's origins. Examples of similar dice-and-men sets have been found in the ruins of ancient civilizations from Mesopotamia to Mexico. Gaming boards were dug out of King Tut's tomb, depicted in Pompeian frescoes and mentioned in Plato's writings. Rumor has it that Nero played for the equivalent of \$15,000 a point before and after fiddling. And supposedly Thomas Jefferson took time away from penning the Declaration of Independence to win a few, lose a few.

The common thread throughout backgammon's background seems to be its aristocratic stature. It's been called the game of kings and the king of games. Why all this snob emphasis over the centuries remains a mystery. Except in Greece and Turkey, where every *taverna* has a table, the game has rarely been an everyday sport—until now. Yet unlike polo or scuba diving, it doesn't require any expensive equipment. Practically any five-and-dime-store checkers set will do for starters (the backgammon layout is on the back of most checkerboards), at a cost of no more than \$3. Still, to preserve its cachet, backgammon sets can run up to several hundred dollars for the finest fitted leather ones. And there are also needlepoint versions to stitch and lay out under Plexiglas tops, as well as magnetic sets for travel and the beach.

Playing for money—fake or for real—is the only way to really enjoy the game. Fifty-cent and \$1 games are common,

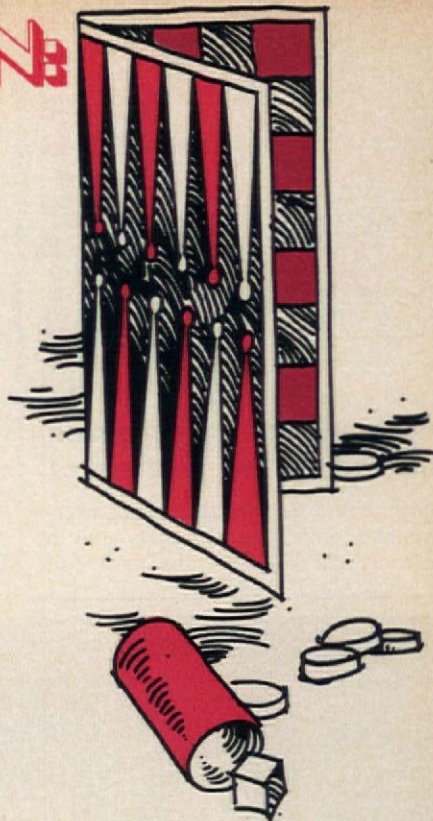
but stakes can go to \$5 a point and up, up, up from there. Such high figures are attracting a new breed of player besides the casual funster: computer-brained mathematicians who can rapidly calculate the odds of the dice rolls.

Big money can be won and lost in the tournament circuit. Prince Alexis Obolensky, the prime promoter of the game, started the first international competition in the Bahamas in 1964. Since then there have been contests everywhere from Palm Beach to Portugal. Prize money can run as high as \$100,000. In something called a "Calcutta pool," top players are auctioned off before a tournament starts, often making their backers the richest winners.

Back on the home front, unconcerned about the tournament set, neighbors are playing neighbors, and what's so good about the game is that total strangers can become fast friends because of it. A backgammon night is better than bingo for breaking down barriers. Unlike many other parlor games, there are very few quibbles or quarrels over backgammon.

The game requires two people, a board with 24 triangular points, 15 "men" of one color—the pieces look like checker disks—and 15 of another, a pair of dice (or two pairs, for convenience, plus dice cups). For gambling games, a doubling cube is needed—an oversized die with the numbers 2, 4, 8, 16, 32, 64 on it. The practice of doubling originated in the United States in the 1920s. One player can call for a double (expanding the game stake to twice its size); if the opponent refuses, the doubler wins and the game ends. This basic rule innovation has probably been the single most important factor in the new backgammon boom. It speeds up the ending of a game that's turned dull and injects a high risk/thrill factor into one that's going well.

Backgammon seems almost childishly simple. Each player's 15 men are lined up, according to a set plan, on four of the 24 wedges or points that appear on the board. The players, in turn, move their men from point to point, depending on the throw of the dice. The numbers turned up on the dice can be applied separately or jointly. Thus, in a throw of 6 and 4, one man might be moved six points, another four points or one man moved 10 points. When a player has gathered all his men on what's called his home points, he can start "bearing off"—that is, removing his pieces. The first player to remove all his men wins the game. The winner scores a regular game



if both players have men on the board. He's awarded a double game, or gammon, if his opponent has not been able to bear off any of his men, and a triple game, or backgammon, if his opponent hasn't taken off any men and still has one or more men on the opposite side of the board or on the bar (the midsection of the board).

The game has a lingo that is easily learned during play. For example, a "block" is any point on which two or more of the player's men sit—meaning that the opponent can't land on that point. A player employs a block as a defensive technique. Any single man on a point is called a "blot". This single can be "hit" by any of the opponent's men (if the dice roll is right) and sent off the board to the bar. He'll have to wait at the bar until a particular number is thrown to get him back to a point. Until the blot returns, none of that player's other men can be moved.

As with most contests, two types of strategies emerge in play: the cautious safety-first and the devilish take-a-chance. Early in the game the overall aims are to get the back men out and to stymie the opponent's progress. In the long run, however, given the strategy of backgammon, a hard offensive game is most likely to take the prize. Because of the dice, luck is a big factor, and unlike chess, there is no time to ponder. The average tournament game clocks in at six to eight minutes.

Rich man's sport or everyman's amusement, one thing is sure. Casual players quickly turn into fanatics, and stores are having trouble keeping sets in stock. Backgammon, the newest/oldest game, can be delightfully addictive.

THE PARTY-PERFECT HOUSE

By Carol L. Crane

See your home as guests do, and edit for the best effect.

Collect, prepare, arrange, revise, correct, eliminate, omit. The dictionary uses all these words to define the verb edit.

You can use the same words to transform your home from its everyday atmosphere into a glamorous party setting.

Going through the motions of being a guest in your own home will clue you in to those areas where your house needs party editing. Examine entry approaches. In the event of bad weather, are there any potentially slippery spots on walks or steps? If so, engage a youngster—yours or a neighbor's—on a standby basis to keep the paths clean and dry on the party night. Avoid using sand or salt for the purpose, because the morning after you'll find traces tracked all through the house.

Is outdoor illumination adequate? If the lights seem dim, try installing

more powerful bulbs. For a big effect at small expense, invest in a brace of portable, weatherproof floodlights to wash the entire entry facade with opening-night excitement.

Focus lights on something worth seeing: an entryway decked out in seasonal party dress—a wreath of pinecones, a swag of evergreens, a border of little bells, a hanging basket of dried flowers.

For a purely practical answer to the wet-boot problem, buy a large, shallow plastic tray made for the purpose—you should be able to find one in the hardware or notions departments of any local store. The tray, grooved from center to edges like a huge well-and-tree platter, allows moisture from the boots to drain into a deep perimeter well.

Quantities of dripping umbrellas can also pose a problem, and modern technology hasn't come up with a solution to beat the old-fashioned umbrella stand. The cylindrical ceramic style takes up little floor space and can be an attractive accessory. Between parties it's a perfect size and shape for a striking arrangement of pussy willows and cattails or seasonal greens. Good buys can be found in secondhand and thrift shops, or you can try improvising your own. If the stand you come up with seems unstable, be sure to anchor it firmly by placing gravel, marbles or bricks in the bottom.

Your guests' outerwear can put a severe strain on the hall closet, always too small and invariably crammed with family coats. Don't fight the inevitable. Just turn a hall or bedroom into a party-night cloakroom. Folding coat-racks with as much as six feet of hanging room can be stored in no more space than a broom needs. Install the rack of your choice and also provide a nearby shelf or tabletop for gloves and purses.

The powder room or the family bath that is earmarked for guest use should be thoughtfully arranged for their comfort. On the eve of the party, eliminate all traces of family occupancy. Away with toothbrushes, towels, shower caps, and shaving gear. Set out a stack of fresh terry-cloth towels and/or disposable guest towels in colors that perk up bathroom decor. Assemble a party survival kit by stocking your prettiest box or basket with a chain of safety pins, threaded needles in a tiny pin cushion, individually packaged Band-Aids, aspirin and indigestion remedies, one-use packets of shoe polish and spot remover,



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Decorator Brandy with lid



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The best-known name in table glassware

disposable powder puffs, a plastic envelope of new, inexpensive pocket combs, whatever else might be needed by a guest in distress.

Treat your survival kit as a decorative accessory, part of a bathroom counter still-life arrangement. Group it with a bowl of fresh flowers or a pretty plant, a dishful of individual soaps, a fan of guest towels, a pretty bottle of cologne.

Living/entertaining areas may need minor revisions or drastic editing, depending on the size and style of the party. Freshening the decor for an intimate dinner may entail little more than polishing the silver, laundering table linens, setting out fresh flowers, filling cigarette boxes and candy dishes. A big-scale affair, on the other hand, with cocktails and casseroles for a crowd, may demand drastic action. Tippy tables, fragile furniture, delicate bibelots and irreplaceable heirlooms should be stashed away for safety. With a house full of guests, your treasures are not likely to be appreciated anyway. Replace minute ashtrays with oversized receptacles that can accommodate hors d'oeuvres picks, olive pits and half-eaten canapés along with the



cigarette butts. Move the houseplants from their customary locations and group them together in an out-of-traffic corner—not only for their own safety, but for the more dramatic effect they will produce en masse. Remove floor lamps for the evening. The lower light from table lamps is more flattering, and you won't miss the candlepower. Tape or tie trailing lamp cords to table legs to keep them from tripping anyone.

Create the proper audio atmosphere by pre-taping a full evening of background music appropriate to the party theme or the age group. By doing so, you will eliminate the problem of inept hands messing around with your

secured records and sensitive stereo gear.

Add sense appeal by dabbing light bulbs with your favorite fragrance. When the lamps are lit, the warmth they give off will waft the aroma all through the house. Caution: a little goes a long way.

To keep a big party moving, have fewer chairs than guests and centralize the snack-and-drink service. If you supplement seating with folding chairs, don't set them out in rigid rows, but group them congenially and provide each grouping with a handy "landing strip" for drinks and plates.

Along with good conversation, good food and the way it's served determines the success or failure of a party. Buffet and dining tables should be groomed as

carefully as the hostess. Consider using the new rigid plastic, dishwasherproof reusable dinnerware and matching flatware—all of it in luscious, food-flattering colors.

Do your fetes always follow an established pattern? Tried and true is safe, but it can be boring. If past parties have featured finger foods and lap service, switch to a soup-to-nuts dinner served at folding tables in the living room. By varying your routine, you give yourself the opportunity to develop new ways of doing things and the chance to refine your editing eye. A fresh look at the familiar can often prove very rewarding and the results pay off in not just one but many successful parties.

Everything pans out with TEFLON II.*



Everything. From fruit cake to cookies. Gingerbread men to mince pies. They pan out so beautifully, you'll even be proud to give them as gifts. Because a TEFLON finish means whatever you bake should come out in one piece every time. And the pans come clean with almost no trouble at all. So this Christmas, choose and use bakeware with the TEFLON II Quality Seal for all your holiday baking.



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CHANGE-OF-PACE NIBBLES

Easy but out-of-the-ordinary snacks offer guest-time gusto.

If every cocktail party you host seems just like every other, perhaps it's because you—like so many of us—have fallen into the pattern of serving the same old nibbles and dips over and over again. If so, it's time for a change. Here are some different and delectable ways to tantalize nibblers at your next party.

Nuts right from the package are the simplest snack foods—you simply place them around—but they can be given extra appeal with very little effort. Try

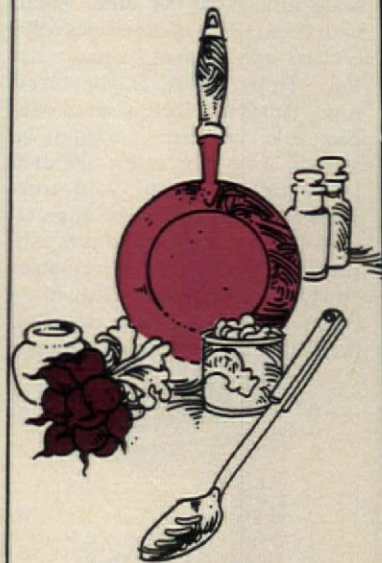
these Brazil-nut chips: Put 1½ cups Brazil nuts in a saucepan and cover with water. Bring slowly to boiling. Simmer 2 to 3 minutes or until they can be sliced easily. Drain them and cut into ¼-inch-thick lengthwise slices. Spread in a shallow pan, dot with 2 tablespoons butter or margarine and sprinkle with 1 teaspoon salt. Bake at 350° for 15 to 20 minutes, stirring occasionally.

To perk up pecans or walnuts, put 2 halves of either together with blue

cheese creamed to a smooth paste and moistened with lemon juice or cream.

