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JANUARY, 1974, VOL. 77, NO. 1

# American Home

FOR FAMILIES WHO KNOW HOW TO LIVE

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COVER: June blooms in January in our sunny feminine bedroom—all easily achieved with "Fabrics That Furnish a Room," pages 58-61. Full directions for this and a totally contrasting, tailored-to-a-T bedroom begin on page 42—a New Year's boost to young family decorating for '74. Photographer: Ben Rose

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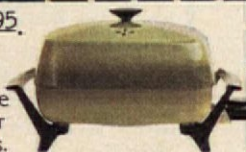
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STARTING THIS YEAR—

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# THE GUARANTEED HOUSE

The Guaranteed House, a program first supported by AH last May, will become a reality early in 1974. The Warranty Insurance Program, as it is known officially, was approved by the National Association of Home Builders and will be available to buyers in several regions soon after this issue appears. It is eventually expected to protect all new-home buyers from major losses due to structural defects, and at the same time standardize procedures to reduce grievances over "cosmetic" defects (popping nails, loose floor tiles, etc.). Though some details remain to be worked out, major provisions have been defined and are explained below. This is the ninth in our consumer-information series. —The Editors

## What is covered by the 10-year warranty?

In the first year a new house is lived in, the builder will correct defects due to faulty workmanship and defective materials, as well as all major construction defects.

In the second year, the builder will correct defects in the plumbing, electrical, heating and cooling systems, plus major construction defects.

During the first two years, the insurance will guarantee payment of any arbitration awards the builder does not honor.

From the third to the 10th year, the insurance will cover major construction defects.

Warranty coverage will continue for 10 years on a house regardless of changes of ownership.

## What is not covered by the program?

Loss or damage not reported as soon as is practicable after it occurs

Defects in materials that might have been supplied by the buyer himself

Defects resulting from improper maintenance or buyer alteration

Landscaping

Insect damage

Normal wear and tear, including shrinkage due to drying-out after construction

These are the major items excluded, but clearly some of them will be subject to interpretation by arbitrators.

## What construction and quality standards will be used?

Structural soundness of a house must be assured by its compliance with approved standards of the FHA, VA, or FmHA, or an acceptable local building code.

Quality of builder performance during the first 10 years will be judged

by a new *Industry Standards Manual* now being developed. This manual will describe deficiencies, defects and inadequacies that can occur during the first year, suggest acceptable tolerances of each condition, and outline appropriate builder corrections. Builders qualified to issue warranties will be expected to live up to standards.

## What will this new program cost?

It will cost 2/10 of 1 percent (.02 percent) of the sale price of a house—for example, \$80 on a \$40,000 house. This cost will be paid by the buyer at the closing.

## How will buyer complaints be handled?

To formalize a complaint, the buyer will submit a claim, or demand, to the builder in writing.

If the claim, or demand, is not settled during the five business days that

follow its submission, either side can ask the local warranty office to appoint a conciliator who will try to bring about a settlement.

If a settlement is not reached through this procedure within 15 business days, either side may start arbitration proceedings. The arbitrator's award will be final and binding.

If a buyer-builder dispute arises at any time from the third to the 10th year, the buyer will file a claim directly with the national organization. It will then investigate and determine if the repairs or damage should be covered by the insurance. The buyer still has the option of requesting arbitration if he is unsatisfied.

**How is the builder penalized?** Builders who refuse to deal with proper claims or honor legitimate awards will be disqualified from future participation in the Warranty Insurance Program. Since it is expected that The Guaranteed House will become the standard throughout the country, this disqualification should be an effective penalty against a shoddy builder.

**What does AH think of the program?** The present program can only be considered a first step. Its system of inspection is not nearly so effective as it should be. Nor is the program as clear as it should be as to what qualifies a builder to join the program. Yet as a first step, it is a major one. The builders have committed themselves to a system that in the long run will make it possible for even an uninformed buyer to judge the caliber of the builder he is dealing with, and to buy a complex product—the typical house has more than 5,000 parts—with confidence. We will support this program while urging the builders to strengthen it.

## NAHB CREDITS AMERICAN HOME SUPPORT

In a letter sent to AH soon after the National Association of Home Builders voted approval of the Warranty Insurance Program, President George C. Martin said: "I extend the warmest thanks for helping bring the NAHB 10-year insured warranty program to fruition. Your magazine supported this industry's efforts to give home buyers more and better protection at a time when many were either standing on the sidelines proclaiming it couldn't be done—or criticizing very preliminary details. American home buyers owe a debt to you for your aggressive crusading . . ."





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# LIFESTYLE

## The Robert Bowrons of Boulder, Colorado

As more and more families move out to the suburbs, center cities are falling into neglect. This was beginning to happen to an old residential section in the heart of Boulder, Colo.—and then along came Priscilla and Bob Bowron. Bob, a contractor and builder of new homes, and Prissy, an artist, bought a run-down Victorian house in the section and restored it. By renting it out, they were able to buy and renovate a second house, then a third, until today they own a total of eight large Victorian houses, and Boulder's old Pine Street looks a bit more like it did in the 1890s. "We did the houses," explains Prissy, "because Bob and I feel that the future is built on the present *and* the past. Those homes are a tie with our past that we can't lose."

Up until three years ago, Bob, Prissy and their daughters, Regina, 12, and Rhonda, 9, lived in a Boulder suburb. But, to back up a belief that people should return to the cities and invest in their future, the family moved into the main floor of one of the restored homes on Pine Street. The upper floors are rented out. "It's wonderful to be living in this historic area," says Prissy. "We're at the heart of everything, too—shops, museums, libraries. We're even saving the environment, since we bike or bus almost everywhere."

Because of their interest in environmental issues and in Boulder, the Bowrons take an active role in the city's PURE (People United to Reclaim the Environment) and in PLAN Boulder, whose goals are to insure *reasonable* urban growth and the preservation of green spaces. Last year, Bob and Prissy got an award from PLAN Boulder for their work.

Both Bowrons have been

prime movers in Historic Boulder, a group devoted to saving the city's old buildings and monuments. Another pet project is the Boulder Fine Arts Center (Prissy is co-director), housed by coincidence in one of their restored houses. It serves as a showcase for local artists and as an art-education center for kids.

For Prissy, the price for all this activity is that there's little time left over for painting. But there are compensations. For one, the house restorations are very much a family affair, with all the Bowrons pitching in. "The girls enjoy helping," says Bob, "and they also love hunting in closets of the old houses for 'treasures.'" The entire family often goes shopping for stained glass, mantels, and chandeliers to use in fixing up the houses. And when they can, the Bowrons also take off on long bike rides or longer car trips.

What's next? Bob and Prissy have just bought their ninth house, so it looks as though she will have to postpone her painting a bit longer. "But Boulder is worth it," Prissy insists. "And we seem to have lit a fire: Now *everyone* is fixing up old houses!"

**Bob works on the porch roof of one of the Bowrons' eight restored Victorian houses (above, right), while young Regina steadies the ladder.**

**The Bowrons (right) live on the main floor of one of their renovated houses. Their style is to restore the exteriors as they must have looked in the Victorian era, then turn the interiors into handsome, modern apartments.**

**Rhonda joins her mother at the Fine Arts Center, (far right). "We think of it as an art and craft-education center for the whole area," says Prissy, who spends a good deal of time there.**



Stott Shot



Another "Lifestyle" follows.



## The Douglass Leas of Waterford, Virginia

A few years ago, Julie and Doug Lea happened upon Waterford, Va., an 18th-century mill town an hour's drive from Washington, where they lived. The streets of the tiny old town were quiet, the fields and woods were close by—ideal for little Benjy and Zachary to play in. Julie, an artist, and Doug, a journalist and project director for the American Civil Liberties Union in Washington, both loved it and bought a newly restored 1810 house.

The first thing Julie did when they moved in, she recalls, was begin painting as she'd never done before: "In the city, you're swallowed up by the complexity and fads of the art world; here you paint what you want, and no fussing with galleries—you

just hang out a sign." And so she did, opening up Peaceable Kingdom in her home. The shop features Julie's own watercolors, drawings, needlework, dried herbs and rare teas, plus the handicrafts of assorted friends and neighbors. Open only on weekends from July to October, the tiny shop is "a real Mom and Pop operation," according to Doug. "First thing in the morning, I sweep the walk; then we sit out front and talk with the neighbors."

Waterford, with its three streets and 70 old homes, is a very neighborly town. Says Julie: "We have transplanted Washingtonians, natives, old people, young people. And we all love talking and visiting, having summer picnics in the pasture back of town and old-

time covered-dish parties all winter long. We have our own theater group and music program, too."

In the winter, while Doug works at his carpentry, Julie paints and sews for Peaceable Kingdom and teaches art in a local school and at home. In the warm months, all the Leas enjoy walking in the woods and gardening. "We do everything together here," Julie explains. "And we do simple things—nothing that costs money. We're much closer now to the changes of seasons, to animals and things that grow." "We do have spells in winter when the electricity fails," Doug admits, "and there isn't a floorboard in town that doesn't creak. But to me, Waterford is nice to come home to every night."

The Lea family's comfortable old home (top) has a ground floor shop called Peaceable Kingdom. Inside (above), everything on sale is natural or handmade: the weaving, the pinecones and shells, the stained-glass pieces, Julie's Beatrix Potter-like crewel-work pillows.

The Leas (far left) love being outdoors. Benjy, 9, and Zachary, 3, often join their parents on picnics, bike rides and long walks in the woods and fields near their home.

Doug (left) enjoys working in the garden, which is patterned after an 18th-century "sallet" (or kitchen) garden. Many things in it—ferns and wild clover, for example—were found on family outings and then transplanted.

Bradley Olman







Photo of actual ranchland taken at Sangre de Cristo Ranches

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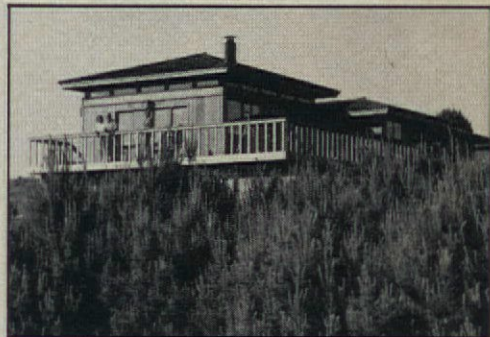
Occasionally, a house and its site are in perfect harmony. So it is with Lynne and Dan DeYoung's Sea Ranch, Calif., vacation retreat, whose rugged, low lines blend beautifully with a rough hillside setting. Rising just enough above the slope to catch a view of the sea below, the handsome redwood structure has a spreading umbrella roof that reinforces its low profile.

The house is a small, spare gem of a place that was short on cost but long on good looks and sweeping vistas. It represents the end of a long search for the DeYongs, whose primary home is near Stanford University, where Dan is an administrator. Lynne and Dan wanted a small,

"adult" weekend home. "Our boys are both grown," says Lynne, "so we don't need a lot of space. And besides, I wouldn't want to spend weekends cleaning a big house."

After several years of exploring the California coast, the DeYongs found their ideal spot—a half-acre in Sea Ranch. They chose this wooded, seaside community north of San Francisco not only because of its wild, untouched beauty but also because of its built-in consciousness of the need to preserve the land. "That was important to us," says Dan. To fit the site, they chose the Frontier VIII, a compact 808-square-foot home manufactured by Pacific Frontier Homes, Inc., of Fort Bragg, Calif. (continued)

Set on a hillside among the pines, manzanita and rough grass of Sea Ranch, Calif., the DeYongs' Frontier VIII has a wraparound deck that overlooks the Pacific.



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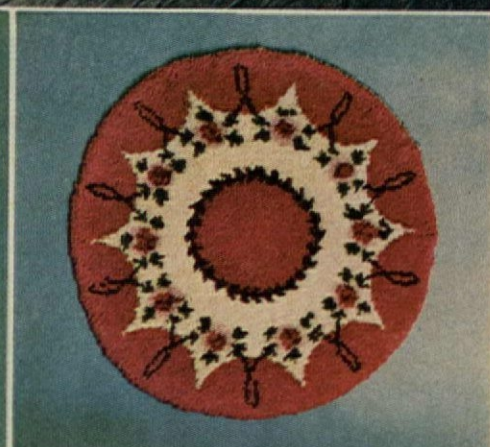
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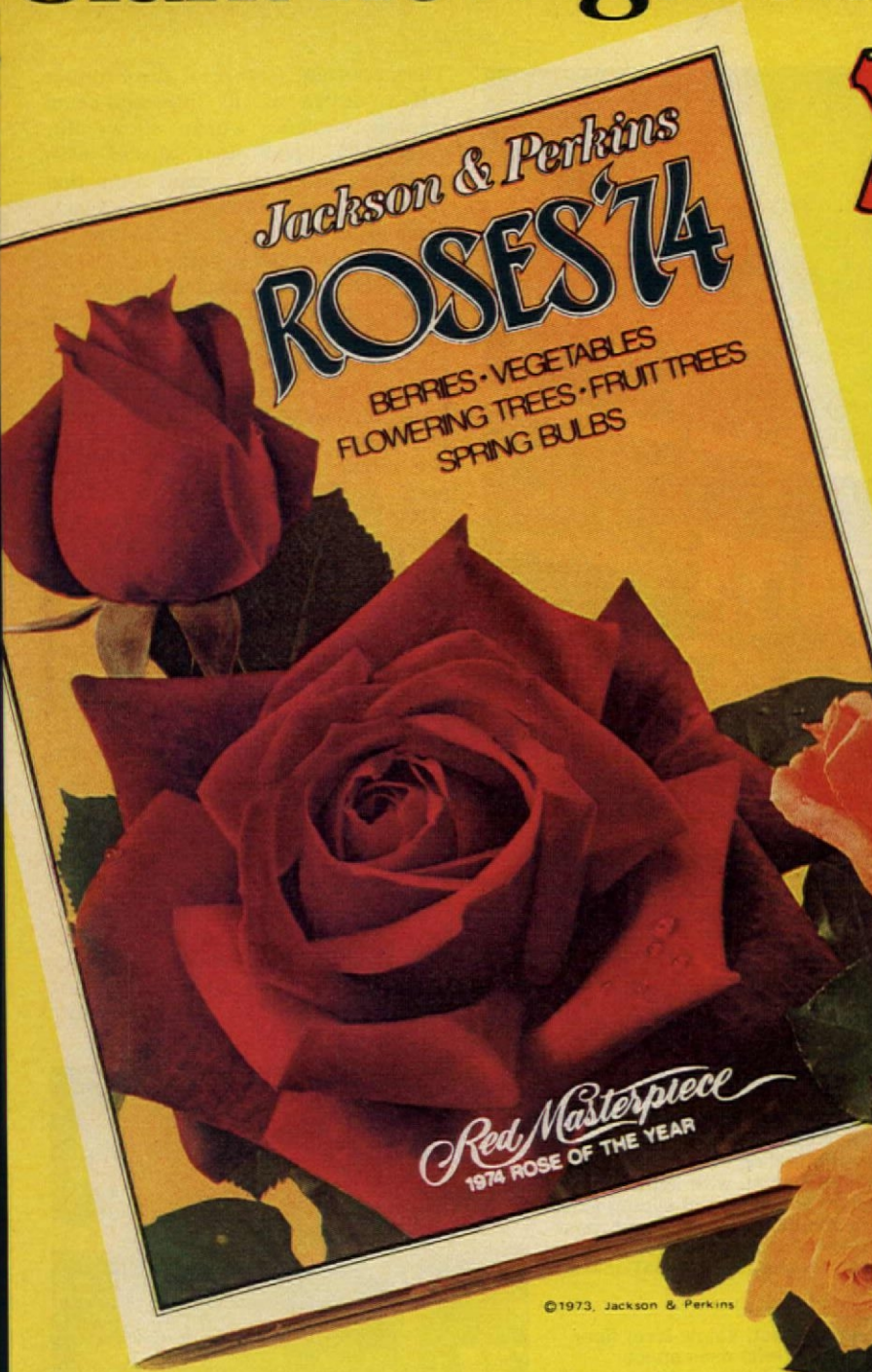
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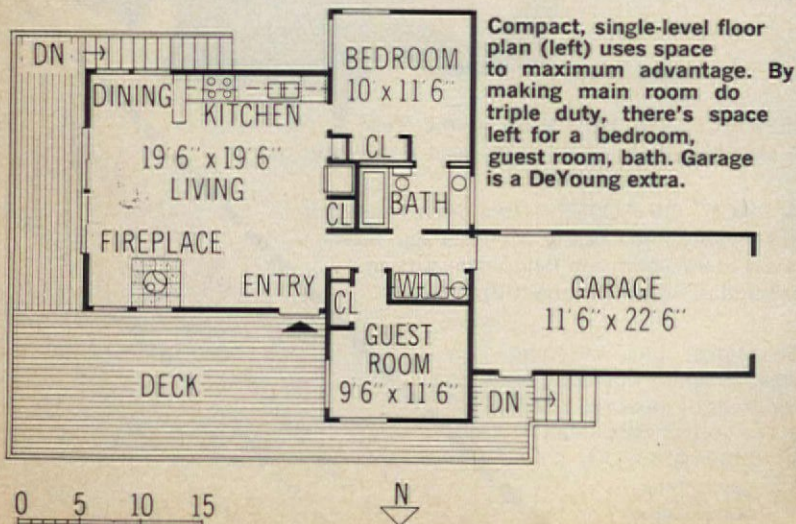


The important feature of the Frontier VIII's design is its post-and-beam framing system, which allows for completely open floor space. This translates into a large main room that combines living/dining/kitchen space, leaving just enough square footage for two bedrooms and a bath.

The DeYongs called in Los Altos, Calif., architect James K. Bell to site their house on the slope and to make some modifications in the basic floor plan. They wanted to expand the deck, change the window and door placements and add a garage. They also added a circular freestanding fireplace. With the Frontier VIII package (\$10,355), they got all the materials for the basic structure, including redwood posts, Douglas fir rafters, rough-sawn redwood interior and exterior paneling and redwood decking. Not included were the cabinets, finished floors, closet doors, electrical and plumbing systems. Completed, the house cost \$28,000.

The Pacific Frontier Homes line also features a horse barn and eight other houses. These range in size and price from 312 square feet (\$4,795) to 1,655 square feet (\$15,632). All models are available nationally; shipping charges reflect the distance from factory to building site. For an illustrated catalog, send \$1 to: Pacific Frontier Homes, Inc., P.O. Box 1247, Fort Bragg, Calif. 95437. —Jane Levy

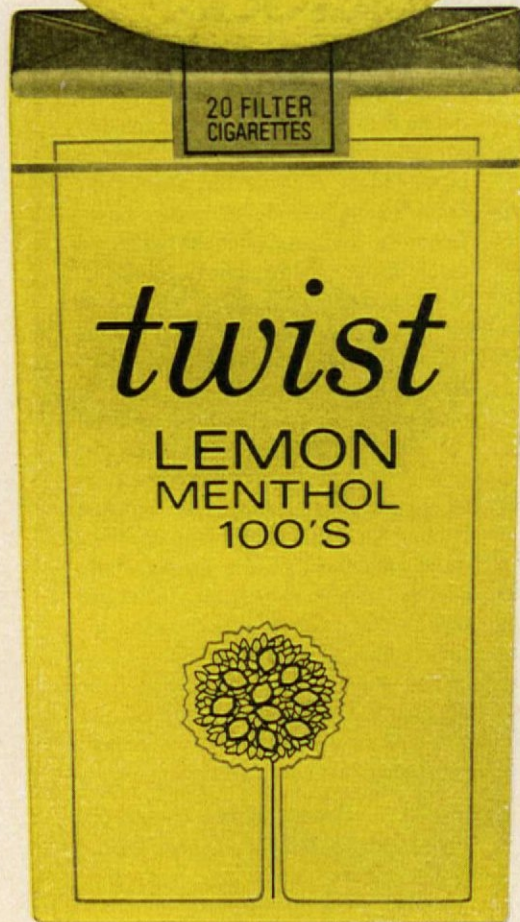
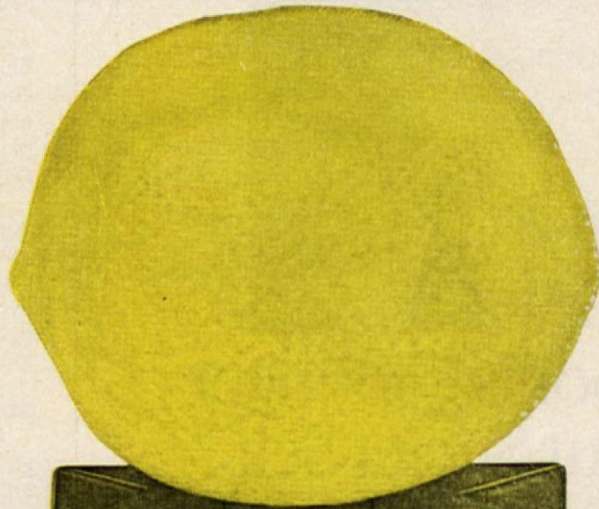
The DeYongs and guests do most of their weekend living in the large main room (above and right) where combined kitchen/living/dining space and wide-open deck beyond share the feeling of ease and openness. A high ceiling, with light flooding through clerestory windows and sliding glass doors, adds to the effect. Throughout, post-and-beam construction plus rough-sawn redwood make for minimal upkeep.



John Zimmerman



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Now indulge yourself a little. Soothe away the complexion dryness that accents the little lines and wrinkles that make you

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work with nature in maintaining the balance of oil and moisture needed for your most youthful look. The precious fluid, compatible with your complexion, helps retain nature's own moisture, an added benefit when natural moisturizing fluids diminish. With faithful use, you will soon achieve a new confidence in your appearance, as suppleness and radiance begin to return.

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### Beauty Hints

*In your rich, full life you need a little time to yourself. Steal a few moments to lavish Oil of Olay on your face and throat, and then lie down for a moment. It's a lovely break in your day.*

\* \* \*

*When you freshen your makeup at noon, reapply Oil of Olay® under your cosmetics to let them stay fresh for hours. You'll face the rest of the day more beautifully.*

## HELP ABOUT THE HOUSE

### WOOD PANELING IS PAINTABLE

*What can be done to pine paneling to brighten a room and make the walls more interesting?*

Mrs. J.C. Crosson  
Amherst, Mass.

Your paint dealer can show you samples of a great variety of colored finishes for pine and other wood panelings. The only drawback to using any one of them is that you must first bleach your present finish, if any, before applying a new one.

Another good way to perk up your paneling is to paint it over with an alkyd flat or semigloss enamel. You can apply any color that suits your decorating scheme and your need for light, but you will lose the natural look and texture of the wood itself.

### ROLL BACK MOSS GROWTH

*How can we remove or retard moss growing on the shaded brick floor of our patio? We need something that's safe around pets and won't kill nearby plants.*

Mrs. J. R. Williamson  
Little Rock, Ark.

Scrub bricks with a strong chlorine bleach solution. The moss will vanish, but will return repeatedly unless you can find some way to expose the bricks to sunlight.

### SPRUCE UP MAPLE TOP

*How can I remove stains from the top of a maple bureau?*

(Mrs.) E. L. Oxendine  
Maxton, N.C.