Try deviling some almonds: Put 1 cup whole blanched almonds, 3 tablespoons butter or margarine and 3 tablespoons vegetable oil in a skillet. Cook over medium heat, stirring constantly, until almonds are golden. Remove nuts from skillet with a slotted spoon and drain on paper towels. Turn into a bowl and add a mixture of 2 teaspoons celery salt, ¼ teaspoon salt, ¼ teaspoon chili powder and a dash of cayenne. Toss to coat almonds.

When you hate how it looks.



Stuffed prunes and dates, old-time favorites, are taste-worthy of revival. For the prunes, plump the pitted variety by putting them in a colander and steaming them 30 minutes over a pan of boiling water. Fill them with a pineapple- or bacon-flavored cheese spread and top with a walnut half. Or tuck an orange section into each prune.

If dates are your choice, use either fresh or dried ones. Both can be stuffed with fruits—cubes of apple, fresh pear or pineapple tidbits for example. Or you can fill with cheese—slim sticks of Cheddar or cream cheese softened with orange juice and flavored with grated orange peel. Dates also have an affinity for cheese mixed with chopped nuts.

A colorful and refreshing addition to any party is a bowl of chilled melon balls. Check the melons in season and mix them, or use one kind of melon and another fruit or two—perhaps fresh or thawed frozen pineapple chunks and strawberries. Whatever you



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select, chill them all well, arrange in a bowl, give them a generous sprinkling of chopped fresh mint and serve with picks.

For a taste that's fresh and unusual, but one that is most compatible with drinks, try pickled or spiced fruits. Watermelon rind is an especially good one. If you haven't "put up" your own, the speciality food shops or departments will come to the rescue. Pickled fruits, too, need picks for spearing.

Raw vegetables are always popular, but you can do something different with them. Cucumbers made into cups and filled can be a pleasant innovation. Choose cukes that are not too big in diameter. Wash, then score them lengthwise with the tines of a fork. Trim off ends and cut each cucumber into 1/2-inch-thick slices. Scoop out enough of the center to form a cup; don't go all the way through. Fill with drained, chopped tuna mixed with pickle relish or with deviled ham combined with chopped gherkins.

For another stuffed-vegetable nibble, try this one, using the canned variety. Drain 2 cans (1 pound each) small whole beets. Hollow out centers with the point of a paring knife or a small melon-ball scoop. Mix 1 package (2 ounces) softened blue or Roquefort cheese, 2 packages (3 ounces each) cream cheese and 1 teaspoon Worcestershire sauce. Blend thoroughly. Spoon—or pipe through a pastry bag with a large star tube—into hollowed-out beets. Chill thoroughly before serving. Makes about 2 dozen.

Remember how great tasting the combination of radishes and sweet butter used to be? Set out a bowl of chilled, trimmed and halved radishes, a small tub or crock of butter and a spreader—and let everyone rediscover this simple pleasure. For guests who like anchovies (they seem either to be loved or scorned), offer some pieces of filet for a topping for the butter-spread radish.

Olives of all kinds are a must. Add a special touch to the ripe ones this way: Marinate them in your own or a bottled French dressing to which you've added a minced garlic clove. They need only to be covered and chilled a few hours. And when you drain them to serve, you can keep the dressing to use later on a salad.

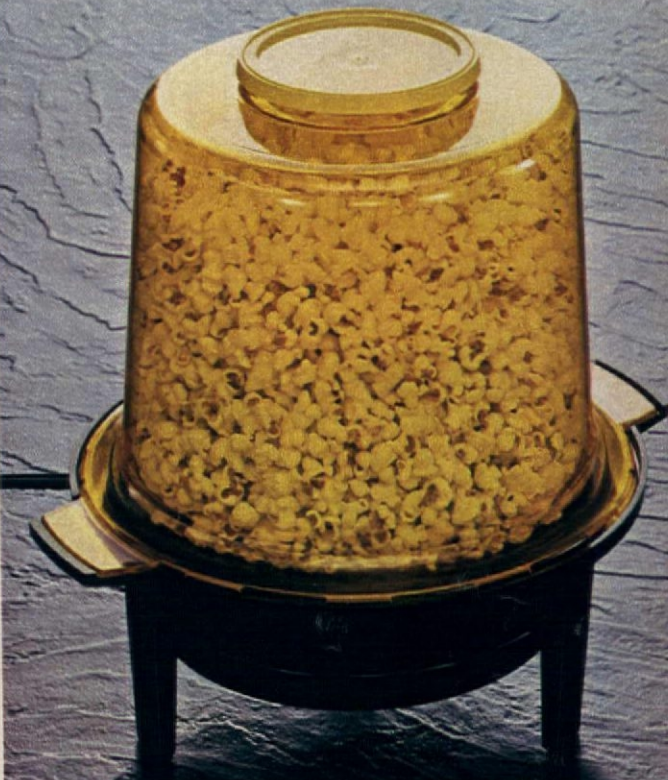
Check the frozen-fish section of the supermarket case. There are bite-size things like crab or fish cakes that take only minutes to heat in the oven. And they do make a great hit at a party.

Here's another simple seafood idea: Cut a pound of scallops (thawed, if frozen) into halves or thirds to make bite-size pieces. Heat a small amount of butter or margarine and a minced or pressed clove of garlic in a skillet. Then sauté the scallops 3 to 5 minutes. Add a dash of dry vermouth for an extra-special touch and serve hot with picks.

Chicken wings done the following way will become a guest favorite—and yours, too, we have no doubt. First, disjoint 24 wings and cut off the wing tips (but don't discard; use the tips to make broth you can freeze for other uses). Mix 2 cloves of crushed garlic, 2 teaspoons ground ginger, 1 tablespoon vinegar, 1/2 cup soy sauce and 1/4 cup dry sherry. Pour over chicken wings in a large bowl. Cover; refrigerate several hours or overnight. Place on rack over shallow pan. Bake at 400° for 30 minutes or until golden brown. Serve hot or cold with plenty of paper napkins.

Here's a hard-to-resist cheese and nut nibbler: Put out a bowlful—and we guarantee it will vanish in no time. Melt 1/2 cup butter or margarine in a small saucepan. Add 1 1/2 tablespoons Worcestershire sauce, 1 teaspoon onion salt, 1 teaspoon celery seed, 1/2 teaspoon curry powder. Mix 1 cup broken-up slim pretzel sticks, 1 cup pignoli (pine) nuts and 1 cup sliced blanched almonds. Spread evenly in a shallow pan. Pour butter mixture over dry ingredients. Heat in 300° oven for 30 minutes, stirring every 10 minutes. If you make this ahead—and you certainly can—store it in an airtight container. —Frances M. Crawford

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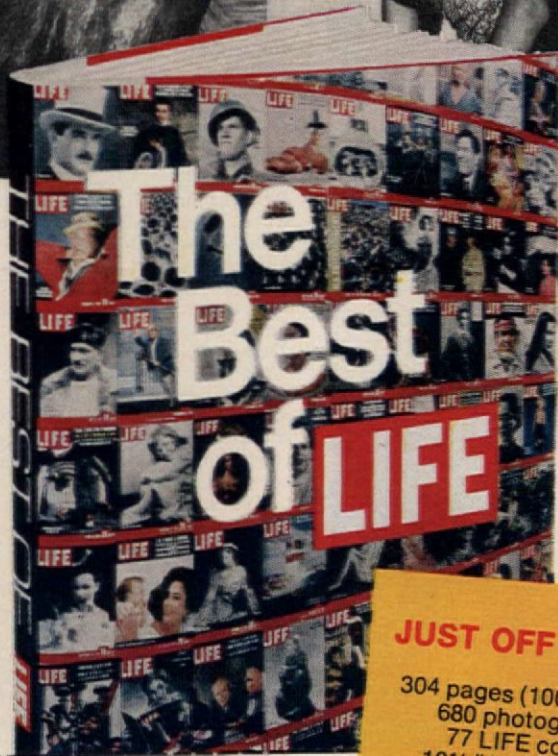
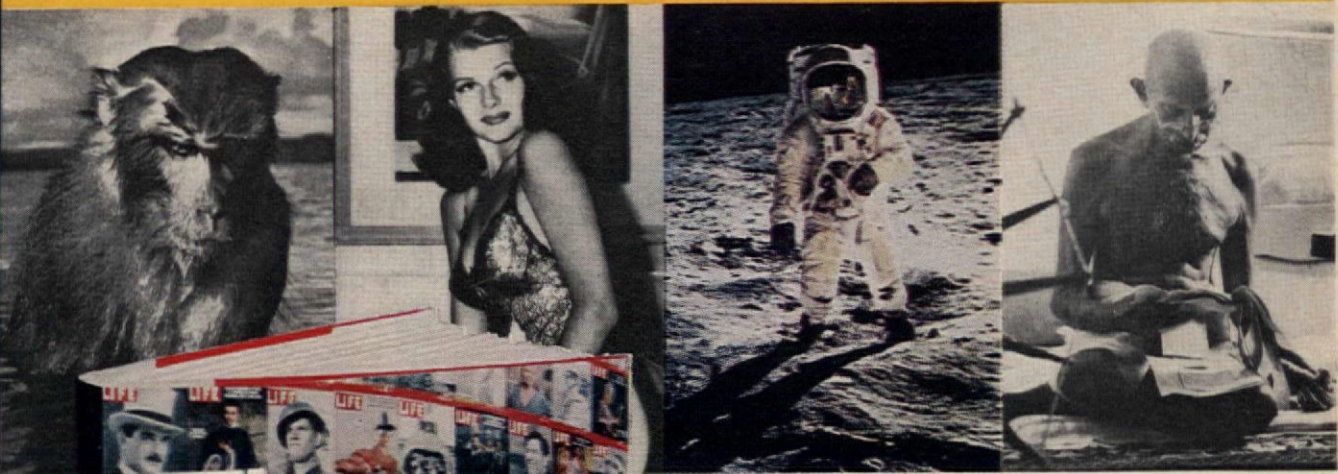
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FRONT COVER

Centerpiece, Ray Kohn of George Cothran Flowers, N.Y.C.; ribbons, Hyman Hendler & Sons, N.Y.C.; "Octagonal Plate Series" dinnerware, Wilton Armetale, Columbia, Pa.; "Stone and Steel" stainless, Denby, Cincinnati, Ohio; "Antique Brown" crystal, Lenox, Inc., Trenton, N.J. *All sources N.Y.C.:* Ceramic soup bowls, Bloomingdale's; "Vogue" napkins, Fallani and Cohn, Inc.; hurricane lamps, Royal Krona Glassmakers

of Sweden, Ltd.; "Sumatra" Everglaze cotton tablecloth fabric, Cyrus Clark Co., Inc.

TEAR-OUT SECTION COVER

Painted-basket centerpiece, Stephen Barany Flowers, N.Y.C., with ribbons from Hyman Hendler & Sons, N.Y.C.; "Country Gingham" dishes, Mikasa, Secaucus, N.J.; "Modern Antique" stainless, Oneida Ltd. Silversmiths, Oneida, N.Y. *All sources N.Y.C.:* Plastic service plates, Azuma; stemware, The Pottery Barn; favor baskets of hard candy, Bloomingdale's; tablecloth—"Bakuba Cloth" sheet fabric, napkins—"Bakuba Dot" sheet fabric, The Design Works of Bedford Stuyvesant for Martex, WestPoint-Pepperell.

HOLIDAY OPEN HOUSE

Page 67: Glass/steel table, Designers Furniture Center, N.Y.C.; planters, Shiny Co. Plastics, Philadelphia, Pa.; hanging mirror squares, Azuma, N.Y.C. **Page 68.**

All sources N.Y.C.: Mirror-square mats Hammacher Schlemmer; candle holders, paper napkins, silver-painted plastic plates Azuma; silver-plated ovenproof chafing dishes, William Adams, Inc.; "King George" silver-plated serving fork, spoons, Worcester Silver Co.; glass bowl, circular stainless-steel tray and bowl, Lucite tray (with crackers), white/silver Langenthal China serving pieces, Bloomingdale's. **Page 69:** **Top, left:** Silver-painted bud vases, Ronald Maia Flowers, N.Y.C.; glass vase, Royal Krona Glassmakers of Sweden, Ltd., N.Y.C. **Top, right:** Silvery-coated plastic "flower pot" ice bucket, Shiny Co. Plastics, Philadelphia, Pa. *All sources N.Y.C.:* "Cabaret" Everglaze cotton tablecloth fabric, Cyrus Clark Co.; silvery-coated plastic glasses, Cache-Cache Ltd.; glass punch bowl, Lord & Taylor; Lucite slab (under punch bowl), Bloomingdale's; "King George" silver-plated ladle, Worcester Silver Co. **Bottom.** *All sources N.Y.C.:* Chrome-plated espresso maker, Hammacher Schlemmer; "Tsaikka" heat-resistant glasses, iittala USA, Ltd.; demitasse cups and saucers, Azuma; glass cake plate and tray with footed dish, B. Altman & Co.

INVITING PARTY TABLES

Page 70. Top. *All sources N.Y.C.:* Silk-flower arrangement, porcelain boxes and animals, Diane Love; marbelized vinyl table covering, Louis W. Bowen, Inc.; Lucite candlesticks, Chinoiserie; napkin fabric, Far Eastern Fabrics, Inc. **Bottom.** *All sources N.Y.C.:* Flower/fruit arrangement, Robert Webb; antique coffee service, footed dishes, epergne, David Weiss Importers, Inc.; crystal decanters, Block China Co.; linen napkins, Bloomingdale's; fabric-backed vinyl table cover, Gilford, Inc. **Page 71. Top:** Topiary trees, clay baskets, Ronaldo Maia Flowers, N.Y.C.; Plexiglas Mirror tabletop, Rohm & Haas, Philadelphia, Pa. *All sources N.Y.C.:* Crystal stemware, Bloomingdale's; acrylic/chrome candle holders, PIPa Corp.; glass ice bucket, The Pottery Barn; napkin fabric, Loomskill, Inc. **Bottom:** Centerpieces designed by Luis Casanas, brass candlesticks, Jean-Jacques Bloos, Ltd., N.Y.C.; glass-lined open salt dishes, "Wild Rose" salt spoons, Reed & Barton Silversmiths, Taunton, Mass. *All sources N.Y.C.:* Bread-dough baskets, napkin rings, Hubert des Forges; Souleiado cotton napkin and runner fabric, La Provence de Pierre Deux; antique stained-oak dining-room table, Pierre Deux.

BUILD OUR STORE-IT-ALL WALL

Pages 72-73: Glasses, acrylic ice bucket, bar accessories, Boda glass bowl, glass candle holders, Orefors hurricane lamp, Terrailon clock, cutting board, chrome objects, Keeg's Seattle, Wash.; stereo phonograph/radio/tape deck, ElectroPhonic Corp., Stamford, Conn.; books, Waldenbooks, Seattle, Wash.; Panasonic TV, records, Rhodes, Tacoma, Wash.; games, tapes, Corning glass bowl, The Bon Marche, Seattle, Wash.; flokati rug, Bonneville Weaving of Gig Harbor, Gig Harbor, Wash.; wine, the Christian Bros. vineyard, Napa, Calif.

PLEASEING PRELUDES TO...DINNERS

Pages 76-77: Paté crock, David Barrett Antiques, N.Y.C.



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Five-piece place setting of these patterns, \$3.00 in Oneida Community Stainless

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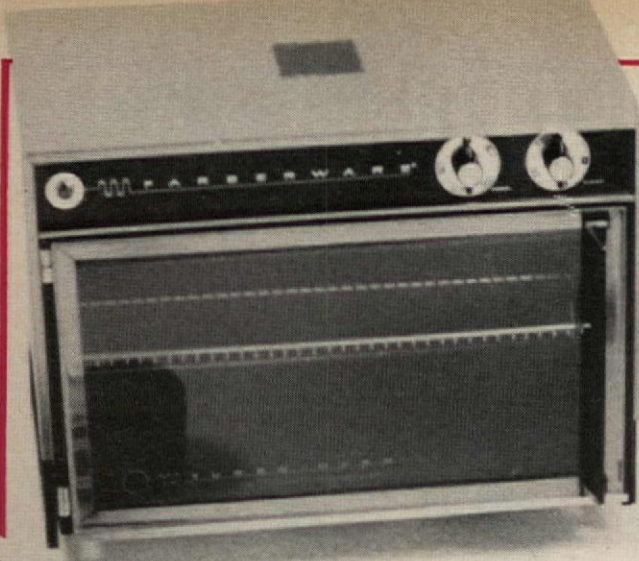
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Limit one place setting per family, please. To assure delivery give zip code. Offer good only within U.S.A. Offer expires January 15, 1974.






New 30-pound electric oven (left) is small enough for a counter top, big enough to roast a 16-pound turkey. Use as an "extra" for baking, broiling or roasting when you're cooking for a crowd. Farberware, \$150.



Satisfy your coffee-loving guests with lots of delicious brew, made all at once automatically. Stainless-steel coffee maker (above) holds 12 to 30 cups and maintains serving temperature. GE, \$40. Plastic stacking mugs are from Heller Designs, 6 for \$9.

PORTABLE PLUG-INS



What hostess wouldn't welcome a helping hand when entertaining? Portable appliances are just that—hard-working assistants that make your party giving easier. Say you've invited 10 people to dinner and your oven is full of casseroles and things. Wouldn't it be nice to have a portable oven to take care of your roast? And why not let an appliance take the strain out of just-before-the-guests-arrive blending and mixing, while you save your energy for the smiles ahead? There are also good-looking plug-ins for cooking dramatically right in front of guests or for keeping things graciously warm. So relax and be a happy hostess—many hands make light work.



For making party dips, sauces, whatever, this Kitchen Center (right, above) does triple duty. Just switch attachments to go from mixer to blender to grinder. In white, avocado or harvest gold; Oster, \$100.

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Next time around, why not entertain Japanese style? Cook tempura right at the table in this sleek Japanese Cooker. Thermostatically controlled, it comes with grill, skewers and recipe book. In "avo-gold"; Sanyo, \$35.



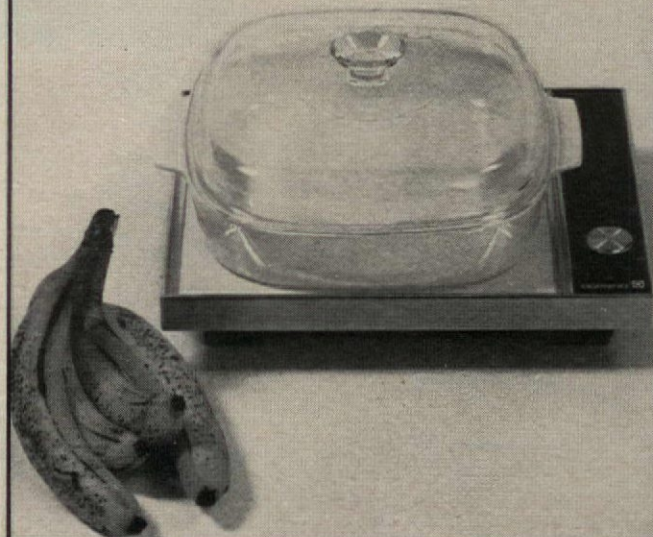
Homemade ice cream is always a hit, and the Ice Cream Machine makes a quart an easy new way. Add the ingredients, plug it in and pop it into the freezer. In three ice cream colors; Salton, \$20.



Speed up party preparations with the Power Pierce can opener. Just give it a touch and it pierces the top of a can and zips it open. Includes a knife sharpener. In avocado or harvest gold; Sunbeam, \$20.



With the glass-ceramic-topped Table Range, you can flambé bananas at table side, for example, or simply keep foods warm. It comes with its own covered skillet, and you can also use your own flat-bottomed glass-ceramic cookware. Corning, \$40.



Besides performing impeccably before and during a party, the portables we've selected are busy full-timers, doing everyday chores quickly and efficiently. You'll get a lot of fast grilled-cheese and pizza mileage out of the oven (page 56), and the tabletop range (above, right) will come in handy as an extra unit when you're cooking up a family feast. Best of all, that ice-cream maker (top, right), which works in about an hour, may never get a rest!—Jeanne M. Bauer

Bradley Olma

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Christmas



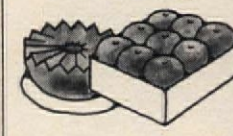
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People of all ages can benefit from changes in Medicare and Social Security.



People over 65 can get the added help they need beyond Medicare.

The past 10 years have seen a dramatic upheaval in the area of personal financial security. Hospital, doctor and other medical costs have literally skyrocketed. According to the American Hospital Association, the cost of a stay at the hospital has now climbed to an all-time high. In 1966, Medicare was born and has been undergoing revisions ever since—for example, certain disabled people under 65 are now covered by Medicare. Now there's talk of a "Medicare"-type program for *everybody* under 65!

All these changes have been so rapid that few people have had a chance to grasp their full meaning. Yet, a basic understanding of them can be all-important to your future happiness.

Take Social Security, for example. Few people realize the enormous benefits Social Security can now provide. In some cases, benefits could add up to \$100,000, \$200,000 and more, and promise to go even higher in the years ahead—thanks in part to a recent amendment calling for periodic "cost of living" increases in benefits.

Medicare, too, has been changing over the years. The Department of Health, Education and Welfare estimates that Medicare and other public funds now pay about 68% of the total health care costs of folks over 65—with personal funds and private health insurance taking care of the rest. Yet, because of the increased use of services and rising medical costs, people who now have Medicare *actually pay more* out of their own pockets than they did back before Medicare first started.

No matter what your age, with today's soaring costs of living, and of getting sick or hurt, it's more important than ever that you know what benefits you are and will be entitled to from Social Security and Medicare. For example, this information can help you figure your present and future insurance needs to make sure you have the kind of added security you need and want, at the smallest possible cost. That's especially important to you in these days of record-high medical and living costs.

To find out more about your present and future Social Security benefits and supplemental insurance protection needs, and for a Free Report on current Medicare benefits for people of all ages from Bankers Life and Casualty Company—whose famous White Cross Plain policies now protect over 7,000,000 Americans—simply fill out and mail the postage-free card bound in next to this page. There's no cost or obligation for this service.

THE JOYS OF CIDER

This is the season when roadside country stands and supermarket shelves abound with crisp, rosy apples and jugs of sparkling apple cider. The two arrive together, bringing to everyone the tangy taste of autumn. Ever since there were apples, there has been cider; its long history in this country goes back to the first settlers, who enjoyed the drink as much as we do today. But the apple is also father to apple *juice*. If the use of

these terms seems confusing to you, here's a description of the different apple drinks you may be tempted to buy.

Apple juice, made from the first pressings of the apples, is pasteurized, then packed in cans or bottles. It may be cloudy (because only the heavier pulp has been removed) or clear (because it's been clarified).

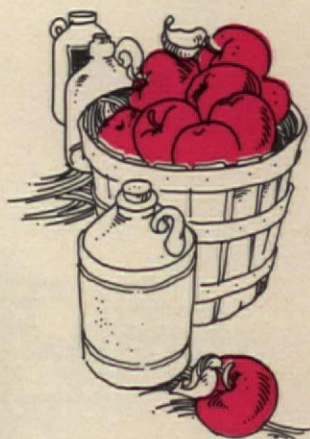
Cider is really just apple juice, although it's labeled apple or sweet cider. Bottlers use the terms "juice" and "cider" interchangeably.

Country cider, the kind at roadside stands, can be sweet or hard. The first is simply apple juice with benzoate of soda added to slow fermentation; much of the sugar remains. Hard cider is apple juice that's been allowed to ferment

until the sugar has changed to alcohol.

Applejack is distilled cider, or apple brandy, and it's the potent stuff that will keep you warm on a cold autumn night.

Apple juice and cider taste sweet, mellow, soft and tangy. Hard cider and applejack are much more heady, of course. You can enjoy any of them plain or in one of the following "party" guises.



MULLED CIDER

This is probably one of the oldest ways to chase a chill away.

- 2 quarts apple juice or sweet cider**
- ½ cup brown sugar, firmly packed**
- 2-inch piece stick cinnamon**
- 1 teaspoon whole allspice**
- 1 teaspoon whole cloves**

Mix apple juice or cider and sugar in large saucepan; add spices. Heat mixture slowly to simmering. Cover pan. Simmer 20 minutes. Strain. Serve hot in warmed mugs, garnished with cinnamon stick or an orange wedge stuck with whole cloves, if desired. Makes about 2 quarts.

PARTY PUNCH

Refreshing and tangy, here's an inviting idea for instant hospitality.

- 1 quart apple juice or sweet cider, chilled**
- 2 cups orange juice, chilled**
- 2 cups cranberry juice, chilled**
- 1 bottle (28 ounces) ginger ale, chilled**

Orange sherbet

Combine all ingredients except sherbet in chilled punch bowl. Top with scoops of sherbet. Garnish each serving with mint sprigs, if desired. Makes about twenty 5-ounce servings.

EVE'S TEMPTATION

Try this for a change of pace at your next cocktail party.