First, remove the top's present finish with paint-and-varnish remover. Go over wood thoroughly with medium, then fine sandpaper or steel wool, working only with the grain. Then brush on a coat of fresh, 3-pound-cut white shellac. If this matches the finish on the rest of the bureau, rub it with fine steel wool, apply another coat, rub again with steel wool and then wax.

If the first coat of shellac doesn't produce a dark enough finish, rub it down with steel wool and apply a coat of water-clear varnish. When dry, go over it with fine steel wool to tone down the high gloss, then wax.

*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 for broad general interest.*



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To fittingly record and commemorate America's 200th anniversary, The Hamilton Mint has commissioned master sculptor Alfred Brunettin to depict the four most significant events in our long struggle for independence. A special series of proof-quality pewter plates will be minted with a brilliance that resembles fine silver and in strictly limited quantity to honor: "The Spirit of '76"... "Paul Revere's Ride"... "Betsy Ross Creates the First Flag"... and "Washington at Valley Forge."

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Each plate in this series measures a full 9" in diameter and is struck in high bas relief to bring out all of the sculptured detail and drama of these important scenes. Created by The Hamilton Mint, America's Fine Art Mint, your plates will represent an outstanding collection of meaningful significance that you will be proud to display in an honored place in your home or office.

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The Hamilton Mint's Bicentennial Plate Collection is available in your choice of Solid Pewter for just \$25 per plate and 24 Kt Gold on Solid Pewter for only \$40 per plate. If you prefer, you may order and pay for all four of the Bicentennial Plates now. The Four Solid Pewter plates, paid in full now, are just \$90 complete (you save \$10.00), or the four 24 Kt Gold on Solid Pewter plates are just \$145 complete (you save \$15.00).

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Even though prices in the International Metals Market have soared greatly during the past few years (and leading economists feel they will continue to climb) The Hamilton Mint has already committed for a sufficient quantity of Pewter and Gold to fully cover each subscription in this series. Therefore, you are guaranteed that these prices will not be increased for any plate in this series... no matter how high the price of Pewter and Gold rise in the months ahead.

In addition, collector plates have traditionally represented a fine investment opportunity. Certain limited edition collector plates, during the past several years, have soared in value from their original issue price.

To insure yourself of this opportunity to own these finely sculptured Bicentennial Plates, we urge you to send in order today. It can only be accepted if it is received in time to be included within the edition limits.

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# ENLIVEN THOSE ENTRANCES AND EXITS

Too often overlooked in decorating a home, a foyer is where your indoor world begins and ends.

The place where first—and last—impressions of your home and lifestyle are generally made is the foyer. Yet it's the one part of a house that tends most to be neglected. The home of your dreams always had a gracious foyer, and you knew right down to the umbrella stand exactly how you wanted it to look. But dreams are one thing, reality is quite another. When it comes to signing on the dotted line for a real-life apartment or house, considerations such as efficient layout, adequate closets and the latest kitchen appliances are suddenly uppermost in your mind. And rightly so, for these are basically more important to your well-being than the design of the foyer.

Daydreams notwithstanding, you may even overlook the fact that your new home lacks a recognizable foyer or that, instead of being an entity of its own, the entry is just a meandering space that connects various rooms. Most likely it flows into the living room with no visible line of demarcation anywhere, then slims down to a passage leading to bath and bedroom doors. This is sometimes described as an open plan, but openness in decorating terms means planning your home as a whole, not as a series of disconnected rooms. Colors, patterns and textures assuredly do not have to match, but they should work together harmoniously throughout the house. There must be consistency of color and style, and a feeling of continuity.

Agreed, you won't do much actual living in your foyer, but like Mt. Everest, it is *there* and demands attention. It is the central traffic artery, the main street of your home. Successful decoration is mostly a matter of concentrating on the floor and walls, while keeping the space itself relatively uncluttered, for circulation's sake. So let yourself go and be glad, for here is an opportunity to experiment with patterns and colors that might be overpowering—and hard to live with—elsewhere. You can furnish a foyer with a fabulous wallpaper or with a wild pattern on the floor, maybe with both if they have an affinity—or with walls lacquered a deep, dark shade—and very little else.

When you start to work out a decorating scheme, work from the floor up. Choose your floor covering

with hard wear in mind. This is even more important in a house than in an apartment, where a lot of dirt has scuffed off on lobby, elevator and public hall floors. Resilient- and smooth-surface floors are traditional favorites, but wall-to-wall foyer carpeting acts like a super-doormat and helps keep your other floors cleaner longer. Some carpet mills grade their fabrics for heavy-duty wear; so does at least one maker of carpet underlay. Look for such labels; your entry always deserves the best quality underfoot that you can afford.

There's nothing like patterned carpeting for a heavy-traffic location. Pattern is back on the domestic scene, having proved its staying power time and again in various commercial installations: motel and hotel lobbies, theaters, restaurants. One of the many new multicolor patterned carpet styles would not only be very contemporary; it would also be supremely practical. If pattern still seems too far out, then shop for a tweed. Today's versions, unlike the understated ones of yesterday, are gutsy and alive with color. Don't get a velvet, unless you're prepared to be a slave to your foyer floor. Instead, consider a shag—but not too shaggy—or the loop and popcorn textures. When choosing color, avoid extremes of light and dark; they're equally hard to cope with. Stick to medium values, and if that idea sounds dull, consider putting a bright, patterned runner on top. Investigate carpet tiles; they too would make a good background for a layering of area rugs. Installation can be a do-it-yourself project.

Foyer walls fall into the bits-and-pieces category, as they are broken up by doors, door openings and arches. One way to compensate is to lacquer walls and doors the same color, preferably dark. This will make doors disappear and wall areas seem larger than they are. Another way is to find a wallpaper pattern that is medium to small and fairly dense—scale is your criterion here.

Since your foyer gets a lot of wear and tear, you might opt for a wall covering that's durable and easily cleaned. Washable vinyl-covered wallpapers and scrubbable all-vinyl papers come in a variety of designs and surfaces that are not restricted to kitchen

or bath use. Among the newest are those with the textured look of fabric—in an array of patterns, from stripes to florals. Wood paneling is also effective, depending on the style and decor of your home. Mirrors and mirror squares (these even come with adhesive backing) are easy to clean and also great space expanders. If your foyer has several doors and openings all the same height, don't hesitate to mirror the walls in between.

Though foot traffic is slowed by the addition of too much furniture, most foyers are needlessly Spartan and inhospitable looking. Some kind of table-and-chair arrangement is essential for comfort. You and your guests need a place to put packages and handbags upon entering, and somewhere to sit to take off or put on overshoes and boots. A wall-hung shelf with a pair of stools parked underneath takes up hardly any room; neither does a long, narrow Parsons table flanked by a pair of chairs—for contrast, they should have rather high backs. If you need additional storage space, a cabinet or chest would be more functional than a table. In any case, the closer to hall closet, the more convenient; also, the nearer the closet is to front door, the better. Thus, if your closet happens to be some distance from the door—at the opposite end of the foyer, for example—give up treating it as a guest closet. Store family outerwear in it and find an attractive, old-fashioned coat- or hat-rack for hanging guest coats. Last but not least, a foyer mirror is a must.

The reasons for having a foyer become apparent as soon as you move into a place that doesn't have one. However, creating such a buffer zone yourself isn't as difficult as you might think. You can zone off a foyer by using a folding floor screen. It should be fairly substantial, and it looks better with high, narrow panels than with square ones. Another way is with a freestanding closet—either made to order or part of a wall system—or with a room divider placed at right angles to a wall. Your foyer is where you welcome friends and family to your home and bid them good-bye. It should create a happy anticipation of things to come and a summing-up of good things seen and experienced.

—Vera D. Hahn



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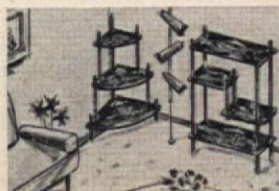
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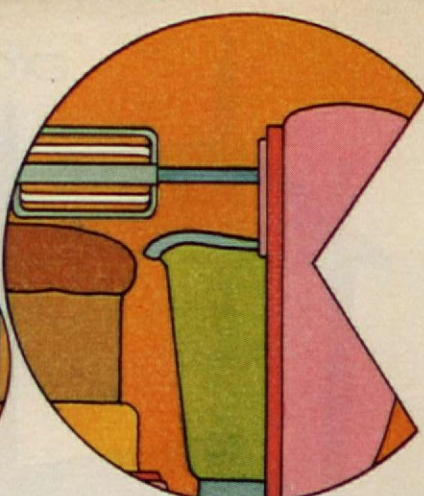
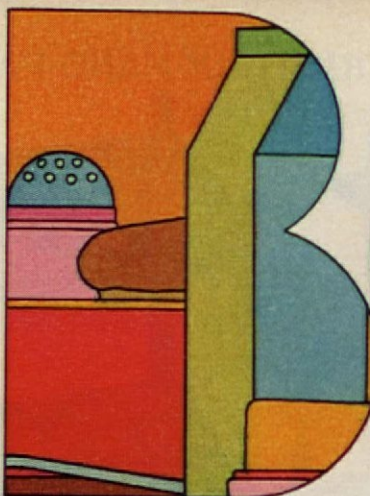
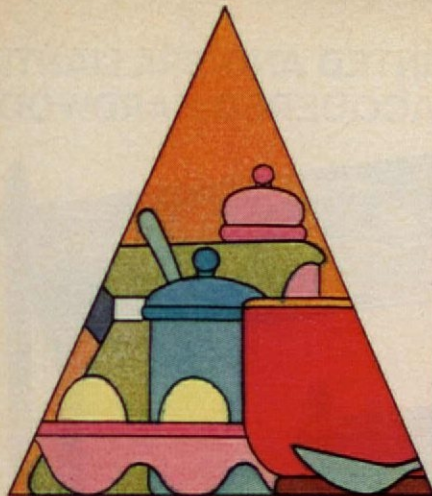
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# THE ABC'S OF MERINGUE



Meringue, a simple-to-make mixture of beaten egg white and sugar, can be used to top pies, cakes or puddings, as pie crusts, tortes or shells.

To achieve a perfect meringue:

- Separate eggs when they are cold.
- Avoid dropping any yolk into the whites—they will not beat. Should drops get in, remove with the tip of a spoon or a dampened piece of paper towel.
- Let egg whites warm to room temperature before beating so they will incorporate more air during beating.
- Be sure the bowl and beaters are free from any kind of fat.
- Add cream of tartar to the egg whites and you'll be able to beat them to maximum volume more easily. It also stabilizes them and helps make a tender meringue.
- Add sugar 1 tablespoon at a time, and beat until dissolved. Rub a small amount of meringue between your fingertips—you should feel no grains of sugar. The amount of sugar you add determines the kind of meringue. Soft meringues, used for topping, require 2 tablespoons granulated sugar for each egg white. Hard meringues, for pie crusts, shells or tortes, need 4 to 5 tablespoons for each white.

## QUEEN'S PUDDING

- 1 quart (4 cups) milk
- 2 eggs, beaten
- 2 egg yolks, beaten
- $\frac{1}{3}$  cup sugar
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground cinnamon
- 2 teaspoons vanilla
- 3 tablespoons melted butter or margarine
- 2 cups day-old bread cubes
- $\frac{1}{2}$  cup currant jelly
- 2 egg whites
- $\frac{1}{8}$  teaspoon cream of tartar
- $\frac{1}{4}$  cup (4 tablespoons) sugar

1. Heat oven to 350°.
2. Heat milk in medium-size saucepan over low heat until bubbles appear around the edge (scalding).
3. Combine the eggs, egg yolks,

- $\frac{1}{3}$  cup sugar, salt, cinnamon, vanilla and butter or margarine in bowl.
4. Add milk; stir to blend.
5. Put bread in 1½-quart casserole.
6. Pour milk mixture over bread.
7. Let stand 20 minutes to allow bread cubes to soak up egg-milk mixture. Stir.
8. Set casserole in pan on oven rack. Pour hot water into pan until it reaches 1-inch depth.
9. Bake 1 hour 15 minutes or until a thin-bladed knife inserted 1 inch from edge comes out clean.
10. Remove from oven.
11. Spread jelly over hot pudding.



12. Beat egg whites and cream of tartar until foamy in small, deep bowl.

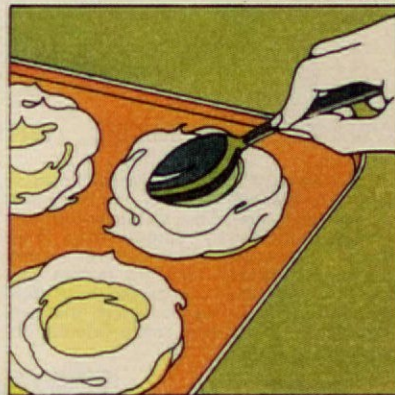


13. Beat in sugar 1 tablespoon at a time. Beat until meringue stands in stiff glossy peaks.

14. Spread meringue over pudding, making sure it is sealed to the edge of the dish. Swirl meringue with a spatula or the back of a spoon, if you wish.
15. Return to oven. Bake 15 minutes or until meringue is golden. Remove from oven. Set on wire rack to cool. Makes 6 servings.

## MERINGUE SHELLS

- 6 egg whites
  - $\frac{1}{4}$  teaspoon salt
  - $\frac{1}{4}$  teaspoon cream of tartar
  - $1\frac{1}{2}$  cups sugar
  - 1 teaspoon vanilla
1. Heat oven to 275°.
  2. Grease and flour cookie sheet.
  3. Beat egg whites, salt and cream of tartar until foamy in large bowl.
  4. Beat in sugar, 1 tablespoon at a time.
  5. Continue beating until meringue stands in stiff, glossy peaks.
  6. Beat in vanilla.
  7. Drop meringues by  $\frac{1}{2}$  cupfuls onto cookie sheet.
  8. Shape mounds into circles. Make



- a depression in each, building up sides, with back of spoon.
9. Bake 1 hour or until meringue shells are crisp.
10. Remove from cookie sheet with spatula. Cool on wire rack.
11. Fill with fruit or ice cream. Shells may be made ahead and stored in an airtight container. Makes about 1 dozen.

Illustrations by Robert Frost



# I gave up smoking and lost 68 pounds.

By Carlene Paulk — as told to Ruth L. McCarthy

The day I took my last puff, it seemed like I blew away my will power. Because once the smoke cleared, that scale began to go up — until I reached 196 pounds.

At first, you see, I was like everybody else who gives up cigarettes. When I stopped reaching for one, I started eating everything in sight.

I'll tell you, my appetite nearly ruined my life. Why, more than once the pastor of our church in Vero Beach, Florida prayed with me — about my marriage, not my fat.

As I gained, Billy (my husband) began calling me "Famous Hips." I was 56 inches around, so I really earned the nickname. But how it hurt when I heard it. Still, I couldn't get hold of myself. I guess it was because I knew Billy was losing interest in me. Finally, all that was left of our marriage was the love we had for our children.

Deep down, my weight problem was gnawing at me. That's why I tried so many pills and diets. But they made me nervous, so I had to give them up. When I did, my appetite doubled.

Thank goodness, I'd read the stories of people who'd lost weight with the help of the Ayds plan. So I bought some vanilla caramel Ayds® at our drug store. When I saw that Ayds contain vitamins and minerals, but no drugs, I started right in on the plan.

For breakfast, I'd have two Ayds with hot coffee about 20 minutes before a hard boiled egg. At lunch, two more Ayds with coffee, a salad, lean meat and a vegetable. Then a mid-afternoon snack of Ayds and tea. And at supper, Ayds and coffee, before meat or fish, a vegetable and salad. Those Ayds really helped me cut down on food, yet I was completely satisfied eating that way.

By the second week, I'd lost three or four pounds on the Ayds plan. Soon after, I began to lose more — sometimes five pounds in one week. Why, about three months after I'd been on the Ayds plan, I was down to 160 pounds. My weight loss impressed my sister-in-law so much, she bought a box herself. She only needed to lose about 10 pounds, but the Ayds plan worked just as well for her.

And those candies were wonder-



You can see why my husband used to call me "Famous Hips." At 196 pounds, I was as big as the fender on our car.

ful another way. Since they contain only 26 calories apiece, I'd have an Ayds instead of a cigarette or a fattening sweet.

Now, thanks to the Ayds plan, I'm down to 128 pounds and compliments are coming my way. Bill and I are real close again, too. What's more, my husband's talked so much about my experience, I think the whole South knows of it. If they don't, I guess they will after reading this. So I'd like to add one last thing.

I'm not trying to say that the Ayds plan will help everybody in the world



Look at the difference in my thighs and knees now. And that's not all. being 128 pounds has done for me. My whole life has changed.

with a weight problem. All I know is that the Ayds plan helped me where nothing else did. And I hope and pray that this story will help someone else be as happy as I am now.

#### BEFORE AND AFTER MEASUREMENTS

	Before	After
Height	5'5½"	5'5½"
Weight	196 lbs.	128 lbs.
Bust	38"	33"
Waist	36"	24½"
Hips	56"	36½"
Dress	20½	8-10



# THE NEW SEWING-MACHINE AGE

Today, more than 50 million American women of all ages use sewing machines in their homes. Equally impressive is the fact that there are sewing machines in two-thirds of all households in the United States, and the number continues to grow. Reason: Versatile new machines, easy-to-sew patterns, marvelous fabric designs and the cost factor have combined to form an unbeatable argument in favor of making your own clothes, draperies, slipcovers (see "Fabrics That Furnish a Room," pages 58-61). If you're joining the trend, shop wisely and extensively—and be sure to match a machine to your specific sewing needs. Price, after all, is not always the best indicator of quality and usefulness.

Machines now on the market, portable as well as cabinet models, range in price from \$48 to \$600. Cabinets, when desired, are sold separately and cost an additional \$20 to \$385. A wide variety of models is available from such companies as Bernina, Brother, Elna, Melco, Montgomery Ward, Morse, Necchi, J.C. Penny, Pfaff, Sears, Singer, Viking and White.

Before you go out looking at new machines, have a clear idea of how much sewing you actually plan to do. If it's a lot and you have enough room, a cabinet model complete with itself may be best for you. If you'll be sewing only occasionally, or you lack sufficient space, a portable that can be stored in a closet when not in use is probably the better choice. Look at various types and brands of machines before making a decision.

## WHAT TO CONSIDER

In every case, ask for a demonstration and use the machine yourself, if possible. When you do, look for such pluses as hand controls that are well marked, conveniently located and easy to use; a foot control that is comfortable—and effective in controlling sewing speeds; accessories that are not a hardship to handle; ease of cleaning and lubricating; quietness and freedom from vibration.

Unless you are not planning to move it much, a portable should be precisely that: lightweight and easy to carry. If you are shopping for a cabinet model, check for comfort, convenience and sturdiness, and be aware of the furniture styles available, so you can match cabinet to your decor.

Carefully scan every machine's instruction book. It should be complete and comprehensible, for it must provide answers to many of the questions that will undoubtedly arise once you get the machine home. Some sewing-machine manufacturers offer sewing lessons through their retail outlets. These may be free with the purchase of a machine, or nominally priced—the cost in some instances deducted from the price of machine, if you buy.

Inquire about and compare service and warranties. And it's also a good idea to investigate such variables as who pays for the labor and transportation or postage, should the appliance need repair or service. Find out the location and reputation of the authorized service center nearest to you.

## BASIC CONFIGURATIONS

Sewing machines come in two basic configurations: the *flat bed*, which has a broad, flat, fixed base; and the *free arm*, which has a narrow, open base—for sewing sleeves, slipcovers, pants and the like. There is little difference in price or performance between these configurations; the choice you make should depend on how much tubular sewing you plan to do. The flat bed is the more common; the free arm, a relatively new feature, is more widely available on portables.

Sewing machines are categorized mainly by their stitch capabilities. Thus there are three basic models: the simple *straight stitch machine*, designed for basic sewing, though some come with attachments for zigzag sewing; the *zigzag machine*, capable of both straight and zigzag sewing, plus such zigzag variations as overcasting, embroidering, buttonhole making and mending without use of special attachments; and the *deluxe zigzag machine*, which does all the aforementioned stitches and other decorative ones as well.

Here are some stitch capabilities that we find especially useful, depending, of course, on the needs of the buyer: a *blind hemstitch*, for quick, easy hemming; a *long basting stitch*, or chain stitch, for sewing temporary seams; a special *stretch stitch* for use with knits—it gives seams sufficient elasticity to keep them from "popping," as regular stitches tend to do.

Here are some other features to look for and evaluate as you shop:

*Smooth, even stitches* should be the rule, no matter what type of machine you're considering. And if it's a zigzag model, you should be able to switch from straight to decorative stitching easily, without sacrificing quality.

A *sewing light* is built into most machines being sold today; for maximum visibility, it should be positioned directly over the needle. Also, the

light bulb itself should not be difficult—or inconvenient—to replace.

*Threading the machine* should be fairly simple, and in this context, slots are easier to work with than holes. Some models come with a threading diagram imprinted right on the machine, so there's no need to consult the instruction book. An automatic needle-threading attachment is also available on some models.

*Bobbins* have been greatly simplified. Now available: a bobbin winder that shuts off automatically when the bobbin is filled; a self-winding device that winds a bobbin right in the sewing position; and for easy removal there's a bobbin-extractor feature.

A *presser-foot adjustment* enables a machine to handle a variety of fabrics—from light to heavyweight—without slippage. The adjustment lever should be marked in gradations for precise results; a hinged presser foot permits sewing right over pins.

*Tensions controls* are also important aids to sewing fabrics of different weights. Most machines have manual controls, but some come with self-regulating tension controls.

*Stitch size adjustments* are usually two separate controls that regulate the length and width of the stitch. These controls should be easy to reach and operate.

The *needle and needle plate* should both be handily replaceable. Also, the needle plate should have a seam guide—markings that facilitate sewing straight seams by helping you maintain a constant distance between the seam edge and the stitching.

## MAINTENANCE IMPORTANCE

Whichever machine you buy, it will work better, longer, with proper maintenance. Cleaning and lubricating are essential to good care. To clean, slide open the throat plate (also called the cover plate) that conceals the bobbin and threading mechanism. Use the lint brush that accompanies the machine to get out lint or fluff that may have accumulated. Also remove any threads that have become entangled there.

Check your instruction book for details on lubricating the machine, and oil only where specifically directed. Also, use the oil or lubricant distributed by your machine's manufacturer, and apply only the recommended amount. You can't damage a machine by over-oiling it, but too much lubricant is likely to cause stains on fabrics you're working with. After oiling, it's a good idea to sew a few lines of stitching on scrap material—to allow the oil to work into all the parts and also to blot up any excess. Finish the cleaning-lubricating routine with a quick once-over of the machine with a soft dusting cloth.—Jeanne M. Bauer





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ERICA WILSON, embroidery consultant, for *The Classic Techniques*, created the new crewel design shown on this vest. Complete directions for the design (which may be used not only as shown but in many other ways), appear on pages 168-169 of the introductory volume.