- 1½ ounces apple juice or sweet cider**
- 1½ ounces applejack**
- Ice**
- Dash of dry vermouth**
- Twist of lemon peel**

Pour apple juice or cider and applejack over ice in glass. Add a dash of dry vermouth. Squeeze lemon peel into the drink, stir and it's all ready. Makes 1 bracing serving. —Frances M. Crawford



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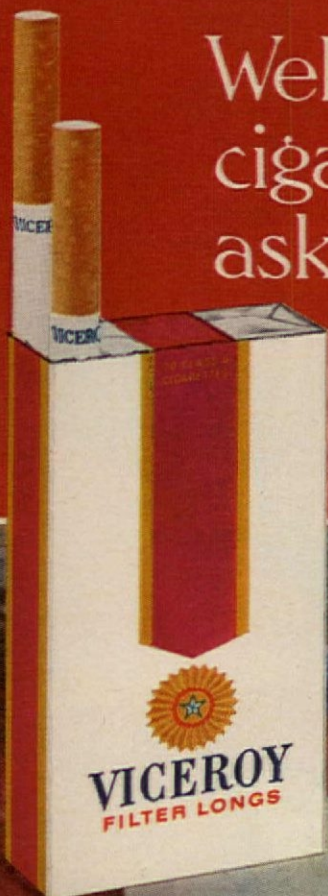
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HOLIDAY OPEN HOUSE

This is our entertaining keynote for '73: the party of easy warmth and welcome, featuring a spectacular buffet in a super-festive setting. Our hosts: two attractive, young New Yorkers, Jane and Richard Sauter (below), who greeted the sociable season with one big event in their newly remodeled apartment. More about their party and the foods they served follows. —Helene Brown



The Sauters' buffet is set up in greenery-filled dining room. Candle glow and mirror shine lend holiday sparkle.





RELAXED BEGINNING

The party gets underway in late afternoon as the first guests arrive. Richard designed and built the handsome floral fabric-covered banquettes arranged around the living room.

CORNER BAR

Bar is defined by lattice-patterned cloth on plywood slab. Silvery stacking glasses are washable, reusable plastic.

'At last, we have the space to entertain the way we truly want to.'

'As soon as we had remodeled and decorated our apartment,' says Jane, 'we decided to have a party.' Jane is a model, Richard a designer. Their combined guest list was lengthy, so an open house seemed ideal. 'Amazingly,' Richard recalls, 'there was a constant flow, never a pileup of people.' Adds Jane, 'The party was fun and easy. Everything was planned so we both could relax and enjoy the evening.' Recipes for the Sauters' buffet begin on page 92.

DESSERT SETUP

Newly remodeled pantry becomes dessert scene. Exotic coffees topped with whipped cream, lemon peel or cinnamon accompany rum cake and tiers of melt-in-the-mouth macaroons.

BUFFET BOUNTY

...ing buffet table, dressed
...er and emerald green,
...es out checkerboard motif
...or Richard designed and
...ed. Finger foods dominate;
...re easiest to serve a big
...d. For chafing-dish
...alties, there are silver-finish
...eon plates and gleaming
... Refills for every dish are
...adiness in the kitchen.



By Christine B. Roth

INVITING PARTY TABLES

A dinner-party setting should be more than just a neutral backdrop for the foods you make and serve. It should be as appealing and imaginative as your menu. Improvisation is the key to the table setting you see here, on our front cover and on the cover of our special tear-out section. We made three of the four tabletops on these pages. The one at left is plywood covered with marbled wallpaper; at left, below, is a door-size board wrapped in shiny red vinyl; opposite, top, is a sheet of mirrored acrylic plastic. Why not follow our lead, topping your own table or using trestles as a base?

Whether you're staging a sit-down event or a free-wheeling buffet, don't be tied to tradition. A centerpiece need not be a fresh-flower arrangement in the middle of the table, for example. Note the novel variations on the centerpiece theme in our table-setting ideas. A silk-flower spray graces a corner (left, above). A treasured antique gets a fruit-and-flower embellishment (left). Two arrangements double the impact of flowering mini trees (opposite, top) and the basket mates that overflow elegantly (opposite, bottom).

Placing silk flowers in one corner (opposite, top), leaves room for porcelain figures and boxes. Latter act as place-markers, hold mints. "Chinese Tigers" china is new from Wedgwood. Fostoria "Engagement" crystal and International "Centennial" silver plate complete the sumptuous setting.

Oranges and rubrum lilies in antique epergne set off dessert party table (opposite, bottom). Both china and crystal are in Gorham's new "Baronial" pattern. Electro-plated flatware, "Golden Reflection," is from International.

Flowering topiary trees (right, above) bedeck a sleek, shimmering buffet. "Composition Jewel" porcelain plates are new from Rosenthal. Silver is the Reed & Barton classic "Pointed Antique." Crystal goblets are Italian imports.

Real bread dough makes the napkin rings, also the baskets filled with fruit, flowers, vegetables (right). China is "Blue Colonel," an old favorite revived by Spode. We added "King George" silver plate from Worcester Silver and Wallace's "Southwick" crystal.



Eight feet for \$175!

BUILD OUR STORE-IT-ALL WALL



Here's a build-it-yourself answer to the where-to-put-it problem: three versatile plywood storage units fitted to hold various home-entertainment basics. The units add up to a wall $7\frac{1}{2}$ feet long, 8 feet high, 16 inches deep, but each is built separately and moved easily. Design is flexible: You can reduce the overall height, build three of one unit, add shelves or transpose cabinets from one unit to another. Most of the shelves are movable; their height can be adjusted to suit your own special storage needs. —Guy Henle



Each wall unit is 30 inches wide, built of $\frac{3}{4}$ -inch plywood, with a $\frac{1}{4}$ -inch plywood back. Adjustable shelves are supported by brackets force-fit into holes drilled in sides. In our model, stereo speakers are behind grille cloth in top sections that otherwise could be open shelves. Left unit is for TV, stereo components, record and tape storage. Center unit, here displaying art objects, plants and magazines, could hold bookshelves. Closed cabinet in center houses snack tables and trays. Right unit is a bar, with drop-down laminate counter, wine rack, spaces for glasses, bottles. Materials for all three units—minimum-grade plywood, paint and hardware shown—cost about \$175.

Plans, materials list and building instructions are available for \$1 from: American Plywood Association, Dept. AH 675, 1119 A St., Tacoma, Wash. 94801

By Fred Petras The buying public, bored with the flatness, squatness and dull exterior of so many sound components, has had its say. And manufacturers have got the message

NEW SHAPES IN SOUND

Stepping up their research and spurring new design the makers of radios, tape recorders, TV sets and audio systems have come through with handsomely packaged equipment that is a treat to the eye, a joy to the ear. Finishes are durable, and prices are often lower than for comparable, conventional systems



geniously photographed to produce multimirror images, our
and-setters reflect today's new emphasis on color, texture
d shape. Equipment shown is available nationally; all prices
approximate: (1) Apollo Series AM/FM/FM stereo radio,
onograph, cartridge tape system, two speakers, Electro-
nic, \$280. (2) Model 810 portable AM/FM/FM stereo radio,
rtridge tape player, Westbury, \$110; and (3) Take 'n Tape
table cassette tape recorder, Panasonic, \$33 (both run on
use current or batteries). (4) Domino II BR-3 AM/FM/FM

stereo radio, phonograph, cartridge tape system, two speakers,
Brother, \$200. (5) M-18 two-speaker system, \$80; and (6) M-21
four-speaker system, \$140 (both in seven flock-finish colors),
Mirari. (7) Ultralinear 200 speaker system, walnut-grain sides,
choice of grille colors, Solar Audio, \$140. (8) Jupiter 6500
three-way speaker system, Empire, \$140. (9) Pyramid-shaped,
lift-open Video Capsule (black/white TV), JVC; with digital clock
(shown), \$180; or with radio, \$190. (10) Analog clock radio,
Sanyo, \$30. (11) MicroTower two-speaker system, EPI, \$60.



By Frances M. Crawford

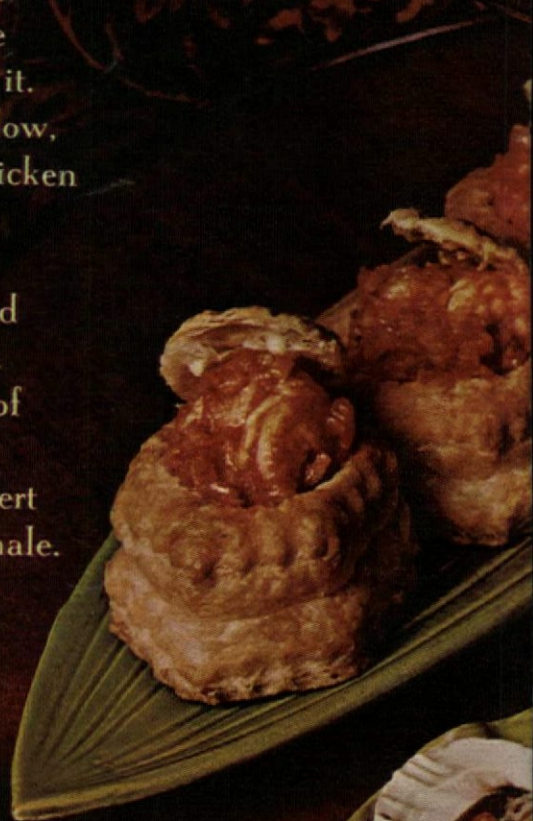
Every great dinner deserves a good beginning. The first course, eye appealing and palate pleasing, should be a delicacy that sets the tone for the dishes that follow. Appetizers must be seasoned perfectly,

Pleasing Preludes to Festive Dinners

and portions should be small—they are meant only to pique the appetite, not to satisfy it.

Here, clockwise from below, are: Mousse of Chicken Livers, Shrimp

Lafitte in Patty Shells, Russian Salad, Cauliflower Greek Style, Crabmeat and Mushrooms au Gratin in twin portions. Recipes begin on page 86. Choose any of these as a prelude to the roast turkey on the next page, and select one of the dessert ideas from pages 80-81 as your grand finale.







A New Way to Carve Your Holiday Bird

ROAST TURKEY WITH HUNTER RICE

Turkey

10- to 12-pound turkey

Salt

Pepper

½ cup melted butter or margarine

2 cups diced onion (2 large)

1 cup diced celery

2 cans (10½ ounces each)

condensed chicken broth

Hunter Rice

¼ cup minced onion (1 small)

¼ cup butter or margarine

2 cups raw long-grain rice

2 cans (13¾ ounces each)

chicken broth

4 tablespoons butter or margarine

½ pound chicken livers, halved

1 turkey liver, cut in 1-inch

pieces

½ pound mushrooms, sliced

Heat oven to 450°. Rinse bird in cold water; pat dry. Season with salt and pepper. Tuck wing tips under shoulders. Tie drumsticks securely to tail. Place, breast up, in shallow roasting pan. Brush with butter or margarine. Roast 35 to 40 minutes. Reduce oven heat to 350°. Tent bird with foil; pinch lightly at legs to anchor. Roast, basting often with pan drippings, about 2 hours (15 minutes a pound). About 30 minutes before time is up, add onion and celery to pan. When done, remove bird from pan. Let rest 30 minutes or until easy to handle. Discard fat from pan. Place pan over medium heat; add broth. Simmer 5 minutes. Correct seasoning. Strain the sauce into small saucepan. Reserve.

While turkey roasts, prepare Hunter Rice: Cook onion 3 minutes in ¼ cup butter or margarine in heavy saucepan over medium heat, stirring often. Add rice. Stir until well coated. Add broth. Cover. Simmer 25 minutes. Melt 2 tablespoons butter or margarine in skillet. Add livers. Sprinkle with salt. Cook until brown; remove; reserve. Sauté mushrooms in rest of butter or margarine 5 minutes or until tender. Mix mushrooms, livers and rice gently in large bowl.

1. Make shallow cut in bird just above the wing. Make an incision along breast bone from the tip to the shoulder joint.

2. Deepen the cut above wing all the way to body frame, parallel to and as close to wing as possible.

3. Carefully separate meat from frame, cutting as close to bone as possible. Repeat for second side.

4. Remove breast bone with poultry shears. Fill cavity with Hunter Rice mixture.

5. Cut breast meat into ⅓- to ½-inch-thick slices.

6. Arrange slices over rice in their original form. Place turkey in shallow pan. Heat oven to 400°. Spoon 1 cup reserved sauce over turkey. Heat 10 to 15 minutes. Reheat remaining sauce. Serve in sauceboat. Makes 10 to 12 servings.

Roast turkey, a perennial dinner-party star, has a new look, and the family carver loves it. An easy way of cutting the bird (good, too, for capon or roast chicken) means less "on-stage" gymnastics. Roast your turkey our timesaving way. Follow the simple carving how-to's in the kitchen, and you'll grace your table with the most beautiful bird ever—ready for the carver's finishing touch.

Add favorite vegetables, relish and white wine for a festive dinner.



Beautiful Sweets for Memorable Finales

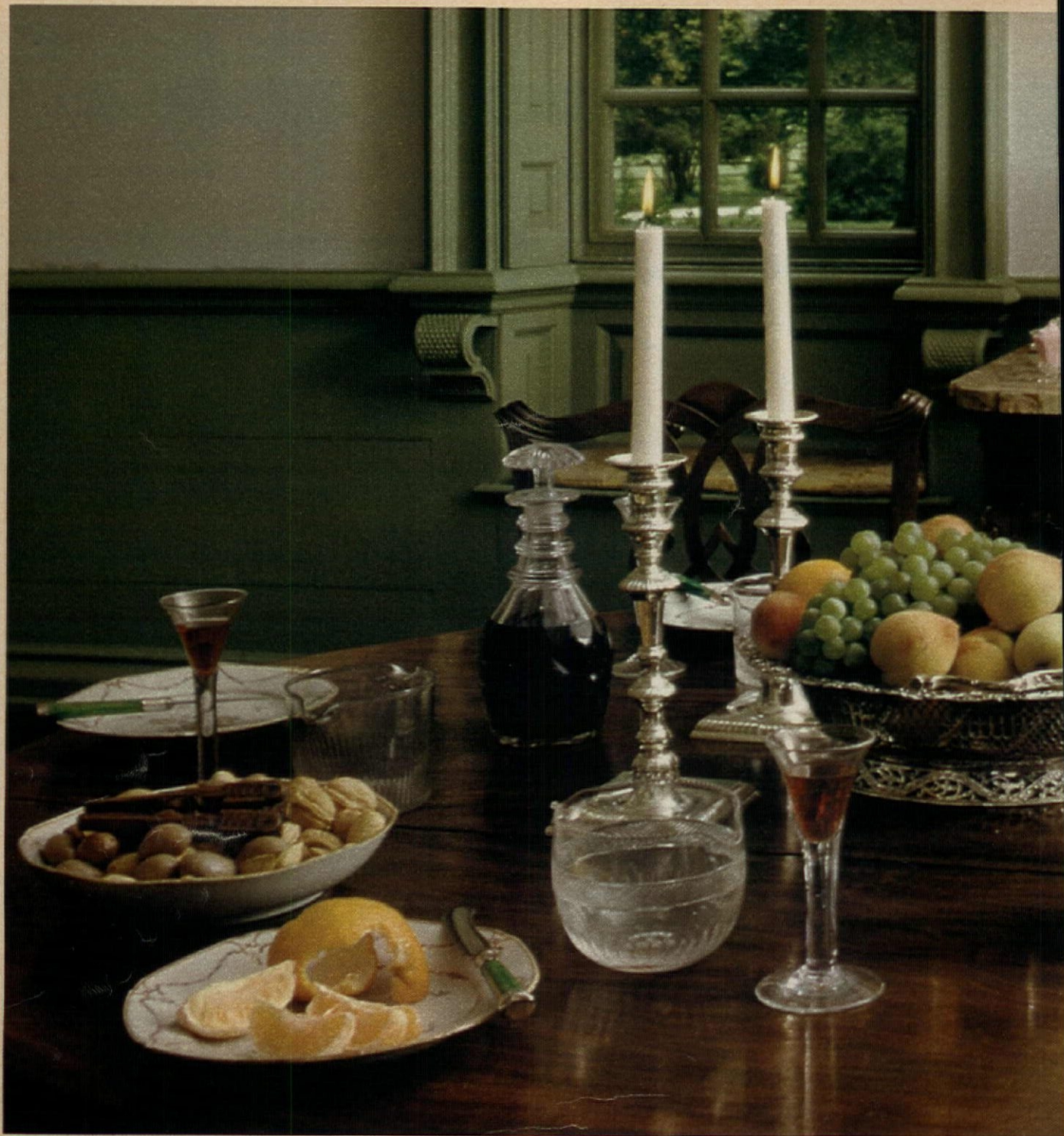
By Lucy Wing

End your holiday dinner on a high, sweet note with a super confection—the final touch that will make it a party long remembered by everyone. Consider the luscious quartet shown here. Each is unusual because of its very special embellishment, which is really another sweet in itself.



Pictured, clockwise from right, are: Coconut and Meringue Torte, Lime Parfait Dessert, Pumpkin Cheesecake, Chocolate Candy Cake. Recipes for all begin on page 88.





AN AMERICAN TREASURY By Rosemary L. Klein

THE COLONIAL TABLE

The American table, from its crude beginnings to its ultimate refinement, has occupied a central place in the changing rituals and customs of eating. Early settlers gathered around boards laid across trestles, their "tables" set with wood and pewter. By the 18th century, those who could afford it dined on elegant porcelain at tables handsomely carved and polished, like the Chippendale beauty above. When tea-drinking became fashionable, dainty occasional tables were added to household inventories, plus a whole set of social niceties. By the mid-19th century there were as many variations on the table's basic style and shape as there were conventions governing what to put on it and how to serve. (continued on page 98)



Sumptuous table appointments (right) shown at Gunston Hall include Chinese export porcelain, English crystal and silver, damask apkins big enough to tie around the neck.

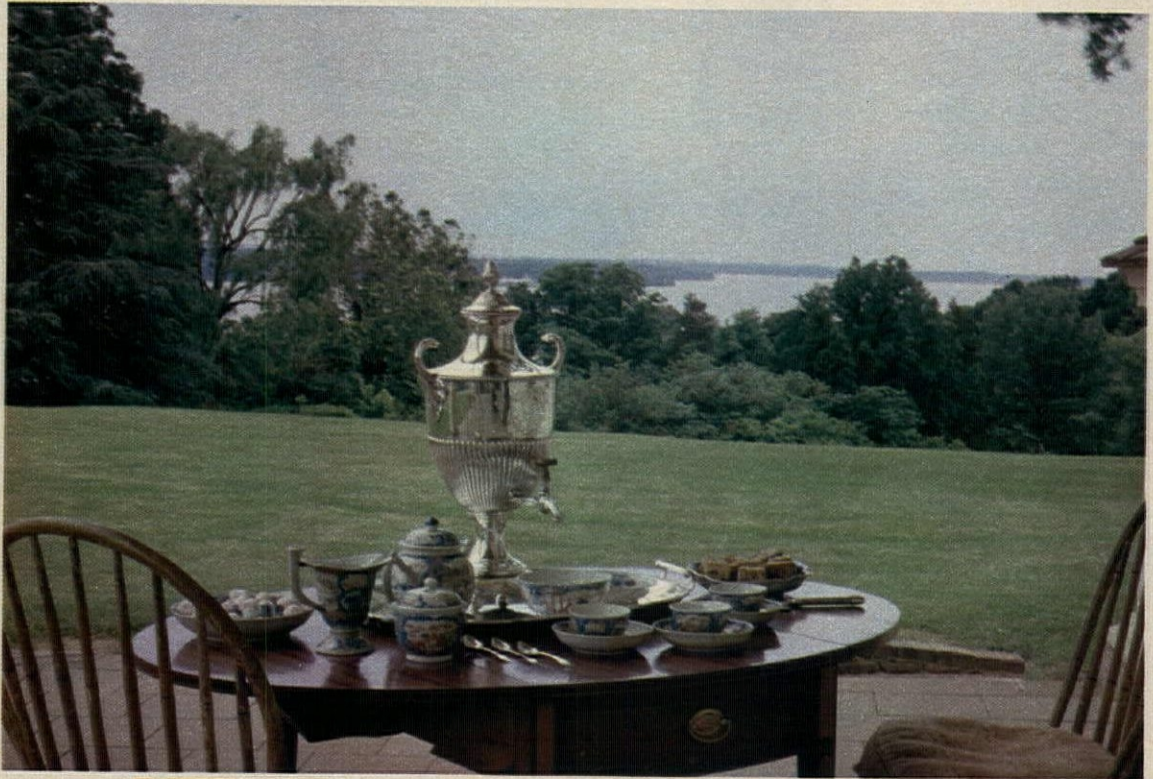


In dining room of Gunston Hall (above), home of 18th-century statesman George Mason of Virginia, fruit, nuts and wine re-create a typical dessert course, served, as you see here, on bare tabletop. Small bowls are to rinse glasses between wines.

continued

Pembroke table of the 1790s is set for tea at Mount Vernon as Martha Washington liked to serve it. The silver urn dispenses hot water. Small dishes hold candied violets, meringues and "great cake," Martha's specialty. Chinese export porcelain tea set belonged to her.

TEA ON THE PLAZZA



A SIMPLE COUNTRY MEAL

Pine hutch table, made about 1740, in kitchen of Fitch House at Old Sturbridge Village, Mass., holds cheese, bread, fruit and milk pitcher. Wood plates and bowl, bone-handled knives, pewter spoons, mugs and platter were typical appointments of the 18th century.



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APPETIZERS continued from page 76

CRAB MEAT AND MUSHROOMS AU GRATIN

(pictured on pages 76-77)

- | | |
|---|--|
| ¼ cup butter or margarine | 1 can (7½ ounces) crab meat, drained, boned and flaked, juice reserved |
| 1 green pepper, seeded and cut in thin strips | 2 tablespoons melted butter or margarine |
| 1 red pepper, seeded and cut in thin strips | 3 tablespoons flour |
| 1 pound mushrooms, sliced | ¼ cup grated Swiss or Parmesan cheese |
| 1 tablespoon lemon juice | |
| ½ teaspoon salt | |
| 2 cups light cream | |

Melt ¼ cup butter or margarine in large skillet over medium heat. Add green and red peppers. Cook 2 to 3 minutes. Add mushrooms. Sprinkle with lemon juice and salt. Cook 2 minutes, stirring or tossing occasionally. Add cream and reserved crab meat liquid. Bring to boiling. Combine melted butter or margarine and flour; blend until smooth. Stir flour mixture into cream-vegetable mixture. Cook, stirring constantly, until sauce has thickened and is smooth. Add crab meat. Simmer 1 to 2 minutes or until crab meat is heated through. Correct seasoning to taste. Divide mixture among six shells or ramekins, or turn mixture into a 1-quart shallow baking dish. Sprinkle with grated Swiss or Parmesan cheese. Place under preheated broiler (put shells or ramekins on cookie sheet for easy handling). Broil until cheese is golden brown. Makes 6 servings (2 are pictured).

SHRIMP LAFITTE IN PATTY SHELLS

(pictured on pages 76-77)

- | | |
|--|---|
| 1 package (10 ounces) frozen, ready-to-bake patty shells | 1 can (8 ounces) tomato sauce |
| ¼ cup butter or margarine | 1 small bay leaf |
| 2 tablespoons minced shallots or green onions | ½ teaspoon salt |
| ½ cup minced onion (1 medium) | Dash of pepper |
| ½ cup finely diced celery | ½ cup heavy cream |
| ½ cup dry white wine | 1 package (1 pound) frozen, shelled and deveined shrimp, cooked and drained |

Bake patty shells according to package directions. Melt butter or margarine in skillet over medium heat. Add shallots or green onions, onion and celery. Cook 3 to 4 minutes, stirring occasionally. Add wine, tomato sauce, bay leaf, salt and pepper. Bring to boiling. Simmer 10 minutes. Discard bay leaf. Stir in cream. Correct seasoning to taste. Add shrimp to sauce. Simmer 1 minute. Divide shrimp mixture among patty shells. Makes 6 servings (4 are pictured).