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## DECORATING Q's & A's

*I am having drapery trouble in my new house. The three windows in my bedroom are of different lengths and widths. The tops are the same distance from the floor, however. Should the drapery treatment for each window be different?*

N. O. Kilinski  
Rochester, N.Y.

No. Play down the size differences, for a uniform effect. Draperies for each window should start at the top of the frame and extend to the floor. Cover window areas with sheer curtains the same length. The differences will disappear.

*When my new gold wall-to-wall carpeting arrived, I found its color much brassier than it had looked in the fluorescent light of the carpet store. I don't like the color; nevertheless, I'm stuck with it. What can I do to redecorate the living room around it?*

Mary Johnson  
Narbeth, Pa.

Tone down the brassiness by adopting a monochromatic color scheme: Paint the walls yellow and use a different shade of yellow on your sofa, draperies, etc. Add an accent color such as sky blue for accessories and small pieces.

*We recently bought a century-old 10-room house and plan to use the largest room (with stone fireplace) as a combination living-family room. How can we divide it into two distinct areas, yet keep the same basic blue/white/gold color scheme and use our existing furniture (two sofas, four chairs, baby-grand piano)?*

(Mrs.) Claire Wrentham  
Corvallis, Ore.

Paint your walls pale blue with white trim. Slipcover one sofa in a blue/white/gold print; repeat fabric on draperies, using tiebacks and sheer white curtains. Slipcover two chairs in gold corduroy; arrange re-covered pieces around fireplace. Then create a sitting area at the other end of the room, grouping the second sofa and pair of chairs near the piano. Carpeting in a medium-blue throughout will help to unify the entire space nicely.



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ing radio, radio/tape or radio/phonograph facilities. Some combine radio/tape/phono facilities in three- or four-piece ensembles.

Compact units are related in design and finish and can be worked into virtually any home decorating scheme. Their smallish size permits use on shelves, atop other furniture, or partially or totally concealed in cabinets. Most stores that sell TV sets also sell compact stereos. Dozens of companies produce them—including such major TV makers as GE, Sylvania, RCA and Zenith, and audio component makers such as Fisher, KLH and Sony.

The sound quality of a compact is related to its price; the higher the price, the better the sound. You can get a first-rate compact for \$200, or go as high as \$500. You can occasionally pick up good-sounding models for around \$150 in closeouts or special-purchase deals. However, don't be tempted by "Low, Low Priced!" offerings that are high in the number of units offered as a package, but low in sound quality. A radio/phono compact with two speaker systems ("8-speaker sound!"), roll cart, "bonus" headphones plus six free records, all for \$125, won't really provide stereo sound. And avoid ensembles that proclaim "wide-angle horn dispersion"; they capitalize on a feature of deluxe audio equipment. This feature in budget form is useless and a fraud.

Buy only what you need. Even if it matches your price, don't buy a compact that offers a built-in tape player if you're not interested in tape—or a record player if you don't collect records. Don't go for extra features that are beyond your listening needs; spend the same amount of money

on a superior AM/FM/FM stereo radio, if that's the extent of your listening interest at the moment. If you want tape or disc facilities later, you can buy an add-on player—of comparable quality.

It's better to pay more for something good, with long-life potential, than to buy an inexpensive outfit and have to junk it later because it doesn't measure up for the long haul. As your aural perception improves—and it will—a \$350 compact with a reserve of amplifier power can be upgraded by adding better speaker systems. The low-power budget models offer no such potential, and you may be stuck with something your ears will "outgrow."

## STEREO BUYING BASICS

By Fred Petras

Buying that stereo you've been promising yourself need not be an intimidating affair. You can be confident and in control if you have sufficient basic knowledge. Here are some points that will make your stereo shopping easier.

To begin with, stereo comes in different packages: as stereo compacts, as individual components and in con-

sole form. Compacts are the most popular purchase; often they are a stepping-stone to a component rig, the next most popular category. Consoles are favored by a far smaller number of people—primarily those wanting furniture rather than equipment.

**Compacts.** These are easiest to buy; you simply set your figure and let your ears do the rest. Compacts are, essentially, a form of audio component rig, except that the components are assembled and "matched" by the manufacturer. Most stereo compacts are three-piece ensembles (radio/amplifier and possibly a player in one unit, plus two speaker systems) offer-



Your ears, by the way, are all-important in your selection. Rely on what they tell you. Listen to at least three different compact models in a store: one at the price you want to pay, one lower and one higher priced. In making comparisons, ask yourself the following questions: Does the radio sound clear and crisp when playing music? Does it offer a nice balance of low-, middle- and high-frequency sounds? Do voices sound natural? Does the tuning dial separate the stations so they come in clearly? Ask yourself the same sound questions about the phono section and the tape section. And are the controls clearly marked and easy to operate? Does the record changer handle discs gently? Your ears may suggest stretching your budget to buy the higher-priced rig—a good decision.

**Components.** These may scare you, if you've been exposed to the mystique and mumbo jumbo that surround them. But buying a component outfit is as easy as determining your budget and the facilities you need, then heading for a reputable audio specialty shop. A typical stereo component consists of a receiver (essentially a speakerless high-powered radio), a pair of speaker systems plus a record changer and/or a tape player (or tape player/recorder) for cassette, cartridge or open-reel tapes.

Indicate to the salesman your budget and the facilities you require; he'll guide you to the appropriate equipment. How do you apportion your money for a typical decent-quality component outfit? Let's say you have \$500 and want radio and phono facilities. Allow about \$125 for the record changer complete with pickup, about \$225 for the receiver and about \$150 for a pair of speaker systems. This is a good rule-of-thumb ratio, but it is flexible. For example, if the



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store is offering a \$100 special on a \$125 record changer, buy it and invest the savings of \$25 in better speakers. For component rigs as for compacts, the more you spend, the better the sound. But beyond the \$1,000 level, the moderately critical listener reaches the point of diminishing returns.

Insist on nationally merchandised audio brand names such as Sony, BSR, Pioneer, Fisher, KLH, Kenwood, Dynaco, Empire, AR, Panasonic/Technics, etc., because they offer the best servicing. Avoid "house" brand speakers offered by big stores at lower prices as part of package systems; these are usually inferior to national brands and are no bargain. Remember, the right speaker systems can make a stereo rig; the wrong ones can break it.

Today's audio components are generally handsome and are easy to inte-

grate into home decor, although the speaker systems are usually larger than those used in compacts. Your listening tests for components will be similar to those used in choosing a compact, but you should expect better, more realistic sound, smoother radio perception and greater control of the overall reproduction.

**Consoles.** Offered by most major TV makers, consoles frequently contain the same works as compacts or components, but they are set in cabinetry designed to complement existing furniture in your home. You can get excellent sound from today's stereo consoles in a relatively small amount of space; some are only 36 inches wide. Most offer a combination of radio/phono and cartridge tape playback facilities, plus connections for auxiliary cassette or reel tape playback/record units. A number of deluxe models in the \$425 to \$500 range even offer cartridge recording capability. Some stereo consoles contain four, six, even eight speakers, but don't judge sound quality by numbers.

Here again, trust your ears to tell you that a set with four speakers sounds better than one with six or eight. And don't be surprised, when you examine the elaborate "carved" detailing of some low-priced Mediterranean or Spanish design cabinets, to find they are really made of molded plastic. True wood detailing and finishes come only in the higher-priced models.

Give a console the same listening test you would give a compact. While you can buy a good-sounding console for \$200, we suggest considering the \$300 or \$400 level—or higher—if you're thinking of enjoying it for a long time to come. Remember, the first requirement for any stereo package you choose is *fidelity*, the faithful reproduction of the world of sound.



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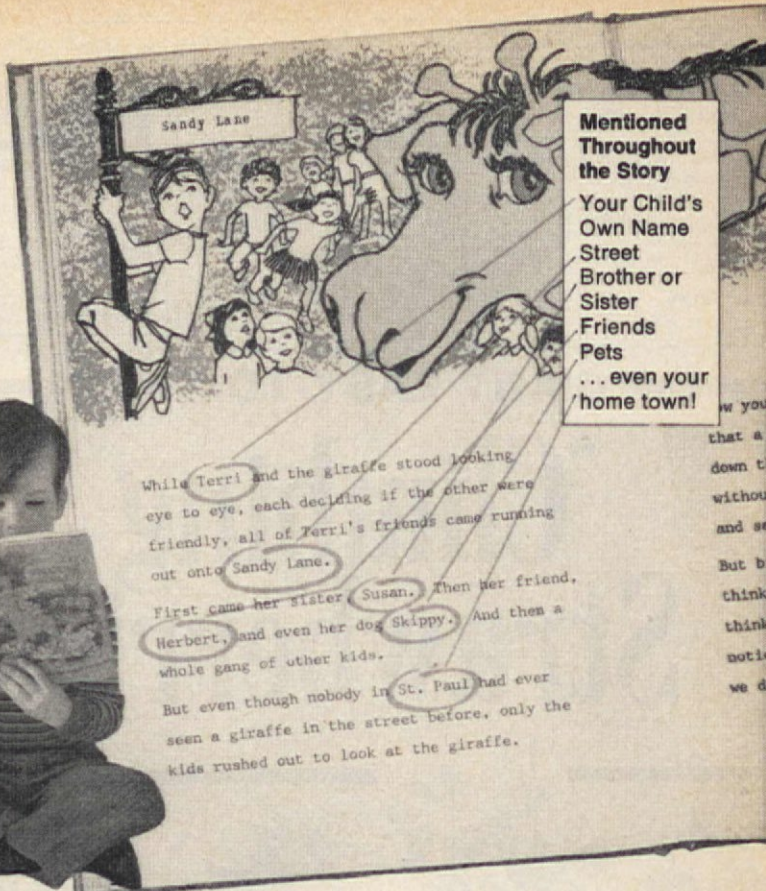
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I enclose check or money order for \$3.95 (plus 50¢ for postage and special handling) for each ME-BOOK I am ordering. Please send the child named below the personalized "My Friendly Giraffe." PRINT CLEARLY, one character per space (Example: \_\_\_\_\_). If not enough space, abbreviate.

Check here if you also wish "My Birthday Book" for an additional \$3.95 plus 50¢ postage and handling.  
**PERSONALIZED STORY DATA.** If certain information below is not available or not applicable LEAVE BLANK. This charming story will be written without it. PRINT CLEARLY, one character per space and one space between words.

CHILD'S FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_  BOY  GIRL  
 OR "NICKNAME" \_\_\_\_\_  
 CHILD'S ADDRESS \_\_\_\_\_ APT. \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_  
 CHILD'S BIRTH DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_      BELOW, LIST UP TO 3 FRIENDS, BROTHERS OR SISTERS:  
 \_\_\_\_\_  BOY  GIRL      \_\_\_\_\_  BOY  GIRL      \_\_\_\_\_  BOY  GIRL  
 \_\_\_\_\_  GIRL      \_\_\_\_\_  GIRL      \_\_\_\_\_  GIRL  
 DOG'S NAME \_\_\_\_\_ CAT'S NAME \_\_\_\_\_

### GROWN-UP'S NAME TO APPEAR ON PERSONALIZED BOOK PLATE:

("Aunt Jane, Grandma, Mom & Dad," etc.) \_\_\_\_\_

GROWN-UP'S NAME (Person Buying Book)  
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GROWN-UP'S ADDRESS \_\_\_\_\_ APT. \_\_\_\_\_  
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CHECK here if book is to be sent to grown-up. Allow 3 to 5 weeks for delivery.



**30-DAY MONEY BACK GUARANTEE**

We guarantee that all our seeding kits and plants will be delivered in healthy condition and unless you are completely satisfied we will replace them or refund your money within 30 days.

**PALM CO., Dept. 4930,**  
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Please rush me items checked below. I understand if not completely satisfied I may return within 30 days for a complete and prompt refund. Enclosed is check or M.O. for \$\_\_\_\_\_.

#N8897 4 Strawberry Plants @ \$1.98 plus 45¢ post.  
 #N8896 10 Strawberry Plants @ \$3.98 plus 65¢ post.  
(Florida residents add 4% sales tax.)

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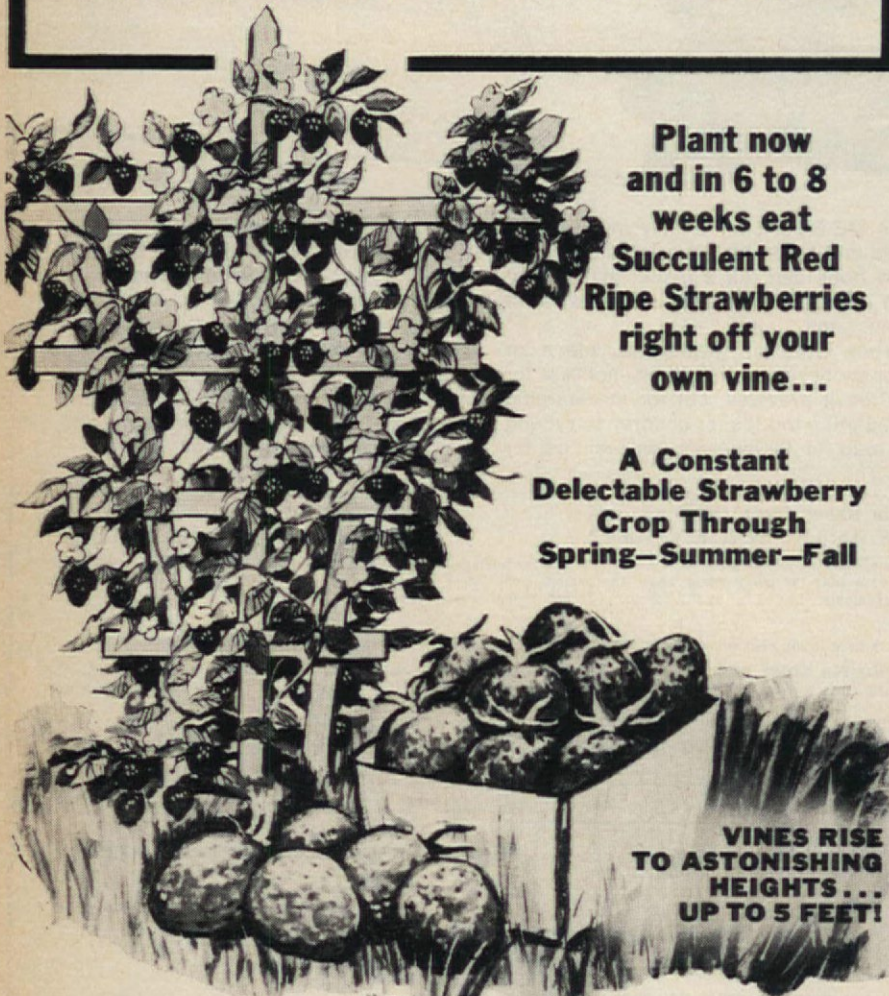
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**GIANT EASY-TO-TRAIN**

**“Climbing  
Strawberries”**



**Plant now  
and in 6 to 8  
weeks eat  
Succulent Red  
Ripe Strawberries  
right off your  
own vine...**

**A Constant  
Delectable Strawberry  
Crop Through  
Spring—Summer—Fall**

**VINES RISE  
TO ASTONISHING  
HEIGHTS...  
UP TO 5 FEET!**

These are the Strawberries that you buy in the fancy expensive vegetable markets. Real show strawberries for that strawberry shortcake, fancy fruit salad, plain with light sweet cream or in a fancy dessert. Truly they are a mouthwatering delight.

**Bushels of Delicious Strawberries  
All Summer Long**

Plant right now and in 60 days you'll pick red ripe strawberries and continue to do so

month after month right up to the first frost. Simple planting instructions make it easy for anyone to have a green thumb, even if you've never gardened before.

**30-DAY MONEY-BACK GUARANTEE**

These strawberry plants are hardy and disease resistant. They are sold on our 30 day money back guarantee. Planting time is right now so rush your order today—This season's supply is limited.

**TROPICS  
IN A TANK**

By Jack Galub

**In any room in your home,  
tropical fish can be lovely to  
look at, delightful to show.**

What better way to warm up winter than by bringing a touch of the Tropics into your home?

Fish make wonderful "pets." True, they can't fetch your slippers or curl up purring at your feet. On the other hand, they don't bark, scratch the furniture or have to be walked. Fish need little care, and their liveliness and grace, their marvelous colors and shapes, are fascinating to observe.

The first step in establishing a tropical-fish community is to acquire a tank. For the beginner, a 10- or 15-gallon tank (\$9 to \$15; all prices are approximate) is large enough for visual effect, and compact enough to fit almost any room. Filled, a 10-gallon tank weighs about 100 pounds, so you'll need a sturdy, flat table or ledge to set it on. If you don't have one, stands made of black wrought iron or other materials are available (\$12 to \$16).

You'll also need: a tank cover with built-in incandescent or fluorescent lamps (\$8 to \$18); a vibrator pump and filter (\$10); a heating unit (\$6 to \$8); and a gravel-and-sand bed (\$2). Useful accessories include a small rectangular net for fish handling (50¢) and a siphon (\$1.30) for getting rid of fish debris.

Some stores will sell you the whole kaboodle for about \$50; some, too, will even landscape the tank for you—for an extra \$20 to \$30. Plants are available at many fish stores; such hardy specimens as the Amazon sword plant, sagittaria and hygrophila polysperma (\$2.75 to \$3.50 each) are good for beginners. Bear in mind that decorations and plants displace water and may help overcrowd your aquarium.

Make sure you complete your aquarium setup before buying a single fish. Begin by scrubbing your tank with a hard brush; then rinse it thoroughly. Use no soap or detergents. If the tank is second-hand, go over it for leaks and repair with tank cement. When it dries, scrub the tank carefully.

Position the tank before you fill it (after filling, it will be almost impossible to move). A good place is out of direct sunlight (which encourages algae growth), away from drafts and near an electric outlet. Lay down gravel/sand, giving it a (continued)



**A REMARKABLE 1-TIME  
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**Made in India**  
**HAND-LOOMED**  
**'TREE OF LIFE'**  
**PANEL**

TWIN SIZE 72" x 108"

Only **\$8.98**

FULL SIZE,  
A HUGE 90" x 108" only \$10.98



Magnificent  
Wall Hanging



Stunning As Bedspread . . .



or Tablecloth!

Until today, opulent beauty like this was restricted to the Rajahs and Maharajas of India, or the very wealthy! The photograph above can only begin to convey the dazzling richness of the reds, the greens, the golds...the almost 3-dimensional depth of the design! Each has been hand-loomed and meticulously block-printed by skilled, unhurried Indian craftsmen trained for generations in the arts of looming and printing. You can almost feel the texture of the stately branches, scent the intoxicating perfume of the wondrous blossoms, hear the exquisite songs of the exotic birds. How elegantly, this lush "Garden of Eden" panel enriches your home!

**Enhances Any Room—Dramatic With All Decor!**

Looks like and feels like linen but is actually rugged, durable unbleached cotton with 1001 "decorator look" uses! 1 panel is a dramatic wall hanging. 2 create spectacular mural to cover huge wall area. Smashing as tablecloth, bedspread, curtains, slip covers, piano/chair throw. Easily made into stunning caftan, other apparel! Completely machine-washable, it is pre-shrunk and colorfast.

**Limited Supplies—This Offer Will Not Be Repeated This Season!**

We wish to emphasize—this is a very special 1-time only decorating offer. Only a limited number of panels are being made available at the unbelievably low prices shown above. When these are gone, no more! Don't miss this opportunity to enrich your home right now and give it a "beauty lift."

**MAIL 10 DAY NO-RISK COUPON TODAY!**

**GREENLAND STUDIOS**

4931 Greenland Building, Miami, Florida 33059

Enclosed is check or m.o. for \$\_\_\_\_\_. For items checked, if I am not thrilled, I may return within 10 days for complete refund:

\_\_\_ Twin Size #14019 @ \$8.98 plus \$1.15 pstg. & handl.

\_\_\_ Full Size #14020 @ \$10.98 plus \$1.25 pstg. & handl.

**SAVE \$2.30, \$2.50 OR MORE!** We will pay all postage on orders of 2 or more panels.

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Good Thru \_\_\_\_\_



# Norman Rockwell's Nostalgic "Four Ages of Love" Authentically Reproduced on Fine Gorham China

**SPRING:**  
"Sweet Song  
So Young"



**SUMMER:**  
"Flowers in  
Tender  
Bloom"



**FREE**  
with every order  
fabulous 12" x 9" 200 page book.  
Beautiful printed collection  
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**FALL:**  
"Fondly Do We  
Remember"



**WINTER:**  
"Gaily Sharing  
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## NORMAN ROCKWELL LIMITED EDITION, FULL 10½" PLATES

Norman Rockwell has long been America's best loved artist. This new Limited Edition Collection Plate set, "Four Ages of Love," is Rockwell at his very best. On its finest china, Gorham has faithfully reproduced Rockwell's art with precision and faithfulness to detail. The four lovely scenes are yours to enjoy, to reflect and reminisce upon. Trimmed with 24 karat gold, the plates bear the famous Rockwell signature.

### Marvelous Decorations and Excellent Investments Too!

These lovely plates are sure to sell out fast. A Norman Rockwell Limited Edition silver plate priced at \$125, sold out immediately, and now sells for about \$700, (when you can find one). The Norman Rockwell name is certainly magic to collectors (and smart investors!).

In recent years, more and more Americans are starting to collect limited edition plates to hang on walls, display in cabinets or on coffee tables, and we've sold many that have increased in price, by as much as 500%. For yourself or for a marvelous Christmas gift, these collector's treasures will grow more cherished as the years go by. Quantities are strictly limited, so please order early.

### LIMITED EDITION ORDER FORM

AH-1

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Please rush me my Norman Rockwell Limited Edition Plate(s) checked below. I understand that they are sold on a 10 day money back guarantee if I'm not completely delighted and that Joy's will pay full postage and handling. Enclosed is my check or M.O. for \$\_\_\_\_\_

#### 1973 Plates "Four Ages of Love"

\_\_\_\_ Spring \$20. \_\_\_\_ Summer \$20.  
\_\_\_\_ Fall \$20. \_\_\_\_ Winter \$20.  
\_\_\_\_ Set of all four \$60 (you save \$20.)

#### Also Available, 1972 plates "The Four Seasons"

\_\_\_\_ Spring \$25. \_\_\_\_ Summer \$25.  
\_\_\_\_ Fall \$25. \_\_\_\_ Winter \$25.  
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Illinois residents please add 5% sales tax.



slight rise toward the rear of the tank and a finger-grooved trench toward the front to catch settling debris. Set up the filter pump and heater at opposite ends of the tank.

Meanwhile, leave tap water standing in open wide-mouth containers for a day or two to get rid of all traces of chlorine. Fill your tank, pouring from a sprinkling can or simply letting the water run *slowly* over a plate so you do not disturb the gravel bottom. Should you wish plants, set them in when the tank is half filled. In any event, don't fill the tank to the brim. Save some water for topping off later, after you put the fish in. For now, plug in the cover, pump and heater, and keep tabs on the system for a week to make sure the water temperature stays close to 75°. This shakedown period will also condition the water for the fish. You can check on the temperature periodically with a clean household thermometer, but you might also get the feel of water heat by regularly touching the outside of the tank.

To stock your tank, go to a reputable tropical-fish dealer or to a pet dealer who concentrates on fish. (Either would be preferable to buying from other hobbyists or by mail order at first.) You can specialize in one type, if you like, or for greater interest you can build a community of two or three species. But in the beginning, keep the number of fish in your tank at no more than 12. The easiest starting varieties are small fish like guppies, platies, swordtails and cardinal tetras.

Whatever you choose, be sure to select fish that look clean and sleek, are alert and swim easily. They should carry their fins spread wide, and their bodies as well as fins should be unblemished.

You'll be carrying your fish home in small plastic bags that have enough water and air to keep fish alive three or four hours. When you get home, float the bags on the tank's surface until the water temperature inside them equals the temperature of the tank. Then open the bags, tilting them slightly so the waters mix slowly and the fish swim out. (The whole procedure may take over an hour.) Now top off your tank.

Do not feed your new fish for a day; give them a chance to become acclimated to the new tank. Later,

be spare in your twice-a-day servings, using no more food than can be eaten in less than 10 minutes.

Fish like variety in their diet; your fish store will stock live, frozen, canned or other types of food (50¢ to \$3.75) so you can provide it. You can also provide a taste change by feeding them *tiny* bits of shredded pre-boiled liver or hard-cooked egg yolk.

And there's no need to fret if you're off on a two-week ski holiday: You can buy an automatic electric feeder (\$16) that holds up to three weeks of food or pressed vacation foods (80¢) that float on the water's surface (up to two weeks) for nibbling.

Feeding times are ideal for a regular check of your fish community.

Are the fish healthy? Is the temperature correct, or is the light heating up the water too much? Is the bottom clean, and are the plants healthy? If water has evaporated, add some more, repeating the method you used to fill the tank originally.

As you become more interested in your mini world of fish, you may want to know more about home aquarium management, about the 200 species of common tropical fish available, or even about the more exotic varieties that you can stock. Your local tropical-fish dealer will be able to answer many of your questions. He can put you in touch with hobby groups, and can recommend publications and books on the subject.

# HOW DO YOU RATE AS A 1973 WOMAN?

It used to be a man's world. But you've changed it. How much? Check a box for every yes. In the past year:

Have you taken an active part in an election campaign, bond issue, school budget, zoning question?

Have you expressed your opinion in areas where you used to just smile and nod agreement?

If you manage a home and family, does it upset you when someone says you're "just a housewife"?

Do you have — or want — a job in what was once considered a man's domain?

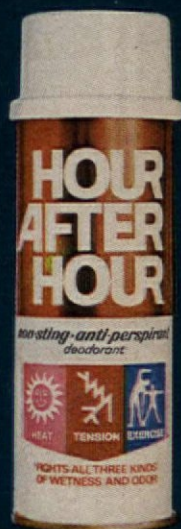
Do you pay more attention to news, comments, editorials?

The more "Yes" answers you have, the more involved, concerned and active you are. But now that you're tough enough to dish it out, you should be tough enough to take it. Frankly, you sweat. That's why you need an anti-perspirant that's tough enough to take it . . . Hour after Hour.®

It fights odor and all 3 kinds of wetness. From heat, tension and exercise. That's powerful protection. Yet it has a new fragrance that tells you you're still utterly feminine. Hour after Hour. Protects against 3 kinds


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**We're tough enough to take it.**



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America's Favorite Cigarette Break.

# Benson & Hedges 100's.

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

18 mg. "tar," 1.3 mg. nicotine, av. per cigarette, FTC Report, Feb. '73.



Menthol or Regular





# SEW-EASY DECORATING

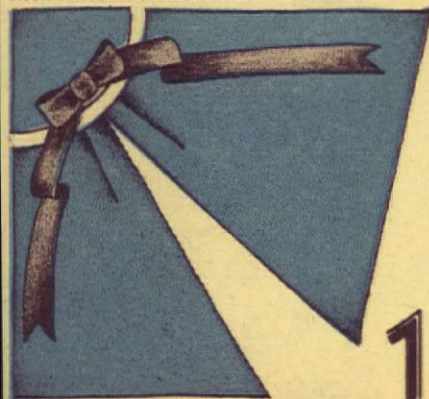
Follow our lead and fabric-furnish a spectacular room like those on pages 58-61.

Swathing a room in pretty fabric isn't difficult to do, and the results are guaranteed spectacular. Start with the walls: Once you see how they look covered in fabric, you won't want to stop until the whole room matches their impact. Measure the walls and decide how you'll lay out the material. Add 1 inch to sides for tuck-under. Cut fabric and seam strips to measurements of each wall. Press open seams. There are a number of ways to attach fabric to a wall, but we found the staple gun quickest and best: Begin by stapling fabric piece to middle of wall at top; work out to sides. Repeat at bottom. Tuck under, staple sides. (If walls can't take staples, nail lath strips to staple to top, bottom and sides.) Taking care of your fabric wall is easy; just give it a vacuuming from time to time.

Below, we explain how we did the rooms on pages 58-61; commercial patterns for many of the items are available.

## FLORAL ROOM

**Table covers.** Cut circular felt underskirt for table. Make swag cloth to cover: Cut a circle of



fabric to fit tabletop, adding  $\frac{1}{2}$ -inch seam allowance. For swag sections, divide top circumference of table by 6; add 1-inch seam allowance plus 4 inches. Measure table height; add  $\frac{1}{2}$ -inch seam allowance to top, 1 inch to bottom for hem. Cut six fabric sections to fit these measurements. At top of each make two 1-inch inverted pleats, each 1 inch in from side. (See drawing 1: sections before assembly.) Pin and stitch six sections together; press the seams open. Stitch pieced sections to top, right sides together. At bottom, make  $\frac{1}{4}$ -inch turning, then turn up  $\frac{3}{4}$  inch for hem. Stitch and press. Stitch shirring tape to inside of six side seams; pull to make swags. Trim with bows.

**Balloon shade.** Measure window height; add  $6\frac{1}{2}$  inches at top for ruffle and casing, 2 inches at bottom for hem. Measure width; multiply by 2 or  $2\frac{1}{2}$ . Add  $3\frac{1}{2}$  inches for side hems. Cut and piece fabric to fit, cutting on true lengthwise grain so curtain hangs straight. Finish each side hem: Make  $\frac{1}{4}$ -inch turning, then turn under  $1\frac{1}{2}$  inches. Stitch; press. Do heading: Make  $\frac{1}{4}$ -inch turning, then turn under 4 inches. Stitch. Make row of stitches far enough above this to form rod casing. (Adjust measurements for height of heading ruffle desired.) At bottom, make  $\frac{1}{4}$ -inch turning; turn under  $1\frac{3}{4}$  inches for hem. Stitch; press.

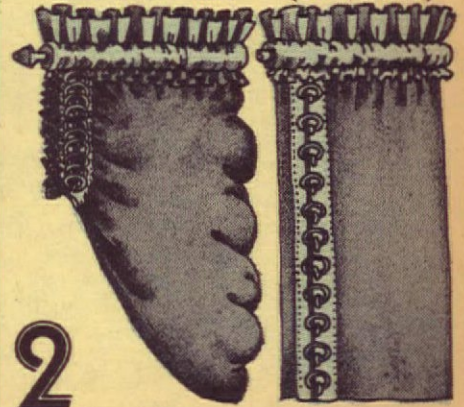
For the balloon effect, stitch lengths of Austrian shade tape (shirring tape with attached plastic rings—it's available in sewing shops) to wrong side of curtain, up the two sides and the center. Thread rings with cord so you can raise shade to hang in grace-

ful folds. If you want a tighter gather, sew extra rings to the Austrian tape. (See drawing 2: back views of curtain top.)

**Lampshade cover.** Measure depth of shade, adding 4 inches for heading, 1 inch for bottom hem. Measure circumference at bottom; multiply by 2 for fullness. Add 1-inch seam allowance. Cut fabric to fit. Turn under top edge 2 inches, bottom edge 1 inch; stitch. Stitch shirring tape to back of top, just below hem. Seam ends of fabric to form cylinder. Pull tape so fabric fits snugly. Accent with ribbon.

**Dust ruffle.** Make section to cover top of box spring: Measure top, adding  $\frac{1}{2}$ -inch seam allowance at sides and foot of bed, 1 inch for hem at head. Cut and piece top section, using good-quality muslin with a 4-inch fabric border. For ruffle, measure depth from floor to top edge of box spring, adding  $1\frac{1}{2}$  inches for hem at bottom. Measure length of sides and foot, adding 12 inches for returns at head. Multiply this  $2\frac{1}{2}$  or 3 times for fullness; add 2 inches for end hems.

Cut dust ruffle (continued)





on crosswise grain, seaming strips to fit. Press. Finish bottom: Make  $\frac{1}{4}$ -inch turning, then turn under  $1\frac{1}{4}$  inches for hem. Finish end hems: Make  $\frac{1}{4}$ -inch turning, then turn under  $\frac{3}{4}$  inch. Gather ruffle; pin to center section, right sides together, beginning with 6-inch returns at head of bed. Stitch ruffle in place. Hem center muslin section between returns. Add ribbon accent to ruffle, using zig-zag stitch.

**Contour bedspread.** Measure length and width of mattress top (with sheets and blankets on bed), adding  $\frac{1}{2}$ -inch seam allowance on all sides. Cut a length of fabric to fit these measurements, using full fabric width and adding equal widths to sides, if necessary. Measure depth of mattress, adding a  $\frac{1}{2}$ -inch seam allowance at top, 4 inches for tuck-under at bottom. Measure mattress perimeter; add 1-inch seam allowance. Pin side strip to top, right sides together, making



sure edges are even at corners. Stitch. When you finish, stitch ends of side strip together.

Turn up bottom of strip to make 1-inch casing for elastic, leaving a small opening. Through this, run a piece of  $\frac{3}{8}$ -inch-wide elastic that measures 2 inches less than perimeter of mattress. Sew ends of elastic together and close opening.

**Pillow sham.** Measure length and width of pillow over fullest part. Add 1 inch to each side— $\frac{1}{2}$  inch for ease,  $\frac{1}{2}$  inch for seams. Cut front section to fit; for back, cut two sections the same length but half the width plus  $1\frac{3}{4}$  inches for center hems. Hem one side of each back section: Make  $\frac{1}{4}$ -inch turning, then turn under  $\frac{3}{4}$  inch. Stitch and press.

Cut strips for ruffles on crosswise grain; piece until ruffle is 2 or 3 times the perimeter of pillow and twice the desired depth plus a 1-inch seam allowance. (Ruffle should extend to edge of twin bed or to half the width of a larger bed.) Double over the

length of ruffle fabric. Press. Gather along double raw edge. Pin ruffle to right side of front section. Stitch. Stitch back sham sections to front, turning under seam allowance. Back sections will overlap to form a pocket.

#### STRIPED ROOM

**Bedsread.** Measure top of mattress (with sheets and blankets on bed), adding  $\frac{1}{2}$ -inch seam allowance to each side. Make top by piecing and mitering four triangles of fabric so stripes meet to form a square. Since a bed isn't square, add length to base of triangles at head and foot ends of bed. (See drawing 3 and bedspread itself on pages 60-61.) Make overhang: Measure depth from floor to top of mattress, adding  $\frac{1}{2}$ -inch seam allowance at top, 1 inch for hem at bottom. Measure length of sides and foot, adding 12 inches for returns at head, 2 inches for end hems. Cut and piece overhang to these measurements. Do end hems: Make  $\frac{1}{4}$ -inch turning, then turn under  $\frac{3}{4}$  inch. Pin and stitch overhang to top, rounding corners to follow mattress contours. At bottom: Make  $\frac{1}{4}$ -inch turning, then turn under  $\frac{3}{4}$  inch for hem. Accent with interfaced strip of fabric.

**Knife-edge pillows.** Cut two pieces of fabric the size and shape of the pillow form, adding  $\frac{1}{2}$ -inch seam allowance to each side. (Piece designs to fit.) Stitch, right sides together, leaving a large opening. Trim corners diagonally. Turn cover to right side; press. Insert form. Hand-stitch opening to close. *You may make pillows with welting, as we did.*

**Box-edged back pillows.** Cut two fabric pieces to fit top and bottom of pillow form, adding  $\frac{1}{2}$ -inch seam allowance to each side. (We cut our fabric on the diagonal.) Measure perimeter and depth of form, adding 1 inch to each measurement for seam allowances. Cut strip of fabric for boxing to fit these measurements. Pin boxing over top piece, right sides together, making sure edges are even at corners. Stitch. When you finish, stitch ends of boxing together. Pin bottom piece to boxing, right sides together, leaving one side open. *Make sure edges are even at corners.* Stitch. Insert pillow form. Hand-stitch opening to close. *For contrast, you may make these pillows with diagonal welting, as we did.*

TYPE	DESCRIPTION
EDGE BINDING	$\frac{1}{2}$ " wide, clear or colored plastic tape. Adhesive runs down tape in 2 strips, with center adhesive-free. Does not tear.
STRAPPING	$\frac{1}{2}$ "-1" wide, clear plastic tape with reinforcing fiber-glass threads. Does not tear takes up to 350-pound strain before snapping.
SEAT BANDAGE	$1\frac{1}{2}$ " wide, clear, tough plastic tape. Sticks wet to vinyl, conforms to irregular surfaces.
HAZARD WARNING	$3/8$ "- $1\frac{1}{2}$ " wide, solid colored or striped plastic tape. High visibility day and night.
NONSKID	$1$ "- $2$ " wide, resilient abrasive-coated plastic tape. For outdoor use.
HOSE REPAIR/POOL PATCH	$3/4$ "- $1\frac{1}{8}$ " wide, green or blue plastic tape. Waterproof. Stretches to seal tight.
WEATHERSTRIP	$3/8$ "- $1\frac{1}{2}$ " wide, $1/8$ " thick, gray, black or white foam tape. Soft and pliable.
PIPE INSULATING	$2$ " wide, $1/8$ " thick, black foam tape. Flexible, fire-resistant or $2$ " wide, $1/8$ " thick cork tape. Flexible.



# TAPES

## THE PROBLEM-SOLVERS

There's one for each home need; all have many uses.

Pressure-sensitive tape, invented 49 years ago, has become an indispensable tool in every household. General-purpose tapes (cellophane, plastic, cloth, masking tapes) are familiar to everyone and used for mending, labeling, decorating and other needs.

Not so well known, but extremely valuable, are various specialized, problem-solving tapes charted below.—Siew-Thye Stinson

APPLICATION	SOURCE	TYPE	DESCRIPTION	APPLICATION	SOURCE
Reinforces and protects edges of important documents. Prevents fraying along edges of needlepoint canvases.	"Tesaborde" from United Mineral & Chemical Corp.*	PAINT STRIPING	1" wide masking tape that includes eight 1/16" scored, pull-out strips.	Paints clean, sharp stripes 1/16" to 1/2" wide. Trims and decorates lampshades, cars, boats, walls. Apply tape; pull away scored strip of desired width and paint exposed area.	Hardware stores or 3M Co.*
Bundles heavy and unwieldy objects together for storing or moving: garden hoses, packing cases, metal pipes. Replaces twines and ropes in many uses.	Hardware stores, stationers.	DRAFTING	1/2"-1" wide, flexible paper tape. Very low adhesion, peels off surfaces with no damage. Can be read through and written on.	Holds lightweight materials—charts, drawings—in place temporarily during work. Holds wallpaper, posters and other art on wall to test placement.	Stationers, variety stores.
Repairs rips in car seats and other plastic upholstery.	Auto-supply stores or Superior Insulating Tape Co.*	PACKAGING	3/4"-2" wide, strong, vinyl or paper tape.	Seals cartons for moving, storage or mailing. Replaces messy gummed tapes.	Stationers, hardware stores, moving companies.
Outlines danger areas: basement steps, low overhangs, etc. Illuminates light switches or children's toys and bicycles.	Auto-supply stores, hardware stores.	BOOK-BINDING	3/4"-4" wide, colored plastic-coated cloth tape. Strong, waterproof, does not stretch, can be written on.	Repairs and reinforces book bindings. Decorates or codes other articles.	Stationers, variety stores.
Resilient—use around swimming pools, shower stalls. Abrasive—use on door steps, ladder steps. Apply at right angles to probable direction of fall.	"Safety-walk" at hardware stores or from 3M Co.*	DUCT	1 1/2"-2" wide, gray plastic-coated cloth tape. Strong, waterproof. For indoor use only.	Seals joints of heating or cooling ducts and pipes.	Hardware stores.
Repairs leaky hoses and children's plastic wading pools. Seals holes in air mattresses, inflatable beach toys.	Hardware and variety stores.	SCRATCH GUARD	3/4" wide, flannel tape.	Cushions bases of objects, backs of pictures to prevent marring furniture, walls.	Hardware stores.
Stops drafts, dust and moisture when applied to door and window frames. Deadens noise, stops rattling car doors and trunk lids. Cushions base of objects. Gives better grip to tool handles.	Hardware and variety stores.	ALUMINUM	1 1/2"-2" wide, strong flexible metal tape. Makes airtight, watertight bond with any surface. Will not tarnish or rust. For indoor or outdoor use.	Repairs leaking water pipes, gutters, pails and other metal objects. Decorates and trims boats.	Hardware stores.
Prevents condensation on cold-water pipes. Prevents heat loss on hot-water pipes (use several layers).	Hardware stores or Arno Adhesive Tapes, Inc.*	DOUBLE-FACED	3/4"-1" wide, paper or transparent plastic tape.	Mounts lightweight posters. Fastens loose tiles, wallpaper. Salvages unsticky stamps.	Hardware stores.
			1 1/2" wide, cloth or vinyl tape.	Bonds and anchors carpets and rugs.	
			3/4"-1" wide, 1/8" thick, white or black foam tape. Holds 1/4 pound per square inch.	Mounts ceramics, plaques, small mirrors, name signs. Halts slipping bookends.	



Here are ways to keep your car in top form against cold-weather ravages.

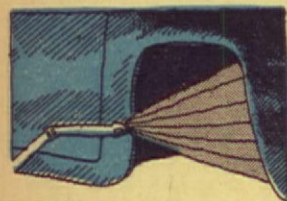


# WINTER-WISE

# CAR CARE

Salt and sand are hard on cars. If you drive in the winter in areas where salt and sand mixtures are used most liberally to keep streets and highways ice-free, you cannot avoid splashing corrosive salt and sand into every seam and crevice of your car. Whatever the merits of the clear-road policy as a safety measure, it costs mightily in mufflers, rusted-out fenders and rocker panels.

**Rust prevention.** If your car is new or nearly new, consider the protection of a special undercoating. Ziebart is the name of a system brought from Europe some years ago and now widely available from franchised outlets across the country. The most serious rusting problem affecting a car takes place out of sight, inside the varied boxes and crannies of panels and doors. The Ziebart system uses a waxy substance that is sprayed into these spaces to seal them. If a car is treated before being driven 3,000 miles—and before being driven in winter—there is a guarantee of five years or 50,000 miles, with a free check-up at 20,000 miles to make sure all areas have remained properly covered. Prices for Ziebart undercoating range from \$109.50



to \$129.50.

Whereas Ziebart is sold to car owners, a system called Sym-Tech is aimed toward new-car dealers, thus is unknown to most consumers. Sym-Tech is a compound of some 27 chemicals—rust inhibitors,

moisture displacers plus various ingredients to keep the substance flexible, so it will not crack into salt-inviting fractures. It is guaranteed for the life of the car. If you know of a new-car dealer who uses Sym-Tech and you would like it on your slightly used car, you might try throwing yourself on his mercy. (The guarantee would probably be affected, however.) For the name of a Sym-Tech dealer near you, write to: Protective Chemicals, Inc., 2060 Hamilton Ave., Cleveland, Ohio 44114.

Sym-Tech prices depend not so much on the size of



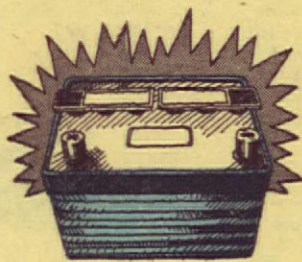
a car but on the difficulty of reaching all its vulnerable spots. However, some dealers simply charge a flat rate of around \$100.

No rustproofing system is better than its application. The most magical of chemicals will not work if all the vulnerable spots are not covered properly. To find a rustproofer, check the Yellow Pages under "Automobile Undercoating & Rustproofing."

Protecting against rust is but one step toward preparing your car for the cold. Here are other steps to consider for improved performance:

**Windshield.** Rubber is particularly prone to pollutants in modern air, so wiper blades tend to deteriorate rapidly. Start the sloppy season with two new ones. And fill your windshield washers with a nonfreezing fluid, the kind made especially for them. Under no circumstances use radiator antifreeze.

**Battery.** Cold weather cuts battery strength in half

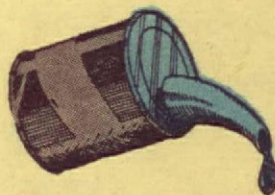


at a time when you need it most. If your battery is getting sluggish, replacement may now be the better part of wisdom. And if you live where cold starts are the rule, look into an extra-strength battery.

**Engine tune.** Have your spark plugs checked. The electrical spark that makes your internal-combustion engine combust needs all the help it can get on damp, cold mornings. It cannot make leaps too great or overcome the handicap of fouled or burned plugs.

**Gasoline.** Most gasoline companies put in appropriate additives to deal with the varying climate wherever their products are sold. Even so, water from condensation inside your tank can freeze in gas lines and stall your engine. Service stations sell products such as "Dry-Gas" that absorb this moisture, putting an end to problems like ice-locks.

**Oil.** Multigrade oils are becoming more and more common, and they work as satisfactorily in sunny deserts as in snowy moun-



tains. Just be sure that what you put in your crankcase is the weight recom-

mended in your owners' manual for the temperature range in your area.

**Radiator.** Antifreeze is a cold-weather must, and in its latest form is also an improved coolant for summer driving. Thus there is no need for the twice-yearly draining of the radiator. For maximum protection, have your service-station operator put a hydrometer in your radiator and tell you how far below zero it can function. If temperatures are colder than that where you're going to be, you'll need more antifreeze.

**Tires.** When you should put on snow tires is an imponderable. How nice if you could wait until the first big storm, then put them on yesterday! If you don't use snow tires, be sure your regular tires have adequate treads.

**Locks.** To keep them from freezing, get some graphite and put it on your car key; put your key in each lock and work it several times; wipe key off.

**Emergencies.** If you live in snow country, your luggage compartment might well contain the following: a set of jumper cables to aid dull batteries, a tow cable, a small shovel, flares and a sheet of plastic to keep you off the cold, cold ground. Naturally, a windshield scraper and brush are indispensable. I also tote along three spray cans of stuff I have found most useful: 1) a de-icer, for those times when determined windshield ice overwhelms a mere scraper; 2) something called WD-40, a moisture displacer that can be sprayed on ignition wires; and 3) Liquid Tire-Chain, a substance that turns helpfully gummy after being sprayed on tires that have been spinning uselessly on ice.

—Denise McCluggage



The automatic garage-door opener has always offered real convenience and security—but at a high price. Now it costs less and is designed so you can install it yourself.