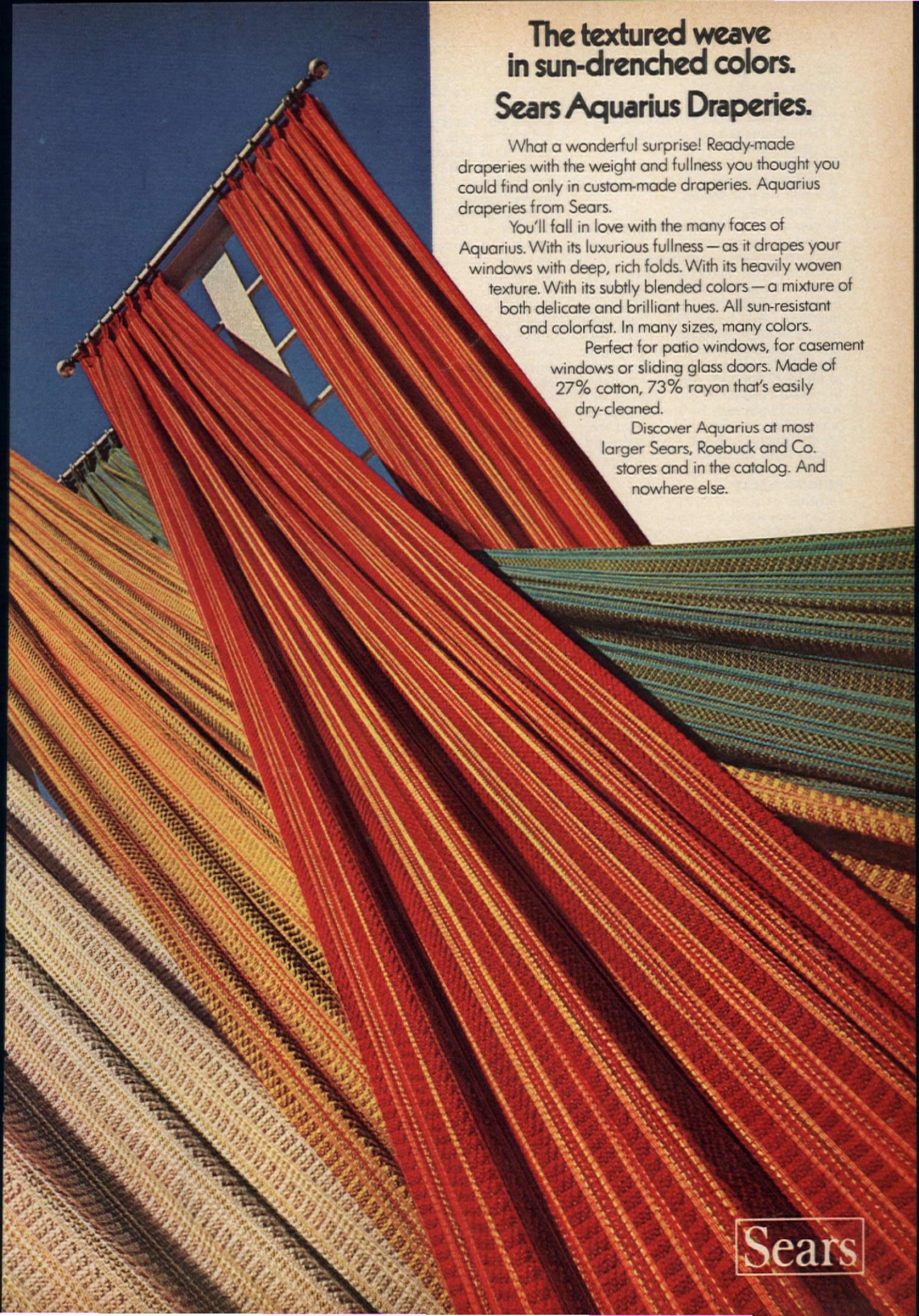
CAULIFLOWER GREEK STYLE

(pictured on page 76)

- | | |
|---|---------------------------|
| 1 medium-size head of cauliflower | 1 cup dry white wine |
| ¼ cup olive or pure vegetable oil | 1 cup water |
| 4 small onions, sliced and separated into rings | ¼ cup lemon juice |
| 2 cups pared, sliced carrots | ½ cup tomato paste |
| 1 clove of garlic, minced | 1 bay leaf |
| | ¼ teaspoon coriander seed |
| | 1½ teaspoons salt |
| | ¼ teaspoon pepper |

Remove outer leaves and stalks from cauliflower. Trim off any blemishes on head. Separate head into flowerets. Wash cauliflower well; drain. Heat oil in enameled or stainless-steel saucepan or kettle over low heat. Add onions, carrots and garlic. Cook 5 minutes, stirring occasionally. Add wine, water, lemon juice, tomato paste, bay leaf, coriander seed, salt and pepper. Bring to boiling. Add cauliflower. Simmer 10 to 15 minutes or until cauliflower is just tender. Transfer cauliflower to serving dish with slotted spoon. Heat liquid until the volume is reduced to about 1½ cups. Remove bay leaf. Correct seasoning of liquid to taste. Pour over cauliflower in serving dish. Chill several hours. When ready to serve, garnish with parsley, if desired. Makes 6 to 8 servings.

continued



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MOUSSE OF CHICKEN LIVERS

(pictured on page 76)

- 1 pound chicken livers
- 2 tablespoons butter or margarine
- 2 tablespoons minced shallots or green onions
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon leaf thyme, crumbled
- 1/4 cup softened butter or margarine
- 2 tablespoons brandy
- 1/2 cup heavy cream, whipped

Pat chicken livers dry with paper towels. Cut in half. Melt 2 tablespoons butter or margarine in large skillet over high heat. Add livers. Cook 2 minutes, tossing or stirring frequently. Add shallots or green onions. Cook 2 minutes. Press livers through food mill or puree in blender. Add salt, pepper and thyme. Stir in softened butter or margarine with wooden spoon. Stir in brandy. Fold in whipped cream. Turn mousse into serving dish or crock. Cover. Chill overnight. Makes 10 to 12 servings.

RUSSIAN SALAD

(pictured on pages 76-77)

- 1/2 cup mayonnaise or salad dressing
- 1 tablespoon cider vinegar
- 1 teaspoon prepared mustard
- 2 packages (10 ounces each) frozen mixed vegetables, cooked and drained
- 1/4 pound cooked ham, diced
- 8 small, hard-cooked eggs
- 4 medium-size tomatoes

Combine mayonnaise or salad dressing, vinegar and mustard in large bowl. Mix well. Add vegetables and ham. Toss gently. Arrange mixture on serving platter. Arrange eggs, small ends up, over vegetables. Halve the tomatoes. Make a small conical indentation in cut side of each tomato half. Place a tomato half, cut side down, over each egg. Makes 8 servings (4 are pictured).

DESSERTS

continued from pages 80-81

CHOCOLATE CANDY CAKE

(pictured on page 80)

- 2 packages pie-crust mix
 - 1/4 cup sugar
 - 1/2 cup unsweetened cocoa
 - 1/2 cup cold water
 - 1 can (about 1 pound) ready-to-spread chocolate frosting
 - 1 1/2 cups heavy cream
 - 1 jar (1 1/4 ounces) chocolate sprinkles
- Candied lilacs**
Chocolate Mint Triangles
 (recipe below)

Heat oven to 400°. Combine pie-crust mix, sugar and cocoa in large bowl. Sprinkle water over surface; stir with fork until particles are moistened and pastry clings together. Shape into ball; divide into quarters. Roll one quarter between 2 sheets of wax paper to 8-inch square. Remove top sheet of paper; invert pastry onto cookie sheet; remove paper. Trim edges of pastry with knife or pastry wheel for even sides. Prick pastry with fork. Bake 10 to 12 minutes.

Cool completely on cookie sheet. Repeat with remaining pastry.

Beat chocolate frosting and 1/2 cup cream in small bowl of mixer until creamy. Beat in remaining cream gradually until blended. Beat on medium-high speed until soft peaks form. Do not overbeat; it will curdle. Transfer a pastry square onto serving plate with 2 broad spatulas. Spread with chocolate frosting mixture. Repeat layering with pastry and frosting mixture. Frost top and sides of assembled cake with frosting mixture.

Freeze or chill several hours until frosting is firm. Dust sides of cake with chocolate sprinkles. Visually divide cake into 9 squares; press a candied lilac into center of each square. Press the long sides of 4 chocolate triangles around each lilac. Refrigerate cake until serving time. Makes 9 servings.

CHOCOLATE MINT TRIANGLES

- 1 package (6 ounces) semi-sweet, mint-flavored chocolate pieces
- 1 tablespoon shortening (do not use butter or margarine)

Melt chocolate and shortening in top of double boiler over hot, not boiling, water, stirring occasionally. Spread chocolate in a thin layer in wax paper-lined 8-inch-square pan. Chill until firm. Lift chocolate and paper from pan. Cut into 1-inch squares; cut squares in half diagonally to form triangles. Remove from wax paper with spatula. If chocolate becomes soft, return to refrigerator to firm up. Use some triangles to garnish Chocolate Candy Cake; serve remainder as a confection.

LIME PARFAIT DESSERT

(pictured on page 80)

- 3 packages (3 ounces each) lime-flavored gelatin
 - 2 cups boiling water
 - 2 1/2 cups cold water
 - 1 cup (1/2 pint) heavy cream
- Glazed Apples and Grapes**
 (recipe below)

Dissolve gelatin in boiling water. Stir in cold water. Chill in refrigerator or over ice water until gelatin mounds slightly when spooned. Oil 6-cup charlotte mold lightly. Cut a circle of aluminum foil 1 inch smaller than bottom of mold. Spoon a layer of thickened gelatin 1 inch thick in bottom of mold. Place foil in center of layer. Carefully spoon remaining gelatin over foil in mold, keeping foil in place. Chill until firm. With small, sharp knife, cut gelatin 1 inch from edge of mold and down to the foil center. Carefully scoop out center; put into saucepan. Remove foil circle. Refrigerate gelatin shell until filling is ready.

Heat scooped-out gelatin in saucepan until melted. Freeze or chill just until slightly thickened. Beat cream until soft peaks form; fold in gelatin. Spoon into center and onto top of mold. Chill until firm. To serve, unmold gelatin onto serving plate. Arrange some of the glazed apples and grapes around gelatin. Cut into wedges to serve. Makes 8 to 10 servings.

GLAZED APPLES AND GRAPES

- 2 cups sugar
- 1 1/2 cups water
- 3 large cooking apples
- 2 teaspoons packaged ascorbic-acid mixture for fruit
- 3 tablespoons water
- 1 large navel orange
- 1/2 pound red grapes, separated into small clusters

Combine sugar and 1 1/2 cups water in saucepan. Bring to boiling over medium heat, stirring constantly until sugar is dissolved. Continue boiling 10 minutes or until slightly thickened. Pare and slice apples. Dissolve ascorbic acid in 3 tablespoons water in bowl. Add slice apples. Toss until coated. Drain on paper towels. Remove the orange part of the peel from orange with vegetable parer. Cut peel into 2x1/16-inch strips. Cut orange in half; squeeze juice; discard pulp.

Add apple slices, orange juice and strips of peel to syrup. Cook until apple slices are just tender. Cool to room temperature. Chill. Before serving, add grapes to syrup. Lift fruit from syrup with a slotted spoon. Serve some drained fruit as garnish for Lime Parfait Dessert. They may also be served with ice cream pudding or whipped cream.

COCONUT AND MERINGUE TORTE

(pictured on pages 80-81)

- 1 package yellow cake mix for 2 layers
 - 1 cup half-and-half or milk
 - 1 cup flaked or shredded coconut
 - 1/2 cup sugar
 - 1/2 cup butter or margarine
 - 4 large egg yolks
 - 1 teaspoon vanilla
 - 1 carton (4 1/2 ounces) frozen whipped topping, thawed
- Meringue Layer and Puffs** (recipe on page 90)

Prepare cake mix according to package directions. Bake as directed in two 9-inch layer-cake pans. Remove from pans. Cool completely. Combine half-and-half or milk, coconut, sugar and butter or margarine in saucepan. Bring to boiling over low heat, stirring occasionally. Beat yolks in small bowl; add a small amount of hot mixture to yolks. Stir gradually into hot mixture in saucepan. Cook until thickened, stirring constantly. Remove from heat. Stir in vanilla. Cover; chill.

To assemble torte, split cake layers in half horizontally. Place 1 layer on serving plate. Fill with 1/2 of coconut mixture. Repeat layering. Frost top and sides with whipped topping. Place meringue layer carefully on top. Arrange puffs around base and sides of torte. Chill until ready to serve. Makes 12 servings.



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MERINGUE LAYER AND PUFFS

- 4 large egg whites
- ¼ teaspoon cream of tartar
- 1 cup superfine sugar
- 1 teaspoon almond extract

Cut a piece of brown wrapping paper to fit a large cookie sheet. Using the bottom of a 9-inch layer-cake pan as a guide, trace a circle on paper. Place paper on buttered cookie sheet; press down. Heat oven to 250°.

Beat egg whites and cream of tartar in small bowl of mixer at high speed until foamy. Beat in sugar, 1 tablespoon at a time, until whites form stiff, glossy peaks. Stir in extract. Spread a layer of meringue, ½ inch thick, in circle. Swirl design in center. Spoon remaining meringue into pastry bag fitted with large star tip. Pipe meringue in center of

layer and along edge for a border. Press meringue into 1-inch puffs onto paper around layer on lined cookie sheet. Bake 30 to 40 minutes or until set but not brown. Turn off oven heat. Leave meringue layer and puffs in oven with door closed, 30 minutes, to cool. Remove from oven. Transfer to wire rack with broad spatula. Cool completely.

When cold, remove layer and puffs from paper. Store in airtight containers. Use the meringue layer and some puffs in assembling Coconut and Meringue Torte. Makes one 9-inch layer and about 4 dozen puffs.

This same meringue layer could be made and filled with cream filling, fruit or ice cream to serve as a dessert. The puffs could be served by themselves as a confection.