If you've never operated an automatic garage-door opener, you might think it's just an adult toy. You sit in the car, push a button, the door goes up, the garage light goes on, you drive in, push the button again, the door closes behind you. A lot of hocus-pocus, you say—but think it over: You've never moved from behind the wheel, never stepped out into what might be snow or rain, never strained your back lifting a 70-pound door that might not work right, never left your children in the car with the motor running and ever worried that there might be an intruder in the dark nearby. But that's only half of it, the arrival-home half. Perhaps just as important is the leaving-home half: You never leave the door open because it's troublesome to get out of the car; you never expose a messy garage—it is always closed and locked.

All of this is made possible by a relatively simple motor-and-drive mechanism mounted on your garage ceiling that is activated by a radio signal from a tiny transmitter you carry in your car. This mechanism does the lifting, lighting, closing and locking for you. The convenience and security it provides cost from \$130 to

\$200, depending on the model you choose.

CAN YOUR GARAGE DOOR BE CONVERTED TO AUTOMATIC OPERATION? The answer is yes: Any overhead door, whether one-piece or sectional, can be operated by an electric opener as long as it is properly adjusted and can travel freely. You

will only need about a 2-inch clearance between the ceiling and the high point of door travel. There is some difference in the hardware necessary to install the opener, depending on the kind of door you have. Before going out to shop, take a good look at your door (you might even make a little sketch to show where the springs are located). If your door does not travel easily, it must be adjusted before you install an opener. Since adjusting involves dealing with springs under great tension, the job should be done by a professional.

WHERE DO YOU SHOP FOR AN OPENER? Do-it-yourself units are usually found at home improvement or building supply centers, electrical supply shops or paint stores. Specialized companies sell and install their own units—check your Yellow Pages under Door Operating Devices."

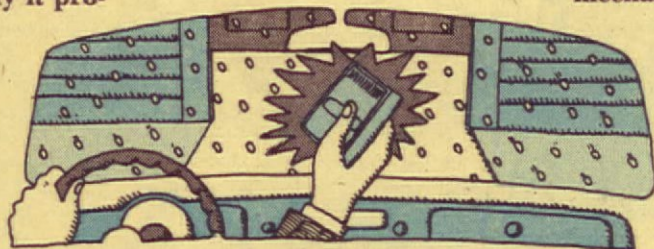
WHAT ARE THE DIFFERENCES IN OPENERS? Some operate on a chain drive (like a bicycle); others work by turning a long screw. Chain drives are usually on less expensive models, screw drives on costlier ones. Both will do a satisfactory job, but the screw drives are quieter and may need less service.

Otherwise, the automatic openers fall into the same three general categories found in many other appliances: economy, standard and deluxe. Specific features vary according to manufacturers, but here is approximately what you can expect from each model. ECONOMY MODELS have a 1/4-hp motor, a light that turns on when the door is opened (turns off when the door is closed), a safety stop if the door meets an obstruction during opening or closing, a disconnect system so the door can be operated manually in case

of breakdown or power failure, positive locking when the door is closed, one transmitter for the car and one wall button for inside the garage. Don't consider any openers that are without these features.

STANDARD MODELS have the same disconnect system, transmitter and wall button, but include one or more of the following improvements: a more powerful motor (1/3 instead of 1/4 hp); an automatic reverse feature on the safety system; a light timed to stay on for 1 1/2 to 2 minutes after the door is closed, so you can enter the house from a lighted garage; a security switch to deactivate the unit completely when you go away.

DELUXE MODELS have all the above features and one or more of the following extras: a key-operated switch to open and close the door from outside the garage; a light on the transmitter to warn if battery is dead; special cutoff so the door will not reverse during the last few inches of closing (thus it can close even with snow or ice under the door); better lighting (two bulbs); color-styled housing covering the mechanism of the entire opener unit.



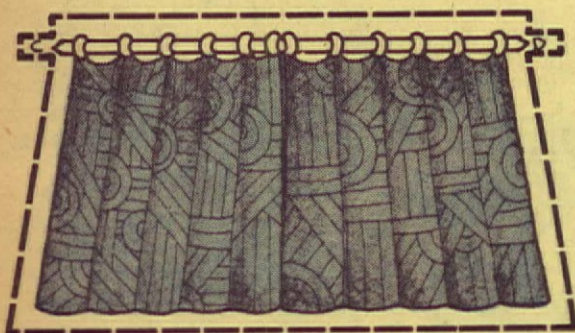
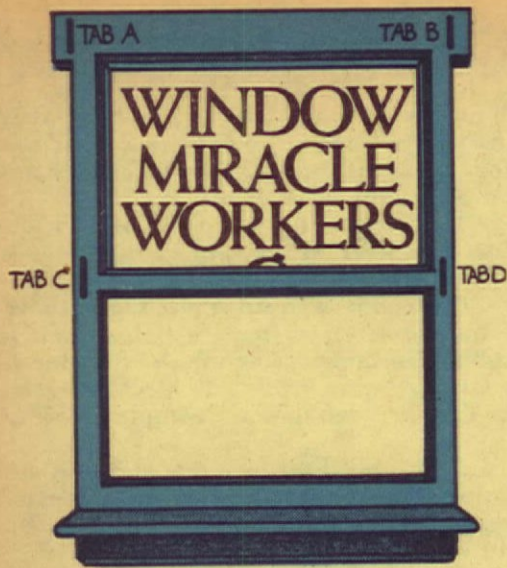
## OPEN, SESAME

ARE THE CONTROLS RELIABLE? When the radio-controlled opener was first introduced, the signals controlling the door were not so precise as they are today, and there were cases (not always amusing) of doors opening at random, set off by a neighbor's transmitter or even by a passing plane. Most of the transmitters now being used are sophisticated devices using double or triple codes or other electronic systems to prevent such accidents. The costs given earlier include the radio-control system with one transmitter, but if you have more than one car, additional transmitters set to the same wavelength are available. As indicated, all models allow you to operate the door manually in case of power failure. The release mechanism is normally inside the door, but if you have a detached garage that cannot be entered through another door, you can get a key-operated release that mounts outside the door.

CAN YOU INSTALL AN AUTOMATIC DOOR OPENER YOURSELF? If you are handy and have some experience with mechanical work around the house, the answer is definitely yes. The units you buy over the counter are specifically designed for homeowner installation. If you have any doubts on this score, ask to see the detailed instructions that come with a unit. You should be able to tell quickly whether it's a job you can handle. If you decide to do it, set aside enough time—most of one entire day. There may be times during that day when you'll need a second pair of hands—know where you can get them. (Though the electrical hookup is not complicated, you may wish to leave it to a professional.) If you decide to have it done, allow \$35 to \$50 above cost of unit. —Guy Henle

For more information and catalog material, write: Alliance Mfg. Co., Alliance, Ohio 44601; Chamberlain Mfg. Corp., Elmhurst, Ill. 60126; Edwards Power Door Co., Mt. Vernon, N.Y. 10550; NuTone Housing Products, Cincinnati, Ohio 45227; Overhead Door Corp., Dallas, Tex. 75240; Stanley Door Systems, Birmingham, Mich. 48012.





## Window treatments can have decorative impact

All too often, windows are an afterthought in an otherwise attractively furnished interior. But in truth, they should be—and they can be—a focal point of the decorative ambience. There's no window treatment too elegant or complicated, no problem window too difficult to handle with standard, readily available curtain and drapery hardware—if you know what to look for. And this requires a clear understanding of basic window-decorating terms:

**Curtain rods** are used to support lightweight curtains in window treatments where no movement of curtains is required.

**Drapery or traverse rods** are used for curtains that open and close by means of a cord and pulley.

**Utility rods** in both categories are meant to be concealed by curtain and drapery headings.

**Decorative rods** are designed for use with window treatments that give them maximum exposure.

**Cafe rods**, one classification of decorative rods, were originally used to support curtains that covered only the lower half of a window. They are now more frequently installed at the top of a window—and used for curtains that may cover part of a window, stop at the sill or extend clear to the floor.

Curtains hung on cafe rods may be stationary, or they may be drawn manually, without cords or pulleys. Cafe rods range in scale from slender 3/8-inch-diameter tubes to heavy 1-inch-diameter solid brass poles.

**Sash rods** attach directly to the window sash. Channels or hems at top and bottom of sash curtains are threaded and shirred directly onto the rods, which hold them taut against the window. Sash curtains can be used to cover all the glass on a casement window, but only the lower, inside sash of double-hung windows.

**I-beam rods** are slim-profiled, mini-scaled aluminum tracks that are bendable, curvable, cuttable and paintable. They can be used with stationary, manually operable or traverse-draw curtains.

**Curtain and drapery accessories** include everything else in the way of hardware—hooks, pins; rings, chains, tiebacks, holdbacks, brackets—needed for installing window fashions. Drapery and curtain hardware is more varied and more versatile than ever before, bringing creative window dressing within the capabilities of anyone who can

hammer a nail or turn a screw driver!

Take the formal, three-layer traditional effect—a valance or swags tops will traverse draperies that in turn, cover sheer casement curtains. The entire treatment can be accommodated with three rods installed on a single set of brackets. Or take the perennially popular criss-cross tieback curtains—again, on special rod does the whole job.

Do you have problem windows? If so, there's a ready-made solution for each.

**In-opening French windows.** Swinging drapery cranes are one answer. The adjustable cranes can be extended out from the window to clear shades or venetian blinds, pushed in close to the glass for a sleek contemporary look, extended in length to accommodate extra-wide draperies or tilted out to facilitate window-washing and trim dusting.

Another rod made for French windows attaches to both window trim and window frame. Fitted with a series of hinges, it opens and shuts along with the windows.

**No nails or screws.** A crabby landlord won't let you mount curtain hardware to walls or woodwork. Spring tension rods are designed to go where brackets can't. An adjustable, hidden spring holds the rod taut inside the window reveal, and rubber cushions keep ends of the rods from marring woodwork. Spring tension rods are great, too, for windows set in a masonry, tile or marble reveal, where installation of conventional rod brackets is difficult or impossible. They're made in both decorative and utility styles; pick the one that best suits your needs. Utility models with concealed pins or rod-pocket-headed curtains; use the decorative models with curtains hung from clips or rings.

**Wall-wide, room-high windows.** Inevitably, these leave insufficient space above or at sides for anchoring curtain hardware. But there's no need for skyhooks; just hang curtains or draperies from standard rods or I-beam tracks installed on the ceiling.

**Windows too narrow.** You can make them appear wider with rods that carry curtains and draperies beyond the width of the windows, but still attach within the window-frame. Thus there is no need to search for studs or mess walls with mollies or butterfly bolts. When using rod extenders or extra



## Here's a complete rundown of the curtain and drapery hardware to do the trick.

long rods, be sure to install adequate rod supports, so there is no unsupported expanse greater than 48 inches.

**Assists needed.** Do you have a room-wide wall of windows hung with traverse draperies that are too heavy to open and close manually? Install a traverse motor in an unobtrusive spot; the cords will be pulled electrically.

**Curtain off brightness.** Are your window walls subjected to glaring sunlight at a given hour each day? Install a traverse motor with a timer, to draw the draperies daily at a specified hour, protecting furnishings from excessive sunlight and fooling burglars into thinking you're home when you're not.

**Corner windows.** A made-for-the-purpose rod sweeps around the corner in a single, smooth line; draperies can draw from the corner to both sides, or from one side to the other.

**A series of windows on one wall.** A single traverse rod can be set for either a double or triple traverse, to open or close all sets of draperies with a single pull. (Have your curtain-hardware dealer arrange cords and headers in the proper combination.)

**Curves to curtain.** Bay windows, bow windows, a series of windows on a curved wall—none presents an insolvable problem. You'll find ready-made curtain and traverse rods that tug curves like a coat of paint. Your dealer may not stock a range of sizes; he can order the right one for you.

**Tuckaway hardware.** Do you have a paneled room, a mirrored wall, a lot of busy pattern or any decorative situation calling for unobtrusive curtain or drapery rods? I-beam tracks can be tucked behind a narrow molding and/or painted to match walls or ceiling, depending on where they're mounted.

**Cathedral windows, clerestory windows.** High, and highly inaccessible, these fixed-glass windows are frequently left bare when curtains might benefit the decor, diffusing sunlight or softening stark structural lines. Sheer curtains in a stable fabric, anchored at top and bottom with sash rods, do not present a major maintenance problem; they stay fresher longer than loose-hanging curtains. Sash curtains are great, too, for the transom-light and side-light windows flanking the front door in many colonial houses.

**Sliding patio door.** Choose a traverse rod with a one-side draw, to expose all of the operable door when curtains are open. When buying a one-way draw rod, bear in mind that the traverse cord always goes on the side of the fixed glass. To expose a maximum expanse of glass, both fixed and operable, carry curtains across the

wall beyond the fixed glass, figuring about 1 foot of wall space for every 3 feet of window width. For example, in order to expose all the glass in a 6-foot-wide door, the curtain rod should extend 2 feet beyond the door on the fixed-glass side. The heavier the fabric, the more space required when curtains are opened.

Choosing the right hardware accessories for your window-dressing job can make the difference between a trim, well-groomed window and an amateurish, home-made treatment.

**Hooks and rings.** Foremost among these are slip-on hooks which come in several sizes and styles suitable for both utility and decorative rods. Hooks for utility rods hold the curtain heading upright in front of the rod, concealing it; hooks for decorative rods hold the heading below the rod, exposing it to view, so you can see the importance of selecting the right hooks for every rod.

Designed for unlined, opaque curtains with open cuffs, slip-on hooks shouldn't be used with sheers, as they'll show through the heading. Recommended instead are pin-on hooks. These come in two styles, one angled for even hanging on traverse glides, the other rounded on top so it sits straight on stationary rods. A special long-shafted pin-on hook for headings 3 inches wide and wider holds pinch-pleats upright, preventing unsightly drooping above the pins. And there's a self-adjusting pin with a calibrated backplate that eliminates measuring for each pin placement and assures even curtain hanging.

**Pleating hooks** used with curtains and draperies made with pleating-tape headings also come in several sizes. There are hook-back and ring-top styles for traverse rods, cafe rods and ceiling-mounted hardware. One model, suggested for use with heavy draperies, has a locking device that secures the pin and the pleat in place. Rings used with cafe rods are styled for stitch-on, pin-on and clip-on curtain treatments.

**Rods and accessories** sold in retail shops and department stores are now being manufactured with the quality and precision once found only in expensive hardware sold through "to-the-trade" custom drapery workrooms. The expansion feature in mass-produced curtain and drapery rods assures an accurate fit for any window, from 28 inches to 312 inches in width.

This adjustability allows you to relocate hardware from window to window, room to room, even house to house, prolonging its useful life. Rod edges are smooth and snag-free; painted finishes are chip-resistant; metal finishes are lacquered for long-lasting good looks.

Moving plastic parts are self-lubricating for trouble-free operation, and some rods have no-stick coating to keep traverse carriers gliding smoothly.

Glide design has been improved to hold curtain pins, and consequently the curtain heading itself, even and erect. Ball-bearing guides prevent tangles, and traverse cords are strong and durable. One of the best, in nylon, is sheathed in snag-resistant polyester. Pulleys are unobtrusive in design and silent in operation; weighted tassel-cord pulls are rubber-bumpered to protect walls.

A handy but frequently overlooked curtain accessory is the baton used for opening and closing curtains hung on rods not equipped with a traverse mechanism. The baton facilitates drawing curtains easily and evenly, and avoids the inevitable wear and tear that comes from handling fabric.

Rings, brackets, rod supports, pins, carriers and replacement parts for rods are accessories you'll find readily available. Many are sold in see-through packages for easy identification. More specialized accessories include design-coordinated chains, tiebacks and hold-backs that harmonize with rods.

**The big fashion news** in decorative curtain and drapery hardware is the matched look. Traverse rods and mini-versions in cafe rods are coordinated to complement each other, in designs and finishes for every interior: shiny brass, antiqued brass, silver, pewter, bronze, the mat-black wrought-iron look, the leather look. One design, a rectangular rod, has a recessed face, to be decorated with the purchaser's choice of trim. Double-face tape for affixing trim is packaged with the rod.

Another model has wraparound finials that give the look of a cornice and completely hide mounting fixtures. A third style, in reeded steel, has sculptured wood finials. The wood look is an odds-on favorite, in both wood-grain vinyl-clad steel and the real thing. Solid wood rods, both fluted and smooth, are best sellers; these come in basic sizes that can be cut to exact measurements.

Rods, brackets, finials and rings are offered in as many as 12 paint and three stain finishes. They also come unfinished, ready for do-it-yourself color-keying to walls, drapery fabrics and decorative accessories. And there's even a cord-operated wood traverse rod with carriers and traverse mechanism built into the back of the rod.

Take a long, hard look at the window treatments in your house. If they are not making a contribution to the decor, selections from the new crop of curtain and drapery hardware can supply the missing impact. —Carol L. Crane



# The GOOD LIFE

It's the fruits of "instant sunshine," the ease of automatic dog feeding, the ubiquity of blue jeans—on TV sets and even in art shows.



## SHINER

Begonias, gardenias, geraniums, even delicate orchids and shy African violets flower faster and prettier in the "instant sunshine" of Spot-O-Sun, a new grow-light that combines a wide-spectrum lamp with a 9-inch-wide permanent plant bowl. It also ripens such winter fruit as melons, pears and pineapples. The 15-inch-high unit, of avocado-green Lexan, is by Hall Industries. It's about \$22 at garden shops.

## SEASONED WITH LOVE

The phrase above is Pearl Bailey's, from her new cookery book *Pearl's Kitchen* (Harcourt Brace Jovanovich, \$6.95), but it applies equally to the *Dione Lucas Book of French Cooking* (Little, Brown, \$14.95). Mrs. Lucas devoted her life to bringing the joys of Cordon Bleu cuisine to American cooks, kitchens—and even diners when, on occasion, she moved lock, stock and spatula into the restaurant business. This new 25th edition of her best-selling classic, prepared with her friend and associate Marion Gorman, is the culmination—1,000 recipes, from basic sauces to elegant dessert souffles. Each comprehensive section starts with her "philosophy" (of menus, marketing, your kitchen as studio).

Pearl Bailey loves "the days that I have at home . . . when I can look forward to each mealtime with the ones I love most. In the preparation, I find my meaning." The hours you spend in her kitchen are deliciously full of family and show-folk anecdotes, talk of her formidable mother and wonderful recipes that are casual and fun. (About macaroni and cheese, she writes: "Let that baby just get bubbly brown.") But

they're never careless. ("I feel that I should give my family the best I have.") The recipes are her own, her mother's and those of her fans and friends.

Asked to choose between Pearl Bailey and Dione Lucas, we couldn't. Take the pair—they're both lovely.



## SAFE WHEELING

Ninety million Americans who bike will now be able to ride safer, thanks to Goodyear's new "Glowall" tires with permanent 3M reflective tape molded into their sidewalls. New York City's Central Park Bike Patrol is already outfitted with them. Crossing traffic, their after-dark shine is visible a full block away, says Goodyear. Available on some new bikes, the tires come in four standard sizes. You can get them as replacements for your own tires at bike-repair or retail bike shops at a cost of about \$6 each.

## COLD COMFORT

This winter, take the Snowaway Stow-away along as a precaution, should your car get snowed in. It pairs an ice scraper/window brush with a 3-foot shovel. Both come apart, store neatly in your trunk. The plastic and aluminum set is \$9 at local department stores.



## FAITHFUL FEEDER

A sleek invention keeps pampered puss or pooch neatly fed for days. The Orbit Automatic Week-end, by Fessauer Industries, stores 20 pounds of dry food in its weatherproof tower, measures daily servings into a bowl. Three versions range from a battery-powered job to a remote-control type. All in durable plastic—\$100 to \$170 at pet shops.

## GOOD SCENTS

If 1974 comes up smelling like Easter lilies, a chocolate Valentine heart or a Thanksgiving mince pie, blame it on the fun and fascinating Golden Fragrance Calendar (Golden Press) for children, with 12 paste-on picture patches you scratch and sniff to get the scent of the month. There are jolly drawings by Aurelius Battaglia. The calendar is \$2.95 at bookstores.

## FRESH CHEER

Harry's Bar in Century City, Los Angeles, has created quite a stir with its bubbly Bellini. You peel and pit a fresh peach, whirl it in a blender. Pour a fourth into a wineglass, fill to top with champagne and toast the New Year!

## JEAN SCENE

Such stuff as jeans are made of—denim, that is—has come a long way from the Wild West. Simmons has a smashing new sofa bed that's all done up in denim (about \$219), and there's been a blue-jean art show at New York's Serendipity, a restaurant/boutique where the fashionable buy their pre-aged, hand-painted denim skirts, pants and bags (priced \$20 to \$500). The show soon travels to museums around the country. Another denimism: a blue-jean covering for a new portable TV (Zenith's black-and-white "Sidekick," about \$100)—presumably super for watching the late Western.



# ON ITS WAY: THE METRIC MIRACLE

By Eileen Denver Mimoso

How big is an acre? What is the difference between troy and avoirdupois weight? What is a rod, a peck, a grain? How many feet—or yards, or anything—are in a mile?

You're not alone if you can't come up with the answers. Few of us really know our English (yes, English—we inherited it from them) system of measurements. But don't fret: The U.S. is going metric, and soon. Last year, the Senate passed a bill calling for a 10-year gradual conversion to the metric system. Once the House agrees (expected this spring), we'll be well on our way toward a new and easy approach to measuring.

Most of the world is already on the metric system, even England. The U.S. and Canada are the only major hold-outs, and businessmen say this state of affairs is hurting trade relations. That's reason enough for a change, but there are others—like the rods, pecks and grains mentioned above. The units of measure in our unsystematic system have little logical relationship to one another. There's really not much you can say in their favor, except that you're used to them. The metric system will be a refreshing change—so simple that French children learn it in a few days and never forget it.

## MEASURABLE BEGINNINGS

Metrics were born in France during the late 18th century as a reaction to the dismal state of the art of measuring. Till then, each country, often each town, had its own eccentric way of measuring things. One town's bushel was eight ears of corn bigger than the next town's; no two feet were alike. The new system brought order out of chaos. It was based on the meter (from the Greek *metron*, meaning rule or standard), a unit of length described as one one-millionth of the distance from the North Pole to the Equator.

The French used the meter (it's just over a yard) as their basic unit of length. They divided it into thousandths (millimeters), hundredths (centimeters) and tenths (decimeters), and they multiplied it by tens (decameters), hundreds (hectometers) and thousands (kilometers). The whole thing is done to the tune of ten, based on the decimal system that we use for our money. There are no fractions to hassle with; a shift of the decimal point gets you from one unit of mea-

sure to another. And a simple batch of prefixes distinguishes things up and down the line. (To make it even easier, decameters, hectometers and decimeters are seldom used.)

To get the basic unit of volume, the Frenchmen made a cube 10 centimeters on a side, filled it with liquid and called that a liter. For the basic unit of weight, they took one milliliter of water, weighed it, and called the result a gram.

All metric measurement units are related, then, and all are to the base ten. With *our* system, there is no relation between foot and quart and pound, no simple way to memorize the whole thing and grasp its relations. Right now, for instance, if you want to buy lumber to build five shelves, you have to measure the five spaces with a yardstick, add up the inches and fractions of inches, convert them to inches with only one fraction, then add up the whole thing and divide it by 12 to convert it to feet. With metrics, you simply measure the centimeter length of each space (with all the fractions in decimals), add the five figures and move a decimal point to get you into meters. Right now, when you're supermarket shopping, you have to convert pounds or quarts to ounces to compare prices; with metrics, you'll just divide by 10 to figure the price per kilogram or liter. And take length: The metric countries laugh at us for using different standards of length—inches, feet, yards, rods, miles—for short, medium and long distances. Quick as a wink, they measure all distances (the length of a room, the distance between cities) in fractions or multiples of meters.

When we adopt the metric system, we'll also adopt its kid brother—the Celsius (formerly Centigrade) scale of temperature. Converting to it requires a complicated formula, but you'll get the hang of it if you remember that water freezes at 0° (32° F.) and boils very logically at 100° (212° F.). Your normal body temperature will be 36.8°, and a lovely summer day will be 30° (86° F.).

There's no reason to be nervous about any of these changes. You do have 10 years, after all. Also, you're less of a stranger to metrics than you think: Consider your 35-millimeter camera. Think about watching Mark Spitz swim the 50-meter Olympic pool or about taking your 250-milligram vitamin C tablets.

Look at the canned goods on your kitchen shelves. You'll find that many of them are now marked in both ounces and grams or liters. The California Board of Education recently decreed that all revisions of textbooks used in that state should henceforth accommodate the new system. The

National Education Association has recommended that metrics be taught in schools all across the country.

So the metrics are coming—and have been for some time, actually. The U.S. Congress made the system official in 1866, but the order was not compulsory. Since then, over 50 proposals have been brought before Congress to make the system mandatory, but people—especially businessmen—were afraid of the enormity of the project. Now, with the world a much smaller place and everyone *else* metric, businessmen think it's a dandy idea.

## EASY ADAPTATION

The changeover should be fairly painless. There will be plenty of time to adapt, plenty of TV programs and magazine articles to help get you into the metric swing. There will also be "dual dimensioning": Road signs, measuring equipment and most products will display both English and metric equivalents. The Foley Manufacturing Co. has already come out with a dual-dimension measuring cup (cups and milliliters), and Union Carbide has a Cook 'N Sew English-Metric Conversion Calculator (it's like a slide rule) that helps you convert yards to meters, quarts to liters, miles to kilometers, and so on. Our cookbooks will utilize both systems for a long time to come, and you can always use a conversion calculator to figure out Grandma's favorite recipes. Teaspoons and tablespoons will stay the same, but sooner or later you'll need a little kitchen scale so that, like housewives around the world, you can measure "100 grams of chopped onions" or "300 grams of sugar." Standard sizes—for sheets, windows, tires—will remain as they are for a long time, but they'll now be expressed in metrics.

It may be comforting to note that the most common measuring units of the old and new systems are fairly similar: Thus a liter is only a bit more than a quart, the meter and the yard are only three inches apart, and a pound is about half a kilogram (kilo). Miles are a bit of a problem, since a mile equals an awkward 1.6 kilometers. But you'll go the distance if you latch onto some points of reference—like 5 miles being almost 8 kilometers, or 40 km just a tad short of 25 miles.

Certainly, there'll be some memorizing to do, but that's not the hardest part. What will be hard is *thinking* metric. Until then, you'll have to do a lot of double-thinking. But some wonderful day, maybe in 1984 or so, you'll have forgotten the originals entirely. You'll be thinking in logical meters and liters, and wondering how you ever got along on rods and pecks and acres and troy and avoirdupois.



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av. per cigarette, FTC Report, Sept. '73.



# LIVING WITH STYLE

By Helene Brown The warm, comfortable mix of old and new in the Denver, Colo., home of Wendy and Tony Berglund (below) reflects not only the design philosophy of this attractive young couple, but also their design for living. "People, not objects, are the exciting elements in a room," says Tony. "We planned our home as a series of mostly quiet, neutral backgrounds for friends who visit, each bringing a change of mood and character." (continued)





**F**ocus of living room is an antique armoire, its doors removed, made into a sofa. Windows are framed with wood shutters stripped and bleached a silvery tone. Parsons table is covered in a geometric print, encased in Lucite. On wall is a collection of silk-screen posters.





For the Berglunds, the need to retreat from pattern and color at the end of a day is essential. Both are caught up in the design world. Wendy manages a decorator showroom; Tony heads FB Designs, an ultramodern home-furnishings store in Boulder. Their home's decor, however subdued, is a lively contrast of textures: handwoven textiles, sleek tubular steel, old wood, copper and pewter. (continued)







Open storage is the keynote of Berglund kitchen (left). Iron hooks and heavy-duty nautical rope suspend overhead shelves. Flooring is black rubber matting made in Italy and used in European industry. On ceiling Tony displays the flag of Sweden, his native land.

In dining room (opposite, top) an 18th-century farmer's table is surrounded by suede-cushioned modern chair classics. Antique pine chest holds place mats and napkins. Blowup of an Italian home magazine brightens wall.

Sunny guest room/workshop (opposite, bottom) is aglow with bold color. Here Wendy sews, Tony works at old drafting table. Marimekko sheet fabric covers shutters. Bed nestles in a corner, heaped with pillows.

LIVING WITH STYLE continued

Seasoned travelers, Wendy and Tony have collected antiques from all over the world—especially country furnishings and accessories. In their kitchen, an old butcher block that's used all the time has a place of prominence, and windows are enlivened with greenery, wood and straw pieces, including hanging ladles and oversized shovels that once served up dried beans, rice and flour from huge barrels in country stores. In the dining room a whimsical grouping of objects from farms, fish markets, grocery stores and a chocolate factory adorns one wall. "We've given breathing space to things we love to look at," says Wendy. "We really feel at home in our home. I guess that's what decorating is all about."













Wrap up a room with one great low-cost fabric for maximum impact on a minimum budget. The result will be a total look that needs little else in the way of furnishings and accessories. We fabric-furnished a bedroom two ways: in the yellow floral (left and also on our cover) and in the crisp stripe (next page), to show what wonderful and different effects you can achieve. All you'll need are miles of an easy-care fabric you love, your trusty Singer, some time and energy. To create either room, turn to "Sew-Easy Decorating," which begins on page 41

—Christine B. Roth

## FABRICS THAT FURNISH A ROOM

### DO A COZY ROOM.

Our floral print suggests a soft, feminine treatment, so everything is gathered and swagged: dust ruffle, pillow shams, balloon window shade, table-topper, even the lampshade covers. The fabric, also used on the walls, is a permanent-press cotton from Whittaker Textiles Retail. For accent, we added ribbon, flower prints by Walter Cleveland and "ever-blooming" forsythia.







**You can sew up a smashing room like this one — just let the fabric itself be your guide.**

#### DO A COOL ROOM.

Running stripes around a room opens it up, gives it a trim, tailored feeling. And there's fun in all the variations stripes suggest: You can make squares and triangles or simply take off in straight lines. Our sharp-as-a-knife-edge pillows were mitered (like the bedspread), set off with white duck or just patched together. Fabric is a medium-weight cotton, Waverly Fabrics' "Ticking Stripe." Window shades were done with a Lam-Eze kit (available at department stores); shade fabric was simply pressed on by hand. Graphic is by Ivan Chermayeff.





By Lawrence V. Power

## SEE HOW YOUR GARDEN GROWS

The indoor plant boom is on, and accessories proliferate at a rate that puts crabgrass to shame. We've chosen see-through containers with a clear view toward adding contemporary style to the time-honored practice of taming nature. Some even come fully equipped and ready for planting. One source for each is listed, but all are sold nationally.





**1**  
Lucite cube (\$4) and raised version (\$5), Bloomingdale's, N.Y.C.

**2**  
Glass bowl on Lucite stand (\$5), Bloomingdale's, N.Y.C.

**3**  
Herb-garden terrarium with seeds, growing materials,

eight clear pots (\$15), Bloomingdale's, N.Y.C.

**4**  
Mushroom-shaped glass terrarium (\$8), Bloomingdale's, N.Y.C.

**5**  
Hexagonal Lucite flower-

pot and dish, also available in 11 colors (\$8), B. Altman & Co., N.Y.C.

**6**  
Lucite box of geraniums, complete with soil and seeds (\$12.50), Bloomingdale's, N.Y.C.

**7**  
Three-in-one sectional clear-plastic planter (\$8.50), Bloomingdale's, N.Y.C.

**8**  
Windowsill herb garden, complete with growing materials, a

variety of seeds, five clear-plastic pots and stand (\$10), Bloomingdale's, N.Y.C.

**9**  
Clear-plastic gazebo terrarium with a lift-off top (\$10), B. Altman & Co., N.Y.C.



Simple geometry creates a whimsical ski house that emerges from its winter snugness to fuse with the verdant Vermont landscape for year-round living. Architect N. Herbert Staruch designed this house as an "adult toy," its workings all in view. Textured polyurethane foam doubles as insulation and interior wall surfaces; exposed piping was painted—and turned into a decorative element. Lighting is simple and direct. Herb built the house himself for only \$17,000. —Jane Levy

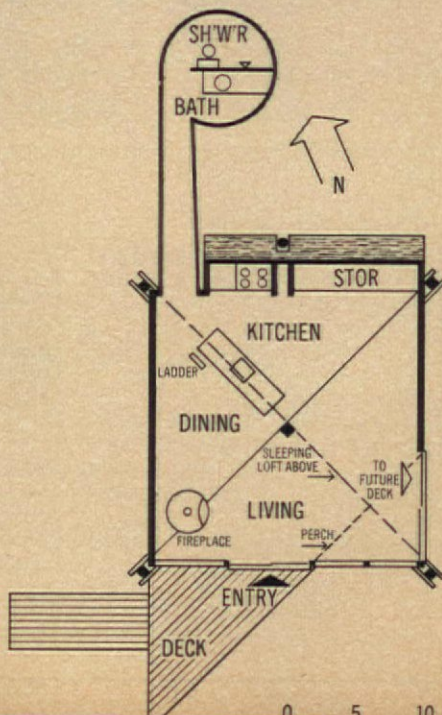
# ALL-YEAR SKI HOUSE



Compact efficiency is built into kitchen (left). Positioned above living area, it gives the impression of a separate room—yet remains open to activity in living and dining areas and on the deck.

Seasonal contrast in moods is dramatic: In summer (above) the house opens up to receive the outdoors; in winter (top, right) all that can be seen are floating planes of color amid snow-covered trees. Industrial aluminum siding was used for economy and for its low-maintenance qualities.

House's many levels (floor plan, right) are left open, suggesting separation of areas without real barriers. First level contains entry and living area. One step up are dining area, kitchen and tunnel-like hall to circular bath. Ladder leads to sleeping loft and to corner perch, another level up.



Herb and friend Mary Jo Rega, in living area (opposite, top), enjoy the tranquility of a Vermont afternoon. House's entire south side is glass, capitalizing on view of waterfall and pond at base of site. Block and tackle on column was used to lift timbers into place.

Triangular sleeping loft (opposite, left) covers kitchen and part of living area. Bathroom (opposite, center) is a galvanized corrugated-steel culvert, foam insulated. Plywood divider separates sink area from shower and toilet; skylight lets in sun. Deck (opposite, far right), an extension of living area, projects over pond. Herb plans another deck, off east side of living area.







Ben Swedowsky

**1** Remove imperfect outside leaves from cabbage. Wash cabbage. Cut off stem. Scoop out core and part of inside with large melon-ball cutter, keeping a 2-inch opening and leaving a 1- to 1½-inch-thick shell. Discard core. Chop scooped-out cabbage; reserve. Place shell in large saucepan or kettle. Cover with cold, salted water. Bring to boiling. Simmer 10 to 15 minutes. Rinse under cold water; drain. Cook minced onion until soft in 2 tablespoons butter or margarine in large skillet over medium heat. Add garlic. Cook 1 minute. Add chopped cabbage and ¾ cup tomato sauce. Cook 6 to 8 minutes, stirring occasionally. Remove the skillet from heat.

**2** Combine cabbage-tomato-sauce mixture, pork, bread crumbs, chopped parsley, thyme, salt and pepper in large bowl. Mix well. Stuff cabbage with meat mixture. Cover the opening with a small piece of aluminum foil.



COOKING LESSON NO. 62 By Jacques Jaffry

# STUFFED CABBAGE

This Old World





**3** Arrange 2 or 3 long pieces of clean, white string, crisscross fashion, on board. Place cabbage, top side down, on strings; make sure it is centered on them. Tie the strings securely around the head of cabbage.

**4** Melt remaining 2 tablespoons butter or margarine in Dutch oven or heavy saucepan just large enough to hold the cabbage. Add chopped onion, carrots, bay leaf and parsley stems. Cook 5 minutes, stirring frequently. Place cabbage, stem end down, over vegetables. Add remaining tomato sauce and undiluted chicken broth. Cover. Bring to boiling. Simmer 1 hour 15 minutes or until cabbage is tender. Lift cabbage with 2-tine fork onto warm serving plate. Remove strings and foil. Correct seasoning of sauce to taste. Strain. Spoon some sauce over and around cabbage. Serve the rest separately. Cut into wedges for serving. Makes 6 to 8 servings.



#### STUFFED CABBAGE

- 4- to 4½-pound head green cabbage
- 1 cup minced onion (1 large)
- ¼ cup butter or margarine
- 2 cloves of garlic, minced
- 2 cans (8 ounces each) tomato sauce
- ⅔ pound ground pork
- ½ cup soft bread crumbs
- ¼ cup chopped parsley, stems reserved
- ¼ teaspoon leaf thyme, crumbled
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 cup coarsely chopped onion (1 large)
- 1 cup diced, pared carrots
- 1 bay leaf
- 1 can (10¾ ounces) condensed chicken broth

favorite, done with a new technique, is a perfect, hearty winter's night meal.





By Lucy Wing

**GREAT** Brighten cold-weather meal planning with cheery, colorful  
**WINTERTIME** salads. Blend fresh and packaged foods to create main-  
**SALADS** and side-dish specialties so beautiful—and so  
nourishing—you won't miss the greens of  
summer. Here's a quartet to inspire you. Their recipes and  
others, all with helpful nutrition ratings, begin on page 72.





Clockwise from top: Spinach gets a subtle Oriental touch with sesame seeds, mushrooms and water chestnuts; carrots and parsnips combine refreshingly on romaine; chicken goes Mexican — with cheese, beans, chili peppers and avocado — on tortillas; orange-flavored rice adds zest to cold lamb cubes.



# WINNING WAYS WITH CANNED FISH

By Frances M. Crawford

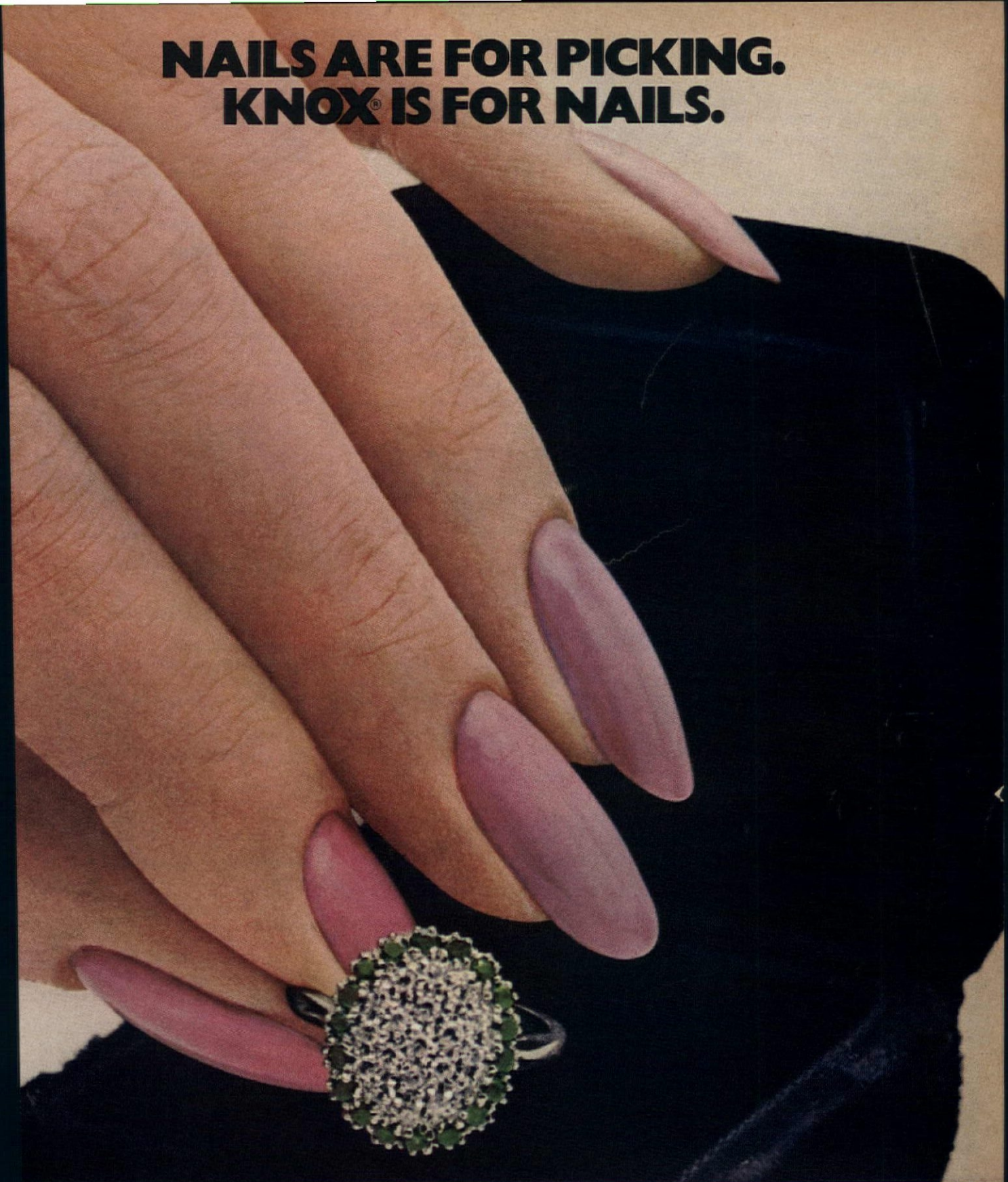
There's more in cans of tuna and salmon than just salad or sandwich makings. With little effort and no strain on the budget, you can turn them into imaginative main dishes. Our recipe ideas, all nutrition-rated, begin on page 74.



Clockwise from top: Tuna Florentine — flaked tuna on a bed of spinach, topped with cheese; Tuna Fritters, crisp and golden; Salmon au Gratin served in shells; spicy Salmon Creole with noodles.



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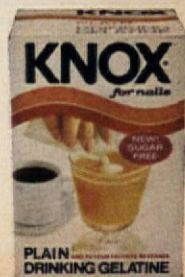
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## RECIPES NOW NUTRITION-RATED

A new feature to help you in your meal planning: At the beginning of each of our recipes we will now list the number of servings *plus* the calorie (cal.), protein (P.), fat (F.) and carbohydrate (C.) content one serving provides. The recipe will also be designated a vitamin source if one serving supplies 20 percent or more of the recommended daily allowance (RDA).

The RDA's for nutrients have been established for different age groups. An average adult, for example, should eat about 60 grams of protein, 60 grams of fat and 200 grams of carbohydrate. In our calculations, we have used information from the U. S. Department of Agriculture and from leading food manufacturers. Where there are brand-to-brand variations in packaged foods, we have averaged them out. There will also be seasonal differences in fresh foods, so the figures used represent the mean.

### GREAT WINTERTIME SALADS continued from page 68

#### SESAME-SPINACH SALAD (pictured on page 69)

Makes 8 servings.  
Each serving: 133 cal.; 3 gms. P.; 10 gms. F.; 9 gms. C. Source of vitamins A and C.

- 2 tablespoons sesame seed\*
- 1/3 cup pure vegetable oil
- 1/4 cup lemon juice
- 2 tablespoons soy sauce
- 1 teaspoon salt
- 1/8 teaspoon hot-pepper sauce
- 1/2 pound mushrooms, thinly sliced
- 1 can (6 to 8 1/2 ounces) water chestnuts, drained and sliced
- 1 package (10 ounces) fresh spinach

Heat sesame seeds in large saucepan over medium heat until toasted. Remove from heat. Add oil, lemon juice, soy sauce, salt and hot-pepper sauce. Stir in mushrooms and water chestnuts. Cover; chill. Rinse spinach leaves; drain well. Discard any tough stems or bruised leaves. Tear spinach into bite-size pieces; place in salad bowl. Before serving, toss with mushroom mixture.

#### CARROT AND PARSNIP SALAD (pictured on page 69)

Makes 8 servings.  
Each serving: 68 cal. (about); 1 gm. P.; 0.3 gm. F.; 13 gms. C. Source of vitamins A and C.

- 1 pound fresh carrots, pared
- 1 pound fresh parsnips, pared
- 1 package (0.7 or 1.3 ounces) low-calorie Italian salad dressing mix
- Romaine leaves

Cook carrots and parsnips in separate saucepans in boiling salted water until tender. Drain. Cut into thin diagonal slices. Place in separate bowls.

Prepare salad dressing according to package directions. Add half to each vegetable. Toss gently. Cover. Chill. Before serving, line plate with romaine leaves. Spoon in vegetables.

#### CHICKEN TOPOPOS (pictured on page 69)

Makes 6 main-dish servings.  
Each serving: 607 cal.; 25 gms. P.; 35 gms. F.; 29 gms. C. Source of vitamins A, niacin and C.

- 6 fresh, canned or frozen corn tortillas\*
- Pure vegetable oil
- 1 can (1 pound) pinto or refried beans
- 2 tablespoons pure vegetable oil
- 1 cup shredded longhorn or mild Cheddar cheese (1/4 pound)
- 1/4 cup pure vegetable oil
- 2 tablespoons cider vinegar
- 2 tablespoons diced, canned green chili peppers
- 1 teaspoon salt
- 1 small head iceberg lettuce, finely shredded (5 to 6 cups)
- 2 cups cold, diced cooked chicken or 3 cans (5 ounces each) boned chicken, drained and diced
- 1 small avocado

Thaw tortillas, if frozen. Heat 1/4 inch oil in small skillet until very hot. Fry tortillas, 1 at a time, 1 minute on each side or until crisp. Drain on paper towels. Drain pinto beans, reserving liquid. Mash beans in bowl. Add liquid gradually until mixture is consistency of mashed potatoes. If using refried beans, omit draining and mashing. Heat 2 tablespoons oil in saucepan. Add mashed pinto or refried beans. Cook until hot, stirring occasionally. Set aside 2 tablespoons cheese for garnish; stir remainder into beans. Keep warm.

Combine 1/4 cup oil, vinegar, chili peppers and salt in large bowl. Add lettuce. Toss. Spread each tortilla with beans. Add layer of diced chicken. Top with a mound of lettuce salad. Peel, pit and slice avocado; arrange over lettuce. Sprinkle with reserved shredded cheese.