PUMPKIN CHEESECAKE

- (pictured on pages 80-81)
- ¼ cup graham-cracker crumbs
- 4 packages (8 ounces each) cream cheese, softened

- 1½ cups sugar
- 5 large eggs
- ¼ cup all-purpose flour
- ¼ teaspoon salt
- 1 can (1 pound) pumpkin
- 2 teaspoons pumpkin-pie spice
- Candied Walnuts (recipe below)
- ½ cup heavy cream, whipped

Butter bottom and sides of a 9-inch springform pan generously. Sprinkle with cracker crumbs; shake pan to coat all sides. Let excess crumbs remain on bottom. Heat oven to 325°. Beat cream cheese in large bowl until fluffy. Beat in sugar gradually. Add eggs, 1 at a time, beating well after each addition. Beat in flour, salt, pumpkin and spice. Pour into prepared pan. Bake 1 hour, 30 minutes, or until firm around sides but soft in center. Turn off heat. (Top of cake will have cracked during baking.) Open oven door. Let cake cool in oven 30 minutes. Remove from oven. Cool completely on wire rack. Remove sides of pan. Chill cake.

Before serving, arrange 10 candied walnuts around edge of cake. (Serve rest as candies.) Spoon whipped cream into pastry bag with small star tip. Pipe cream around walnuts and fill center. Sprinkle center with candy crumbs. Makes 10 servings.

CANDIED WALNUTS

- 1 cup sugar
- ¼ cup water
- ½ teaspoon cream of tartar
- 2 dozen walnut halves

Oil twenty-four 1¼-inch muffin-pan cups or two 12-inch sheets of aluminum foil lightly. Combine sugar, water and cream of tartar in medium-size heavy saucepan. Bring to boiling over medium-high heat, stirring constantly until sugar is dissolved. Wash down any undissolved sugar that clings to the sides of pan with a brush dipped in water and drained. Cook, without stirring, until mixture turns light caramel color. Add walnuts. Quickly spoon a walnut half and some syrup into each muffin-pan cup. (Syrup in cup should be ¼ inch thick.) Or drop from tip of spoon onto foil, swirling into circle.

Pour leftover syrup onto foil; cool. Remove walnuts from cups, using tip of a knife to release them, or peel off foil. Wipe oil from candies with paper towel, if needed. Store candies in layers in airtight container with piece of wax paper between each layer. Chop leftover piece of hard syrup. Garnish cheesecake. Candied walnuts may also be served in a dish and crumbs used over other desserts, if desired. Makes 2 dozen.

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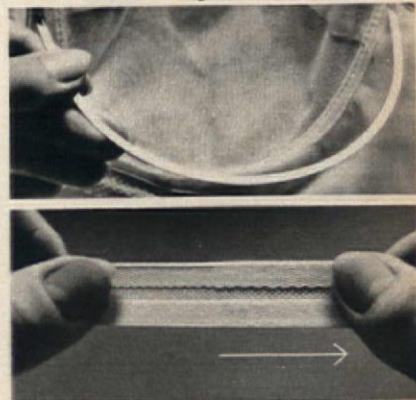
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HOLIDAY OPEN HOUSE
continued from page 69

SPICED ORANGE PUNCH

1 cup water
2 three-inch cinnamon sticks
¼ teaspoon whole cloves
2 cans (12 ounces each) frozen orange
juice concentrate, thawed
2 bottles (28 ounces) ginger ale, chilled
Bring water, cinnamon sticks and
cloves to boiling in saucepan. Simmer 15
minutes. Chill. Just before serving
strain into punch bowl. Add orange
juice and ginger ale. Garnish with
orange-peel cutouts, if desired. Serve
over ice cubes. Makes 3 quarts.

GLAZED SHRIMP

1 envelope unflavored gelatin
½ cup dry white wine
½ cup olive oil
3 tablespoons white wine vinegar
½ teaspoon salt
¼ teaspoon dry tarragon, crumbled
¼ teaspoon freshly ground pepper
2 pounds large shrimp, cooked,
shelled, deveined and chilled
Soften gelatin in white wine; dissolve
over hot water. Cool. Combine oil,
vinegar, salt, tarragon and pepper. Stir
in cooled gelatin mixture. Chill until
mixture just begins to thicken. Set wire
rack on tray or shallow pan. Dip
shrimp, one at a time, into gelatin mix-
ture, to coat. Set on rack. Chill until
glaze is set. Arrange in serving dish.
Garnish as desired. Makes about 36.

SALAMI STACKS

2 packages (8 ounces each)
cream cheese, softened
½ cup prepared horseradish
½ teaspoon salt
½ teaspoon pepper
¼ cup dairy sour cream
56 slices salami (1 to 1¼ pounds
3-inch salami cut ¼-inch thick)
Combine cream cheese, horseradish,
salt, pepper and sour cream; blend
thoroughly. Reserve 8 salami slices.
Spread remainder with cream-cheese
mixture, allowing about 1 tablespoon
for each slice. Stack 6 spread slices; top
with plain slice; repeat with remainder.
Wrap in plastic wrap. Chill several
hours. Cut stacks into eighths. Arrange
on platter. Chill until serving time.
Makes 64.

LEMON-MARINATED VEGETABLES

1½ cups pure vegetable oil
1 cup lemon juice
2 tablespoons chopped parsley
4 teaspoons salt
1 teaspoon sugar
¼ teaspoon hot-pepper sauce
1 clove of garlic, mashed
1 pound small zucchini, sliced
1 large head cauliflower, separated
into flowerets
2 cans (14 ounces each) artichoke
hearts, drained and halved
Combine oil, lemon juice, parsley,
salt, sugar, hot-pepper sauce and garlic
in large screw-top jar. Place vegetables
in separate bowls. Shake oil mixture
well. Pour over vegetables. Cover.
Marinate overnight. Drain vegetables;
arrange in bowl. Makes 12 servings.

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HOLIDAY OPEN HOUSE continued

SWEET AND PUNGENT FRANKS

- 2 cans (15¼ ounces each) **pineapple chunks in heavy syrup**
- 2 **tablespoons pure vegetable oil**
- 2 **large green peppers, seeded and cut into 1-inch-square pieces**
- 2 **packages (5½ ounces each) little wieners**
- ¾ **cup cider vinegar**
- 2 **tablespoons cornstarch**
- 1 **tablespoon sugar**
- 1½ **teaspoons salt**

Drain pineapple; reserve 1 cup syrup and pineapple. Heat oil in large skillet over medium heat. Add green peppers. Sauté 2 minutes, stirring occasionally. Remove. Reserve. Add wieners to skillet. Cook until lightly browned. Blend reserved syrup, vinegar, cornstarch, sugar and salt in bowl. Pour into skillet. Bring to boiling, stirring constantly. Add pineapple and green peppers. Heat through. Serve with wooden picks. Makes 12 servings.

CHEESE MOUSSE MOLD

- 2 **envelopes unflavored gelatin**
- ½ **cup cold water**
- 1 **tablespoon butter or margarine**
- 2 **tablespoons flour**
- ¾ **cup milk**
- 1 **package (6 wedges) processed Gruyère cheese, cubed**
- 2 **egg yolks**
- 2 **tablespoons minced onion**
- 1 **teaspoon salt**
- ½ **teaspoon dry mustard**
- ½ **teaspoon hot-pepper sauce**
- 2 **egg whites**
- ½ **cup heavy cream, whipped**
- Crackers**

Soften gelatin in water in small saucepan 5 minutes. Dissolve over low heat. Melt butter or margarine in saucepan; stir in flour. Cook over medium heat, stirring constantly, until it bubbles. Remove from heat; stir in milk slowly. Cook over medium heat, stirring constantly, until mixture thickens and bubbles. Add cheese. Cook, stirring occasionally, until cheese melts. Remove from heat; beat slowly into egg yolks in medium-size bowl. Stir in gelatin, onion, salt, mustard and hot-pepper sauce. Chill, stirring occasionally, until mixture mounds when spooned.

Beat egg whites until stiff but not dry. Stir about ½ cup whites into cheese mixture. Fold in remaining whites; fold in whipped cream. Pour into oiled 3-cup mold. Chill several hours or overnight. Unmold onto serving plate or cheese board (may be done an hour before serving and refrigerated). Garnish with radish roses, if desired. Serve with plain crackers. Makes 12 servings.

PARTY STUFFED MUSHROOMS

- 16 **medium-size mushrooms (2 inches in diameter)**
- 1 **package (4 ounces) Liederkranz cheese, softened**
- 1 **cup finely diced bread**
- 2 **tablespoons minced parsley**
- 1 **tablespoon minced chives**
- 2 **tablespoons dry white wine**
- ¼ **teaspoon salt**
- Dash of pepper**
- Melted butter or margarine**

Wipe mushrooms with damp paper towel; remove stems; chop finely. Mix stems, cheese, bread, parsley, chives, wine, salt and pepper. Brush mushroom caps inside and out with butter or margarine; place in shallow pan. Fill caps with cheese mixture. Bake at 350° for 8 to 10 minutes or until bubbling and lightly browned. Makes 16.

SMOKED TURKEY AND HAM WITH MUSTARD SPREAD

- 1 **cup mayonnaise or salad dressing**
- ⅓ to ½ **cup prepared mustard**
- 1 **teaspoon Worcestershire sauce**
- Dash of hot-pepper sauce**
- 6- to 8-pound **frozen smoked turkey breast, thawed and thinly sliced**
- 1 **pound cooked country-style or smoked ham, thinly sliced**
- Dark and light rye breads**

Blend mayonnaise or salad dressing and seasonings. Spoon into serving bowl. Arrange meats on platter. Garnish with preserved kumquats and watercress, if desired. Serve with mustard spread and breads. Makes 24 servings.

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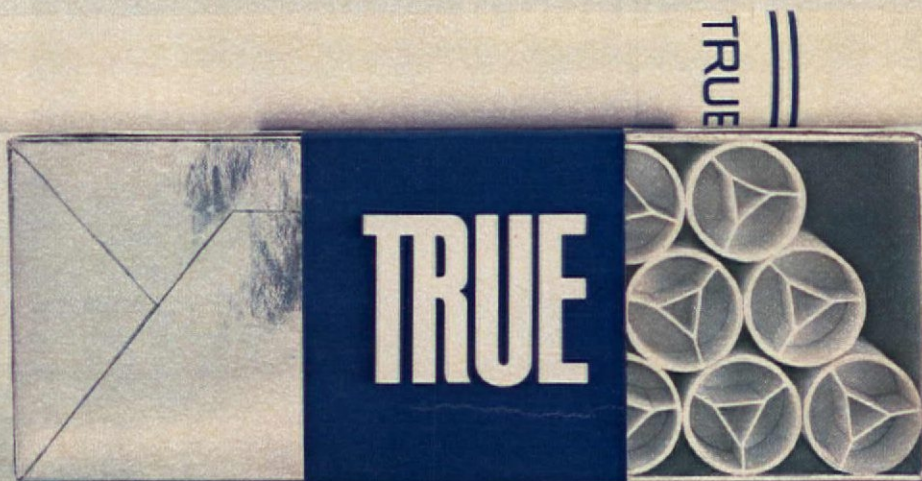
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The table has always been one of the essential—and most useful—elements in the basic furnishings of a household. Its smooth, flat surface makes it a convenient home base for myriad tasks, as well as providing a place for food to be served and eaten in comfort. Since before Puritan times, American families have gathered around their tables two or three times a day, plus tea and snacks in between. Early settlers simply placed boards on trestles, fashioning tables that were similar to those they had known in England. When a meal was ended, such a table could be dismantled and set aside, a great space-saver in the crowded, all-purpose keeping rooms of colonial homes.

Short of space and fond of convenience, Americans urged their craftsmen to build many dual-purpose pieces, such as the hutch table pictured on page 84; its hinged top could be flipped up to reveal storage underneath. Tablecloths, called "bord clothes," were much in evidence, as were generously proportioned napkins made of damask, cotton, linen or homespun. Sometimes table linen was striped, "wrought and edged with blewe" to provide variety.

In the 17th and 18th centuries, dishes of wood (called *treen*) and pewter were in general use. Steaming ragouts, stews and cornmeal puddings (to be eaten with spoons) were heaped on wooden trenchers

—plates with slightly hollowed centers—and shared with at least one other diner. Rarely, it seemed, were there enough trenchers for each individual. Meat served in chunks was speared with a sharp-pointed bone- or wood-handled knife and eaten with the fingers. The fork, invented in 16th-century Italy, eventually reached America by way of England. The first fork in the colonies, one that folded into its own traveling case, was sent to Governor John Win-

throp of the Massachusetts Bay Colony. By the mid-17th century, table knives had flat, rounded blades for "the eating of pease and jelleys," a change ordained in France, when a diner rudely picked his teeth with a sharp-pointed blade at a royal banquet.

As colonial life became more leisurely, dining came to be regarded as a plea-

malized event for the well-to-do. The great houses of Virginia, such as George Mason's Gunston Hall, pictured on pages 82-83, were built with special dining rooms. The one in Gunston Hall was said to be the first in the colonies to reflect the ultra-fashionable "Chinese taste" in its woodwork. In formal dining rooms throughout the country, ornate

Chippendale-style mahogany dining tables and chairs with carved cabriole legs and ball-and-claw feet took their places beside the delicate curves of Queen Anne furnishings.