\*Or use packaged crisp, flat tostada shells and omit frying.

#### ORANGE RICE AND LAMB SALAD (pictured on page 68)

Makes 8 main-dish servings.  
Each serving: Salad—396 cal.; 25 gms. P.; 9 gms. F.; 53 gms. C. Source of vitamin C. Dressing made with mayonnaise—202 cal.; 22 gms. F.; 0.6 gm. C. Made with salad dressing—132 cal.; 21 gms. F.; 5 gms. C.

- 1 can (10 3/4 ounces) condensed chicken broth
- 2 cups orange juice
- 3/4 cup water
- 2 cups regular long-grain rice
- 1/2 cup golden raisins
- 2 teaspoons salt
- 2 tablespoons pure vegetable oil
- 4 cups cut-up cold, roasted leg of lamb

#### Orange Mayonnaise (recipe follows)

Bring undiluted broth, orange juice and water to boiling in large sauce-

pan. Add rice, raisins and salt. Cover. Cook over low heat 20 minutes or until rice is tender and all liquid is absorbed, stirring occasionally. Turn rice into large bowl. Add oil. Toss with fork. Chill just until cool. Spoon into lightly oiled 2-quart ring mold, pressing lightly. Unmold onto platter. Place some lamb in center of ring. Top with some Orange Mayonnaise. Garnish with mint, if desired. Serve remaining lamb and mayonnaise separately.

#### ORANGE MAYONNAISE

- 1 cup mayonnaise or salad dressing
  - 1 teaspoon grated orange peel
  - 3 tablespoons orange juice
  - 1/4 teaspoon salt
  - 1/8 teaspoon rosemary leaves, crushed
- Combine all ingredients in bowl. Cover; chill. Makes about 1 cup.

#### GREEN AND GOLD SALAD

Makes 6 servings.  
Each serving: 170 cal.; 3.4 gms. P.; 1 gm. F.; 16.5 gms. C. Source of vitamins A and C.

- 1 can (1 pound) cut green beans, drained
- 1 can (1 pound) cut wax beans, drained
- 1 cup sliced celery
- 1/2 cup bottled creamy onion dressing
- 1 teaspoon dill weed
- 1/2 cup packaged croutons

Combine green and wax beans, celery, dressing and dill in bowl. Cover. Chill. Before serving, spoon into salad bowl. Sprinkle with croutons.

#### SCANDINAVIAN SALAD

Makes 6 main-dish servings.  
Each serving: 627 cal.; 31 gms. P.; 44 gms. F.; 28 gms. C. Source of vitamins A and C.

- 1 pound dried salted codfish fillets
- 1 cup olive oil
- 1/3 cup white wine vinegar
- 1 teaspoon salt
- Dash of pepper
- 2 cans (1 pound each) whole potatoes, drained and sliced
- 2 cans (1 pound each) julienne beets, drained
- 1 large red onion, thinly sliced
- 6 hard-cooked eggs, quartered

Soak codfish in water at least 12 hours, changing water several times. Drain. Place fish in large skillet. Pour in enough hot water to almost cover fish. Bring to boiling. Reduce heat to low. Simmer 5 minutes or until fish flakes easily when tested with a fork. Drain well. Flake.

For dressing, combine oil, vinegar, salt and pepper in screw-top jar. Place fish, potatoes, beets and onion in separate bowls. Add 1/4 cup dressing to each. Cover; chill. Before serving, layer beets, fish, onion and potatoes in large glass bowl. Arrange eggs on top. Spoon remaining dressing over eggs.

continued



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**HOT-POTATO KNACKWURST SALAD**

Makes 6 main-dish servings.  
Each serving: 578 cal.; 23 gms. P.; 41.5 gms. F.; 29 gms. C. Source of vitamin C.

- 1½ pounds all-purpose potatoes
- 6 slices bacon
- 1 large onion, thinly sliced
- 6 knackwursts (1½ pounds)
- ½ cup water
- 1 beef bouillon cube
- 1/3 cup cider vinegar
- 2 tablespoons sugar
- 2 teaspoons salt

Cook potatoes in boiling salted water until just tender. Drain. Peel. Slice thinly into heatproof bowl. Keep warm in oven. Cook bacon in skillet until crisp. Drain on paper towels. Crumble. Set aside. Add onion to fat left in skillet. Cook 1 minute. Add knackwursts, water and bouillon cube. Bring to boiling, stirring until cube dissolves. Cover. Cook over low heat 5 minutes or until knackwursts are heated. Add vinegar, sugar and salt. Lift knackwursts from skillet onto platter. Pour onion liquid over potatoes. Toss gently. Spoon onto platter. Sprinkle with crumbled bacon.

**FIESTA SALAD BOWL**

Makes 10 servings.  
Each serving: 274 cal.; 10 gms. P.; 14 gms. F.; 30 gms. C. Source of vitamin C.

- ½ cup pure vegetable oil
- ¼ cup cider vinegar
- 1 tablespoon sugar
- 2 tablespoons minced canned anchovies
- 1 tablespoon Dijon-style mustard
- 2 teaspoons salt
- ⅛ teaspoon pepper
- 2 cans (1 pound 4 ounces each) chick-peas or garbanzo beans, drained, or 1 pound dried chick-peas, cooked and drained
- 1 jar or can (4 ounces) pimentos, drained and cut into thin slivers
- 1 green pepper, seeded and cut into slivers

Combine all ingredients in large bowl. Cover. Chill.

**CANNED FISH**

continued from page 70

**SALMON AU GRATIN**  
(pictured on page 70)

Makes 6 servings.  
Each serving made with mayonnaise—420 cal.; 17 gms. P.; 34 gms. F.; 10 gms. C. Made with salad dressing—327 cal.; 17 gms. P.; 21 gms. F.; 15 gms. C. Both are sources of niacin.

- 1 cup mayonnaise or salad dressing
- 3 tablespoons chili sauce
- 1 tablespoon lemon juice
- ¼ cup minced onion (1 small)
- ½ cup finely diced celery
- 1 can (1 pound) salmon, drained, boned and coarsely flaked
- ½ cup packaged bread crumbs

Combine mayonnaise or salad dressing, chili sauce, lemon juice, onion and celery. Mix well. Divide salmon among six ramekins, or arrange in shallow baking dish. Spread sauce over salmon. Sprinkle with bread crumbs. Place under broiler 5 minutes or until sauce is bubbly.

**TUNA CURRY**

Makes 4 servings.  
Each serving: 622 cal.; 37 gms. P.; 30 gms. F.; 51 gms. C. Source of thiamine and niacin.

- 3 tablespoons butter or margarine
- 1 large onion, minced, or 1 cup frozen chopped onion
- 1 medium-size apple, cored, pared and finely diced
- 1 tablespoon curry powder
- 2 tablespoons flour
- 1 cup light cream
- 1 can (10¾ ounces) condensed chicken broth
- ½ teaspoon salt
- 2 cans (6½ to 7 ounces each) tuna, drained and flaked
- Hot, cooked rice

Heat butter or margarine in skillet over medium heat. Sauté onion and apple until soft. Sprinkle with curry powder and flour. Cook 2 minutes, stirring gently. Add cream, undiluted chicken broth and salt. Bring to boiling. Simmer 5 minutes. Add tuna. Heat through. Correct seasoning to taste. Serve with rice.

**TUNA FLORENTINE**

(pictured on page 70)

Makes 4 servings.  
Each serving: 389 cal.; 37 gms. P.; 23 gms. F.; 10 gms. C. Source of vitamins A, thiamine, riboflavin, niacin and C.

- 1 package (10 ounces) fresh, washed spinach or 2 packages (about 9 ounces each) frozen spinach
- 1 tablespoon butter or margarine
- 2 tablespoons flour
- 1 cup milk
- Dash of cayenne or white pepper
- 6 tablespoons grated Parmesan cheese
- 2 cans (6½ to 7 ounces each) tuna, drained and flaked
- 2 tablespoons melted butter or margarine

Cook spinach. Drain well. Arrange spinach in ring around edge of shallow baking pan. Keep warm. Melt 1 tablespoon butter or margarine in small saucepan. Stir in flour. Cook 1 minute over low heat, stirring constantly. Add milk and pepper. Stir rapidly with wooden spoon, or beat vigorously with wire whisk. Cook over medium heat, stirring constantly, until sauce bubbles. Cook 1 minute longer. Add 4 tablespoons cheese. Stir until cheese melts. Arrange tuna in center of spinach ring. Pour sauce over tuna. Sprinkle with remaining cheese. Drizzle with melted butter or margarine. Broil until brown and bubbly. Garnish with lemon slices or serve with lemon wedges, if desired.

**TUNA CHOWDER**

Makes 8 servings.  
Each serving: 463 cal.; 20 gms. P.; 36 gms. F.; 16 gms. C. Source of niacin and vitamin C.

- ½ pound salt pork, diced
- 2 cups diced onion (2 large)
- 1 cup diced celery
- 1 green pepper, seeded and diced
- 3 cups diced, pared potatoes (3 medium)
- 1 bay leaf
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 3 cups water
- 1 cup light cream
- 2 cups milk
- 2 cans (6½ to 7 ounces each) tuna, drained and flaked

Cook salt pork in heavy saucepan over medium heat until crisp and brown. Remove; reserve. Pour off all but 2 tablespoons of fat from pan. Add onion, celery and green pepper to pan. Cook until soft, stirring frequently. Add potatoes, bay leaf, salt, pepper and water. Cover. Bring to boiling. Simmer 15 minutes or until potatoes are tender. Add cream, milk, pork bits and tuna. Heat through. Remove and discard bayleaf.

**SALMON CREOLE**

(pictured on page 70)

Makes 4 servings.  
Each serving: 468 cal.; 33 gms. P.; 16 gms. F.; 49 gms. C. Source of vitamins A, thiamine, riboflavin, niacin and C.

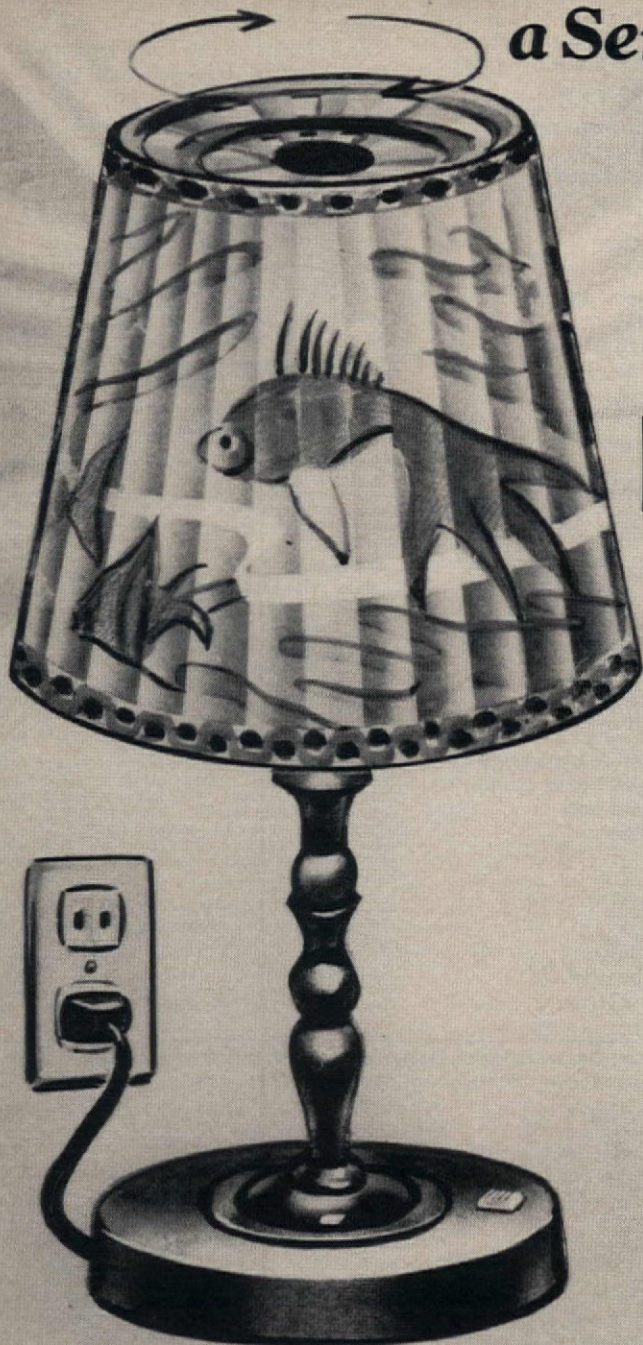
- 2 tablespoons butter or margarine
- 1 cup finely sliced onion (1 large)
- 1 green pepper, seeded and cut in thin strips
- 1 clove of garlic, minced
- 1 can (1 pound 12 ounces) tomatoes, coarsely chopped
- 1 bay leaf
- 2 tablespoons chopped parsley
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 can (1 pound) salmon, drained, boned and flaked
- Hot, cooked noodles

Melt butter or margarine in large skillet over medium heat. Add onion and green pepper. Cook, stirring frequently, until vegetables are tender. Add garlic. Cook 1 minute. Add tomatoes, bay leaf, parsley, salt and pepper. Cover. Bring to boiling. Simmer 10 minutes. Add salmon. Heat through. Discard bay leaf. Serve with noodles.





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**TUNA BURGERS**

Makes 6 servings.  
Each serving made with mayonnaise—308 cal.; 20.5 gms. P.; 23 gms. F.; 16 gms. C. Made with salad dressing—262 cal.; 20.5 gms. P.; 16 gms. F.; 5 gms. C. Both are sources of niacin.

1 egg, beaten  
1/2 cup mayonnaise or salad dressing  
1 tablespoon lemon juice  
2 tablespoons minced onion  
Dash of pepper  
2 tablespoons flour  
2 cans (6 1/2 to 7 ounces each) tuna, drained and flaked  
Fat or pure vegetable oil  
Toasted buns

Combine egg, mayonnaise or salad dressing, lemon juice, onion and pepper. Mix well. Stir in flour and tuna. Drop tuna mixture by large spoonfuls into small amount of fat or oil at medium temperature in large skillet. Flatten tuna mixture with back of spoon to form a patty. Brown on both sides. Serve on toasted buns.

**POTATO SALMON PUFF**

Makes 4 servings.  
Each serving: 316 cal.; 30 gms. P.; 14 gms. F.; 15 gms. C. Source of niacin and vitamin C.

Instant mashed potatoes (4 servings)  
3 egg yolks, beaten  
2 tablespoons minced parsley  
1 can (1 pound) salmon, drained, boned and flaked  
2 tablespoons minced onion  
1 tablespoon lemon juice  
1/2 teaspoon salt  
1/8 teaspoon pepper  
3 egg whites, stiffly beaten

Heat oven to 350°. Prepare potatoes according to package directions. Stir in egg yolks, parsley, salmon, onion, lemon juice, salt and pepper. Blend well. Fold in egg whites gently. Turn mixture into lightly buttered 2-quart casserole. Bake about 45 minutes or until puffy and golden brown.

**TUNA FRITTERS**

(pictured on page 70)

Makes 4 servings.  
Each serving: 310 cal.; 20.95 gms. P.; 14 gms. F.; 23 gms. C. Source of niacin.

1 cup sifted all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
2 eggs  
1/4 cup milk  
1 can (6 1/2 to 7 ounces) tuna, drained and flaked

Shortening or pure vegetable oil for frying

Sift flour, baking powder and salt into mixing bowl. Beat eggs well. Beat in milk. Combine liquid ingredients with dry ingredients. Stir until all flour is moistened. Stir in tuna. Drop by tablespoons into hot fat (375°). Fry until golden on all sides. Drain on paper towels.

**TUNA STROGANOFF**

Makes 4 servings.  
Each serving: 547 cal.; 34 gms. P.; 41 gms. F.; 10.5 gms. C. Source of vitamins A, niacin, riboflavin and C.

3 tablespoons butter or margarine  
1 cup sliced onion (1 large)  
1/2 pound mushrooms, sliced  
2 tablespoons lemon juice  
1 teaspoon salt  
1 cup dairy sour cream  
1 cup light cream  
2 cans (6 1/2 to 7 ounces each) tuna, drained and flaked  
2 tablespoons chopped parsley

Melt butter or margarine in large skillet over medium heat. Add onion. Cook 2 to 3 minutes, stirring occasionally. Add mushrooms, lemon juice and salt. Cook until mushrooms are tender, stirring frequently. Stir in sour cream and light cream. Bring to boiling. Add tuna. Heat through. Turn into serving dish. Sprinkle with parsley.

**SALMON SOUFFLE**

Makes 4 servings.  
Each serving: 365 cal.; 18 gms. P.; 29 gms. F.; 9 gms. C. Source of vitamins A, riboflavin and niacin.

4 tablespoons butter or margarine  
1 tablespoon packaged bread crumbs  
1 can (7 1/2 ounces) salmon  
1/4 cup all-purpose flour  
3/4 cup light cream  
1/2 teaspoon salt  
1/8 teaspoon pepper  
4 egg yolks  
1 tablespoon lemon juice  
4 egg whites, stiffly beaten

Heat oven to 375°. Grease 1 1/2-quart

soufflé dish with 1 tablespoon butter or margarine; sprinkle with crumbs. Drain, bone and chop salmon finely; reserve liquid. Melt 3 tablespoons butter or margarine in saucepan over medium heat. Add flour; cook 1 minute, stirring constantly. Add cream, salmon liquid and seasonings. Cook, stirring constantly, until thick and smooth. Remove from heat. Beat in egg yolks, one at a time. Stir in salmon and lemon juice. Stir in about 1/2 cup egg whites; fold in remainder. Turn into prepared dish. Bake 35 to 40 minutes or until puffed and golden.

**SHOPPING INFORMATION**

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

**LIVING WITH STYLE**

Page 57, bottom: Embroidered Iraqi rug, Marimekko pillows, FB Designs, Boulder, Colo.

**FABRICS THAT FURNISH A ROOM**

Pages 58-59, *All sources N.Y.C.*: Fabric, Marcus Brothers, Whitaker Textiles Retail; ribbons, Hyman Hender & Sons; mattress, box spring, Simmons Co.; multimedia graphics, J. Pocker & Son; wicker rocking chair, artificial-flowered branches, The Gazebo; brass pin-up lamps, Koch & Lowy, Inc.

Pages 60-61: Shades, Joanna Western Mills Co., Chicago, Ill.; wall lamps, Luxo Lamp Corp., Port Chester, N.Y. *All sources N.Y.C.*: Fabric, Waverly Fabrics; white plastic Combo Units, Beylerian, Ltd.; wicker basket, The Gazebo; Gerz pottery, Seth Thomas "Minicube" alarm clock, Design Research, Inc.; lithograph, Pace Editions, Inc.

**ALL-YEAR SKI HOUSE**

Page 64, center, right: Jean Arp silk-screen poster, Poster Originals, Ltd., N.Y.C.

Page 65, top: Small throw pillow on seat, Nettle Creek Industries, N.Y.C. Bottom, left: Jack Youngerman silk-screen poster, Poster Originals, Ltd., N.Y.C.

**STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION**

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9. For optional completion by the publishers mailing at the regular rates (Section 132.121, Postal Service Manual): 39 U.S.C. 3626 provides in pertinent part: "No person who would have been entitled to mail matter under former section 4359 of this title shall mail such matter at the rates provided under this subsection unless he files annually with the Postal Service a written request for permission to mail matter at such rates." In accordance with the provisions of this statute, I hereby request permission to mail the publication named in Item 1 at the reduced postal rates presently authorized by 39 U.S.C. 3626. W. Page Thompson, Publisher.

	Average No. Copies Each Issue During Preceding 12 Months*	Actual No. Copies of Single Issue Published Nearest to Filing Date**
11. Extent and Nature of Circulation		
A. Total No. Copies Printed (Net Press Run)	4,947,916	3,919,299
B. Paid Circulation		
1. Sales Through Dealers and Carriers, Street Vendors and Counter Sales	266,590	296,000
2. Mail Subscriptions	3,136,201	3,131,411
C. Total Paid Circulation	3,402,791	3,427,411
D. Free Distribution by Mail, Carrier or other means		
1. Samples, Complimentary and Other Free Copies	440,429	223,768
2. Copies Distributed to News Agents, but not sold	203,787	189,529
E. Total Distribution (Sum of C and D)	4,047,007	3,840,708
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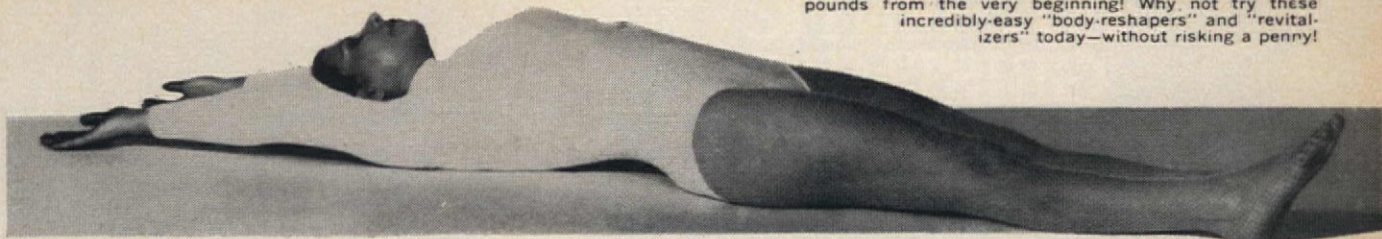
\*\*June 1973

I certify that the statements made by me above are correct and complete. W. Page Thompson, Publisher.



This lovely lady—Rachel Carr, author of "Yoga For All Ages"—IS REPLACING DEADLY TENSION WITH SOARING NEW STRENGTH AND ENERGY! Yet, to an outside observer, it looks as though she is doing nothing at all! This is the great marvel of Healing Yoga—

that it produces such phenomenal returns in beauty, strength, appearance and vitality for such a tiny investment in time or energy! No wonder it can be enjoyed by 80-year-olds, or arthritics, as well as robust teen-agers! No wonder its simple postures (like this one) seem to "smooth away" both years and pounds from the very beginning! Why not try these incredibly-easy "body-resapers" and "revitalizers" today—without risking a penny!



IS THIS THE

# World's Easiest Yoga?

So incredibly easy that anyone can master it! And yet so powerful that it may cut years off your appearance... recharge your body with youthful energy... turn back on sleeping "Health Glands" inside your body! And do it all—in just a few glowing minutes each day!

## Call It, If You Will, "Healing Yoga!" Made Up OF SIMPLE HEALING POSTURES THAT REDIRECT THE ENERGY FLOW WITHIN YOUR BODY To Help You To:

1) Gently stretch "weak muscles" strong again! So that they gain new strength, new power, new slimming control—not by agonizing effort—but by the super-nourishing blood-flow that these stretches pour into those muscles!

2) Flood with the same super-nourishment the tragically-neglected upperbody tissues of your face, neck and hair—and thus retard the drying and collapsing process that is aging your appearance faster and faster every year!