Chinese Export dishes were reserved for the privileged, as were imported pistol-handled knives, three-tined forks and rattle-tail dessert spoons, all in silver. Pewter, *treen* and, occasionally, pottery were the most common tablewares for families of more modest means; forks were metal with wood or bone handles.

Breakfast in the 18th and early 19th centuries customarily began at 7:00 a.m., and was often served by candlelight. It was a hearty meal of cold meats, hoecakes or sausage served with coffee, tea or ale. In New England, pie was often included.

Dinner, the main meal of the day, was served about mid-afternoon. The time varied slightly from place to place, but the meal usually lasted two hours. Here's how New York Congressman Thomas H. Hubbard described a sumptuous dinner, in an 1817 letter to his

wife, following a visit to Woodlawn Plantation in Virginia: "We had a light and late breakfast and dined at four. The table was spread with double table cloths, and the first course consisted of beef, mutton, oysters, soup, etc. The first cloth was removed with these viands and the clean one below was covered with pies, puddings, tarts, jellies, whips, floating-island sweetmeats, etc., and after these we came to the plain mahogany table." (continued)



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surable thrice-daily rite, with special tables designed and reserved for this purpose. Large gate-legged pieces were popular, since they could be expanded to accommodate guests—then folded down when not in use. A purely American variation of the gate-leg was the butterfly table, appropriately named for the hinged, wing-shaped brackets that supported its side leaves.

By the closing decades of the 18th century, dining was an elegant, for-

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As a result of scientific observations and experiments conducted in several different locations in the United States (as well as in Europe and Soviet Russia), it was definitely established that these techniques will enable almost any individual to live beyond 90...and even beyond 100 healthy, productive, thoroughly enjoyable years—even if he or she had tragically short-lived parents or grandparents! In other words, disastrous heredity can now be overcome! (See page 36.)

At a leading Gerontology Research Center on the Pacific Coast, its' president bluntly stated that a single one of the techniques given to you here had (in essence): "...reversed the aging process and over a period of time restored the characteristics of youth to the bodies of middle-aged men!" (See Page 129.)

And one of his colleagues, discussing the same simple procedure, went so far as to state that it: "...relieves joint stiffness, lowers the blood pressure, and reduces the amount of fat in the body tissues. It acts like a miracle drug, and it's free

for the doing!" (Italics ours—see page 130.)

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How to lose weight without counting calories —by harnessing the same exact forces which made you overweight in the first place! (It is not unusual, with these methods, to lose 15 and more pounds the first week—up to 10 pounds the second week—and a good hundred pounds or more, in as little as 15 weeks. And the weight stays off—for decades!)

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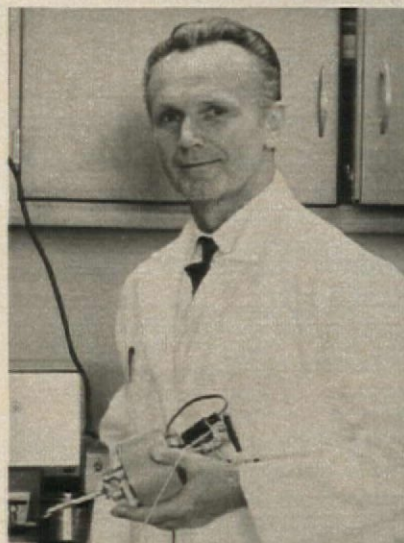
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About the Author

JOSEF P. HRACHOVEC, M.D., D.Sc. holds medical degrees from noted European Universities. He is currently Professor of Molecular Biology of Aging and also a Research Associate at the Gerontology Center of the University of So. California. For the past seven years, he was a Researcher in Biochemistry and Public Health Nutrition at the University of California School of Public Health.

He held previous research posts at New York University School of Medicine, Columbia University College of Physicians and Surgeons, and the Sorbonne University, Paris. Widely published in medical and scholarly journals on gerontology, Dr. Hrachovec is a fellow of the Gerontological Society, a member of the New York Academy of Sciences, the American Physiological Society, the American Public Health Association, the Association for the Advancement of Science, and is currently Advisor to the Association for Advancement of Aging Research.

technique shown to you on page 197 may banish them from your life—for good!

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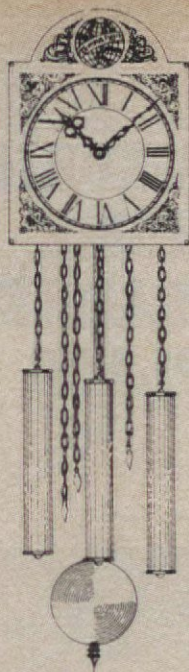
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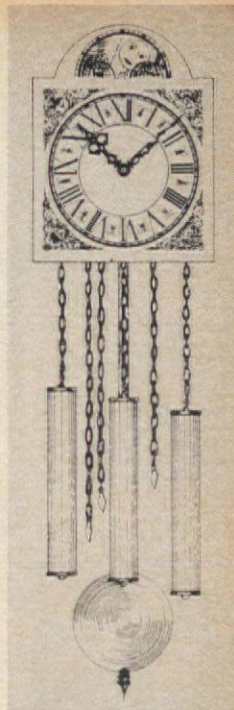
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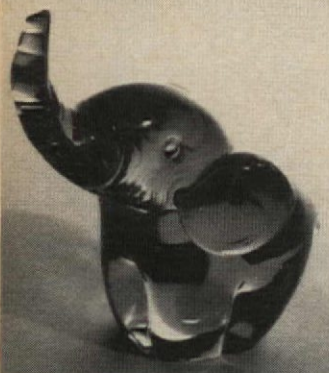
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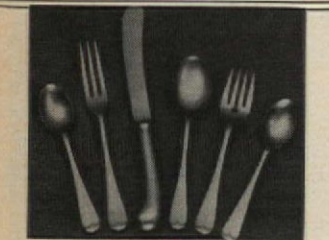


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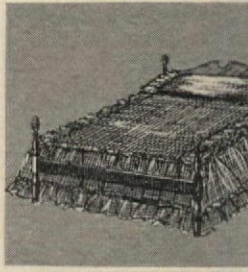
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A one-cup copy of the larger saucepan prized by so many good cooks! Mini version is a measuring cup, butter melter, child's toy and ivy planter! Satin-finished stainless steel pan has copper-clad bottom, graduated markings, stay-cool plastic handle and hanging ring. 7726-6—Mini Pan ... p.p.d., \$1.98

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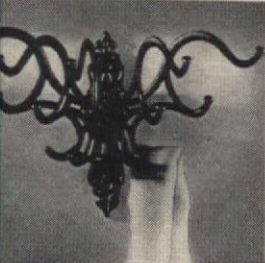
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Head of Christ

"Behold The Man" were the moving words when Jesus, crowned with thorns, was presented to the multitude. That touching moment is treasured in this 3-dimension pendant. With 24" chain. 1¼" pendant: sterling, \$17.50; 14K gold, \$95. 1½" pendant: sterling, \$20.50; 14K gold, \$150. Evans Jewelers, Dept. AH11, 3-4 North West Dr., Farmingdale, NY 11735.



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LOSE WEIGHT

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You've probably tried other diets that worked at first, but failed in the long run! You grew tired of bland, dull-tasting food that left you unsatisfied. Sooner or later you broke the rules and indulged yourself. And, naturally, the weight you had gone to so much trouble to lose came back!

A natural protein concentrate is the key to this great-tasting, low-calorie Diet. When you follow the Miralin Program, you eat low-calorie meals and still enjoy the delicious taste normally found in sugar-rich, high-calorie foods. How does the Program combine calorie reduction with great taste? The answer is the Miralin Program's unique Miracle Fruit Drop. The Drop contains a natural protein concentrate — extracted from the berries of a tropical plant—that sharpens your taste for about an hour. When you chew a Drop before mealtime, you taste rich, satisfying flavors in low-calorie foods. Do you know that the average American eats more than one hundred pounds of sugar a year? Many foods get their good taste from sugar. Most canned fruits, ketchup, even fruit-flavored yogurt contain sugar . . . and so do many other popular foods on supermarket shelves. The Miralin recipes and menu plans let you reduce your sugar intake, but the flavor-enhancing and sweetening qualities of the Miracle Fruit Drop put back the great taste you want! All of the easy-to-follow recipes have been tested for taste satisfaction in typical households.

And Still Enjoy Delicious Satisfying Meals

An extensive selection of weekly menu plans. Different people need to lose different amounts of weight. And because different people should lose weight at different rates, the Miralin Diet Program offers a variety of menu plans . . . all balanced for nutritional content. You select the one that's right for you. If you have any questions, ask your physician.

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sensations that help you forget the urge to eat fattening foods.

Put yourself on the Miralin Diet Program now! We want you to experience the Miralin Diet . . . and decide for yourself if this isn't the best-tasting, most enjoyable Diet you've ever followed!

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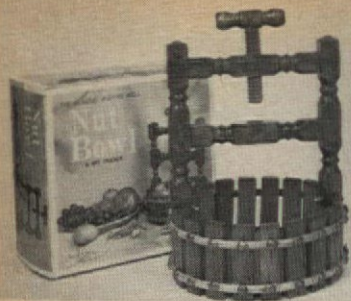
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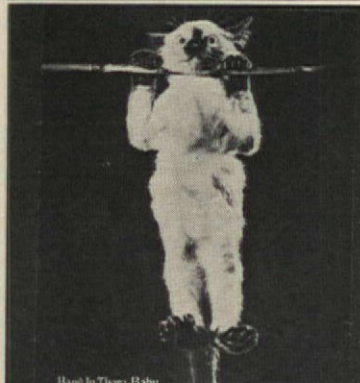
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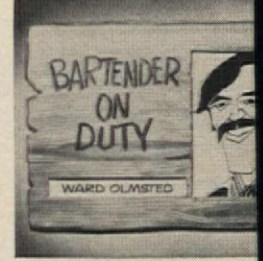
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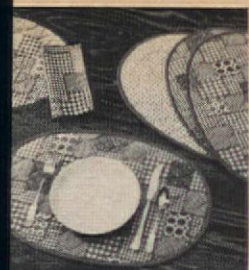
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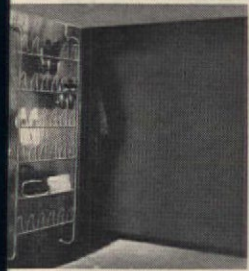


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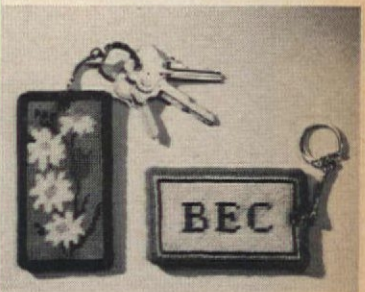
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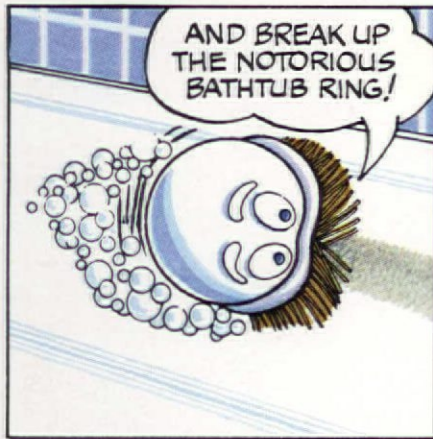
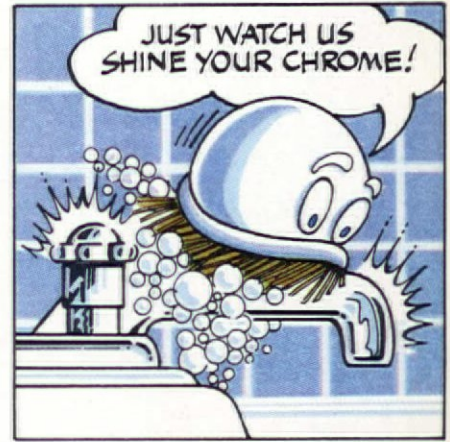
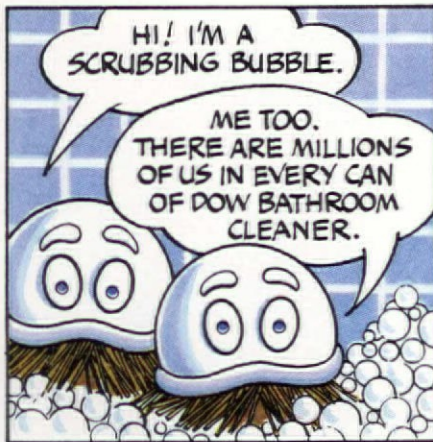
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