3) Revitalizes dormant "Youth Glands" inside your body! Put gentle, soothing pressure on them for a few blissful moments each day, so they automatically burn more of the food-fuel you put into your body! So you use the fat stored on your waist, hips and thighs as a brand-new supply of energy, to ward off fatigue and sluggishness at the same exact time that you look slimmer and feel younger than you have in years!

And—perhaps most important of all—  
4) Attack directly—with Nature's own health powers—unnecessary sicknesses and breakdowns that may be torturing you today! So that you feel for yourself the effect of these simple postures on such agonizing cripples as arthritis... rheumatism... respiratory illnesses... high blood pressure... back troubles... insomnia... shattered nerves... and a dozen more!

Such startling relief, in fact—so quickly—that the author must share it with you, in these joy-filled words:

"At first I found the sudden intake of oxygen a little startling. I experienced a surge of vitality as though I had opened the window for a breath of fresh air; yet the quieting effect it had in my mind was hypnotic... My step took on bounce, and a wonderful sensation of well-being stayed with me. The pain in my joints and back, which had plagued me for years, subsided. With relief I discarded the traction device I had used nightly..."

## And All These Benefits Come From Simple Postures That May Seem, At First, Too Easy For You! In Fact, You May Actually Laugh At Them—UNTIL YOU FEEL THE SURGE OF NEW ENERGY COURSE THROUGH YOUR BODY!

Once again, this new, simplified, streamlined Yoga works on the proven scientific principle that you cannot force... you cannot strain... you cannot torture your body into releasing again the buried reserves of strength and vitality that are now trapped within it!

For example, you know perfectly well how exhausted you feel after ordinary strenuous exercises... how they become progressively more and more difficult to practice... how your body finally forces you to give them up, and sink right back again into ever-increasing flabbiness, sagging facial and body tissues, an ever-growing sense of feeling "old and beaten" by life!

But—right now—do you have the energy to simply lie on the floor, and breathe in and out five times in a brand-new way? It takes only minutes to learn the method! You may chuckle at first!

Until you feel the surge of super-charged oxygen revitalizing every tired tissue of your body!

And then, do you have the energy to simply raise your arms over your head—in the special way we show you while you are lying on the floor—and stretch your body gently and luxuriously from head to toe! And feel so much trapped tension drain out of that body that you may actually want to dance around the floor in sheer delighted joy!

Yes, and do you have the energy to play a simple trick on those flabby stomach muscles, that sucks them gently in close to your spine for a few strength-producing seconds... and that can make you look inches thinner in just a few blissful days!

And would you like to tighten up the vital muscles in your face, chin and neck—at the same exact time you flood them with fresh nourishing blood—all with one or two simple stretching exercises! Or start slimming over-heavy calves and thighs... tone up sagging breasts and hips... the hanging flesh on the undersides of your arms—all with the same easy gentle stretching movements!

## Once Again, They Produce Results That You Can Gain In No Other Way! For Example:

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How to re-distribute weight the Yoga way! How you can look like a young person if you have an old person's bulges distorting your figure. Yoga works on those bulges to painlessly redistribute that weight over your entire body... and help eliminate ugly bulges that have plagued you for years!

## Yoga Revitalizers For Your Face, Your Hair, Your Spine, Your Teeth!

How to flood your face with blood at least once a day—the effortless way—and not only use the power of gravity to help build up instead of tear down the delicate facial tissues that are now collapsing into lines and wrinkles, but also: stimulate mental processes... irrigate the gums and roots of your teeth to help increase their strength and longevity... and flood your scalp and hair follicles with the same rich nourishing blood!

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What Yoga can do for you to improve varicose

## ABOUT THE AUTHOR

The crippling pain of arthritis sent Rachel Carr to the study of yoga. Following the system of exercise she outlines in *Yoga for All Ages*, she managed to loosen her rigid spine and knee joints and to dispense with the traction equipment she had used at night to stretch her spinal column. From that beginning, she went on to study yoga in depth and to become one of America's most noted teachers of the subject!

veins, swollen ankles and feet!

How to restore elasticity to stiff joints—without pain—especially knees, ankles, shoulders, hips, wrists, and finger-joints!

Folds in the neck—they are not inevitable if you know this simple posture on page 30.

How to cleanse nasal passages... calm the mind... help relieve sinus and other headaches... reduce eye strain and fatigue... strengthen optic nerves and muscles—all in the same posture!

Health-Power postures that anyone, of any age, can do in a chair!

The great Yoga cure for over-strained nerves! Starts to work immediately, in minutes! May be worth a hundred trips to a psychologist! Its fantastic ability to induce sound sleep, even in confirmed insomniacs, may alone be worth the low price of this book!

## Prove It Yourself—Entirely At Our Risk!

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Look again at the untouched photograph of the author above. Realize again that, only a few years ago, this woman was in literal agony from the pains of arthritis... in such poor health that she could not sleep at night without traction!

Is it worth a few minutes of your time to learn the Path Back to youthfulness and health that she discovered! That now makes her feel young, strong, supple!

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# 7 Things You Should Know About Arteries, Cholesterol and High Blood Pressure

## How New Scientific Discoveries Fight These 3 Big Killers

### Can Diet Alone Clear Out Arteries?

FORT LAUDERDALE, FLORIDA (Special) —From this famous Gold Coast City comes important news. Exciting news of better health and longer life for men and women of all ages. Recent medical discoveries offer dramatic new help against today's three big killers: excessive cholesterol, clogged arteries, and high blood pressure. No longer need sufferers resign themselves to years of pain, uncertainty, and a shortened lifespan.

Thousands of doctors, dieticians, chemists, and scientists searched for years to unravel the mysteries of these ailments. Now at last they have the answers. Now they understand the dangers of wrong diets and excess cholesterol . . . of how they may clog arteries . . . hamper blood flow . . . bring on strokes or heart attacks.

They also found that Mother Nature equipped your arteries with a self-cleaning system . . . that Natural Forces wage relentless war against foreign matter, forcing it out of the body . . . that a *Wholesome Health Diet* can help arteries free themselves from excess cholesterol.

#### WHICH IS THE CORRECT DIET?

The *correct* diet doesn't mean you should cut out all fats or starve your body. Far from it! Dieticians know that certain foods containing cholesterol are *safe* and *healthful* — provided they are prepared the *right* way. *But beware!* These same foods can become downright dangerous when cooked the *saturated* way! This may cause cholesterol sludge



#### FOOD: BOON OR POISON?

Some foods may poison the system and shorten life. Other foods help restore good health and add happy years to life. Which is the right diet?

to form in your arteries. As a result, normal blood flow is blocked, opening the way to crippling disease — regardless of whether you're young or old!

#### SAFE HOME METHOD HELPS MEN AND WOMEN OF ALL AGES

Now there is a *safe* and *sensible* plan that you use at home—and it really works whether you're 25 or 75. This plan involves no drugs, fad foods, starvation diets, or any sacrifice. You can follow it at home—without a penny's extra cost. It brings the blessings of better health to every member of your family. Meantime, you eat meals that taste wonderful—at unbelievable low cost. And these meals are easy and quick to cook!

Someday everyone will follow these methods. Unfortunately, that day is still far off. *So why wait?* You can benefit from these methods *right now*, instead of years from now. All the vital facts have been published in a new handbook entitled: *ARTERIES, CHOLESTEROL AND BLOOD PRESSURE*. This *fearless* book dares to tell the *truth* about health and foods. It refuses ads for any food product, good or bad. It's beholden to no one. This book holds nothing back. It reveals which canned, frozen or prepackaged foods to reject . . . which ones to eat . . . the results of the right diet on your complexion and body. Don't confuse it with other books on arteries and cholesterol. This book is *new* and *different* — protected by U.S. Copyright.

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# 150 GIFTS AND MONEY SAVING COUPONS FROM BRAND NAME COMPANIES WORTH OVER \$135 YOURS FREE

One of the best ways to fight inflation is to take advantage of the hundreds of free offers and saving discount coupons from Name Brand advertisers.

But how do you find out about them? You'd have to spend close to 24 hours a day reading ads and visiting retail stores to discover and obtain all these magic money-saving coupons—every one a chance to make tremendous savings on many famous brands whose names you know. Now these fabulous offers—including the actual coupons you need to cash in on them—have been collected for you all in one convenient place—in a remarkable new "Inflation Fighting Kit" called Consumer Gazette. Send just one dollar to get 40 jam-packed pages of coupons, offers and valuable information (only 2 to a family please). When you open this value-packed publication you won't believe your eyes at the bargains it contains—free merchandise and huge discounts you can have simply by taking the coupons to your local retail store or by sending them to the manufacturer to have the merchandise delivered to your door by mail. There are free samples and discount coupon bargains for everybody—housewives, teen-agers, sports lovers, senior citizens, mothers with babies! (Why, just by taking advantage of one offer alone you can get a free pair of pantyhose, worth \$2.00 and save twice the price of your Consumer Gazette!) Here are a few of the exciting offers we've arranged for you to receive:

## DRUG STORE ITEMS

Aspirin—250 tablets free.  
Sugar substitute—free in purse carrying case.  
Vitamins—30 day supply free.

## GROCERY ITEMS

Famous Name Peanut Butter • Famous Name Garbage Bags • Famous Name Candy • Famous Name Bake or Fry Mix • Famous Name Salad Dressing.

## SPORTS EQUIPMENT

Golf Balls • Tennis Racquets • Baseballs • Basketballs • Fishing Lures • Flashlights

## HEALTH & BEAUTY PRODUCTS

Free Pantyhose • Hair Treatment & Conditioner • Famous Name Creme Rinse • Famous Name Protein Shampoo • Free Famous Name Balsam Conditioner • Free Famous Name Feminine Hygiene Products • Skin Cleanser • Complexion Soap • Baby Wipe Tissues • Famous Name Suntan Lotion • Perfume • Nail Polish • Lip Gloss • Eye Make Up Contact Lens Solution.

## LEISURE & TRAVEL

Motel Discount Coupons • Amusement Discount Coupons • Restaurant Discount Coupons • Free Atlas • Free Tour Guides • Free Photo Film • Free Stamps & Coins.

## FUN PRODUCTS

Free Miniature Posters • Free Stickums • Free Iron on Patches • Record Albums • Costume Jewelry • Free Computerized 1200-Word Horoscope. In addition, Consumer Gazette is cram full of valuable consumer guides, tips and articles that can save you pennies, dollars, even hundreds of dollars when you shop! You'll get the fearless Tax Free Returns on your money! Home Hazards That Kill Children! How to save money on Prescription Medicines! Home Freezers can ruin your goods! Investment Hedges that beat inflation! You may be killing your pet! A Butcher reveals dirty meat market tricks! How to save 80% on beauty products! Shrewd investments in Real Estate! The hazards of dieting! How to buy a new



car for just \$125.00, above dealers cost! Consumer Frauds that Rob you blind! Take up to 40% off your Travel Bills! Beat the high cost of heating your home! The Lies about Vitamins! Hurry—send your dollar now. We can only promise you full value for your money-saving Consumer Gazette if you act within 10 days, because many manufacturers make these sensational offers for a limited time. So come in or mail the coupon at once to avoid disappointment!

## Mail No Risk Coupon

American Consumer  
Dept. FG-11  
Caroline Road  
Philadelphia, Pennsylvania 19154

Here's my dollar plus 25¢ postage  
 Here's two dollars for two copies (you pay postage)

Please rush me The Consumer Gazette with the name brand free offers and discount coupons worth over \$135.  
(Absolute Limit: Two issues per family)

Name \_\_\_\_\_ Apt. \_\_\_\_\_  
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City \_\_\_\_\_ Add sales tax \_\_\_\_\_



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Grand Com Inc., Dept. AH 1  
324 5th Ave., NY 10001

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For women who prefer to keep silverware  
handy instead of hiding it on a closet  
shelf! Pad fits in buffet or sideboard  
drawer and keeps flatware nestled in dividers  
of soft Pacific Silvercloth. Silvercloth  
absorbs all the tarnish and folds over at  
the top, eliminating dust. Standard size,  
14 x 12 x 2 1/2", holds 108 pcs. Jumbo size,  
17 1/2 x 14 x 2 1/2", holds 120 pcs.

[Standard]... \$6.98 (Jumbo)... \$7.98  
Plus .95¢ Postage Each

HOLIDAY GIFTS

Dept. 601-B, Wheat Ridge, Colorado 80033



## REMOVE HAIR FOREVER

**PERMA TWEEZ** electrolysis—as seen in  
medical journals—safely and permanently  
removes all unwanted hair from face,  
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instrument with special U.S. patented safety  
feature that destroys the hair root perman-  
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\$16.95

### 14 DAY MONEY BACK GUARANTEE

- I enclose \$4.00 deposit and will pay  
balance COD plus extra COD postage.
- I enclose \$16.95 in full payment and  
save extra COD postage.

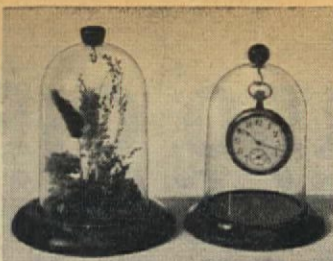
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Dept. A-46, 5701 W. Adams Blvd.  
Los Angeles, California 90016

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brassware, fine crystal, clothing, purses,  
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miniatures, candle molds, ideal gift  
selections. Address Dept. C 39

HERTER'S INC. SINCE 1893 WASECA, MINN. 56093



## For goodness sake

You'll want to display and protect  
precious mementoes in this Keep-  
sake Keeper! Ideal, too, for dried  
flowers—give a fairland look, or  
hang an heirloom watch, etc. from  
golden hook. 6" high. Stained wood  
base, knob; glass-clear plastic dome.  
\$2.50; 3, \$6.98. Add 50¢ hdg. The  
Country Gourmet, A1, 512 So. Ful-  
ton Ave., Mt. Vernon, NY 10550.

## Stitchery delight!

Grandmother's Sampler (shown), "if  
mother says no ask grandmother,"  
or Grandfather's Sampler, "if all else  
fails, ask grandpa," are marvelous  
to colorfully cross-stitch on stamped  
oyster linen. Each kit has all you  
need plus 8 1/2" x 15" wood frame.  
\$3.75 for each kit. Add 45¢ hdg.  
Victoria Gifts, 12A Water St., Bryn  
Mawr, PA 19010.

## Floral ruffled tiebacks

Windows fairly bloom with flowery,  
drip-dry curtains to brighten any  
outlook! Blue with green leaves, red  
with green, yellow with brown, or  
rust with brown on off-white back-  
ground. 70" wide. 45", 54", 63", 72"  
long, \$7 a pair. 81", 90", \$8.50. Val-  
ance, \$2.25. Add \$1.50 hdg. per  
order. Country Curtains, Dept. AH1,  
Stockbridge, MA 01262.

## A light switch to nature!

Nature-motif switchplates are color-  
fully charming, and turn wall needs  
from dingy-dull to 3-dimensional del-  
ights in Adco-wood. Sunflower, fish,  
butterfly, owl, mushrooms, or daisy.  
With screws. Single plate, 4 1/2" x 2 3/4",  
\$2.50 each. Double, 4 1/4" x 2 1/4",  
\$3.50. Gift catalog with order: oth-  
erwise, 25¢. Clymer's, Dept. AH-1,  
Chestnut St., Nashua, NH 03060.

## Genuine Delft thimble

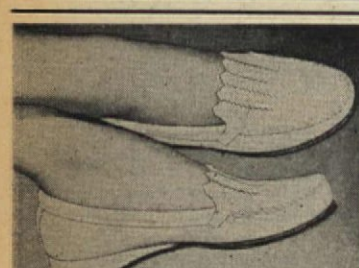
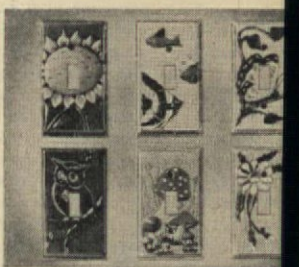
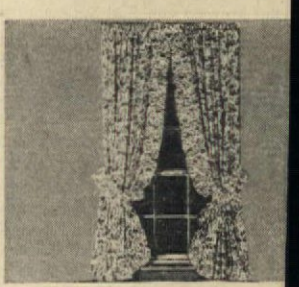
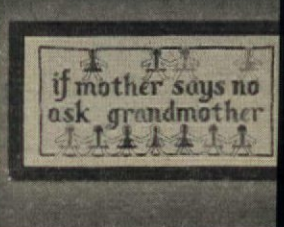
Here's a tiny treat for sewing or  
stitching ladies, or a Dutch treat  
for collectors! Adorable thimble  
scene is hand-painted in blue delft  
on pastel blue china and is signed.  
A delightful import from Holland.  
3/4". Sewing circle? Fine gifts!  
\$1.50; two for \$2.75. Add 25¢ for  
hdg. Ferry House, Dept. AH-1,  
Briarcliff Manor, NY 10510.

## Love us, please

You simply cannot help falling for  
these colorful animal prints that  
feature a *ferocious* tiger and lion,  
and the more bashful elephant and  
turtle. Each peeks out and fairly  
announces, "See how precious are  
we!" On 9x12" art paper. Ideal to  
frame or decoupage. Set of 4, \$1  
plus 35¢ hdg. Cadlyn's, Dept. AH-1,  
2077 New York Ave., Huntington  
Sta., N.Y. 11746.

LYNN HEADLEY—Editor

# AMERICAN HOME MARKET PLACE



## GLOVE LEATHER WEDGE

Instep-supporting wedge heel and  
sensible toe for maximum comfort.  
Butter-soft genuine leather. Black,  
Natural or White. Full & 1/2 sizes  
4-10M, 5-10N..... \$10.90  
Higher wedge heel..... \$13.00

Add 80¢ postage  
Satisf. Guar. \$5 deposit for COD

## OLD PUEBLO TRADERS

600-A1Z-S. Country Club, Tucson, Az. 85716



## BUILD THESE BEAUTIFUL CLOCKS

Now at big savings:  
Send just \$1 for plans  
& instructions to build  
choice of: (A) Grandfather (B) Sleepie  
(C) Grandmother plus information-  
packed catalog of movements, dials,  
gears and kits to build these & 16 other fine  
clocks. All 3 plans \$2.50. Catalog alone—25¢.

**MASON & SULLIVAN CO.**  
Dept. AM Osterville, Mass. 02655





#### Any anniversary plate

It doesn't have to be just the 1st, 25th, or 50th, any anniversary—4th, 77th, etc.—can be beautifully commemorated on this lovely 10" china plate. Mostly gold with a touch of black trimming on china white. A gift to cherish. Happy anniversary! Print first names, number of years, and dates desired. \$10. Bruce Bolland, Dept. AH-1, Boulder, CO 80302.



#### Hello there, people

"Don't you wish you could curl up in my Cozy Couch?" But your cat or small dog can enjoy its furry-soft goodness! 100% acrylic cover over urethane foam keeps pet warm in winter, yet cool in summer! Machine wash removable cover. Flea-resistant, too. Odorless. 22x16". \$9.98. Walter Drake, AH-51 Drake Bldg., Colorado Springs, CO 80940.



#### Rack 'em upside down!

Boot Rack keeps all-size boots and galoshes neatly in shape. Wet boots dry fast, too! Wood dowels (2 pairs 17½" high and 3 are 14½") have protective caps. 9x18". Easy to assemble. Ends closet clutter or hall hazard! \$3.98; 2 for \$7.50. Add 75¢ hdlg. Vernon, Dept. A11, 510 S. Fulton Ave., Mt. Vernon, NY 10550.

?

IF YOU WOULD LIKE TO FIND OUT HOW TO PLACE AN ADVERTISEMENT IN THE AMERICAN HOME MARKET PLACE, WRITE:  AMERICAN HOME MAGAZINE, DEPT. MP 641 LEXINGTON AVE., NEW YORK, N.Y. 10022

continued

## New E-LONGE Lotion for today's look of

# LONGER, THICKER HAIR— in just 5 to 7 days!

Do you know that your hair, like any other natural fiber, can be stretched... thickened... swelled in width and, most important, drawn and extended beyond its present length. Not just longer... but thicker too! The secret? Not a hormone... but a newly developed amino extract that penetrates the shaft and takes up where nature left off. Yes, E-LONGE expands the size of each individual hair. Gives more flex, more stretch for that longer, thicker, fuller appearance... those magnificent, full-flowing tresses. Works so fast you'll thrill to dramatic results in just 5 to 7 days. Looks like 3 months of growth... *in just one week's time!* Also, thicker, fuller body makes hair more manageable. And, of course, no split or broken ends. So, for today's younger look of longer, thicker hair—simply apply a few drops daily of new E-LONGE Creme. **Results guaranteed in ONE WEEK OR LESS!** Contains no grease... no alcohol... keeps



**Lengthens, thickens hair,  
conditions.**

hair looking natural. Perfectly safe for tinted, dyed or bleached hair. 3-Month supply, only \$2.98. So order today with complete confidence. Results and satisfaction guaranteed or money refunded immed. Use the handy No Risk Coupon below.

### NO RISK TRIAL OFFER

**BEAUTY ORIGINALS INC. Dept. 3H-AH  
50 Bond Street, Westbury, New York 11590**

Please rush me my 3 months supply of E-LONGE LOTION sold on your money back guarantee. I enclose \$2.98 plus 25¢ to cover postage and handling.

Cash  Check  Money order.

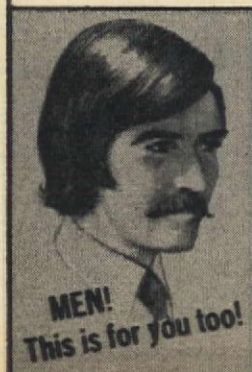
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**SAVE MORE:** Order 2 bottles of E-LONGE LOTION for only \$4.95 (plus 25¢ for postage and handling)—a savings of \$1.00.



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This is for you too!



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MIST SPRAYER!  
\$2.98**

With a complimentary copy of our new plant-care guide!

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#6414—\$2.98, 2 for \$5.75

Add 35¢ post. & hdlg.  
N.Y. res. add taxes

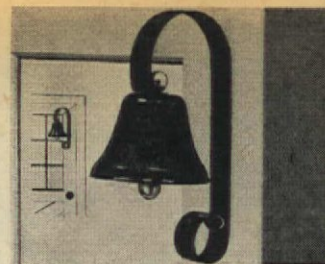
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Dept. A11, 510 S. Fulton Ave.  
Mt. Vernon, N.Y. 10550



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Fasten bell on door, as it's opened, scroll shakes and brass clapper rings to announce arrivals. Alarmingly discourages "the unwanted," but warmly welcomes friends. 6½ x 3½. Flat black. \$2.50 each. Early American catalog with order; otherwise, 25¢. Sturbridge Yankee Workshop, Dept. AH1, Brimfield Turnpike, Sturbridge, MA 01566.



**Stitchery catalog sensations**

A needlecraft nut? Who isn't! Then don't miss a stitch of this offer: creative stitchery, needlepoint, crewel embroidery and Bargello kits plus needlecraft accessories and supplies featured in full color catalogs. Over 300 projects from traditional to modern in each. Just 25¢ brings the next 3 catalogs. The Stitchery, AH1, Wellesley Hills, MA 02181.



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cont'd

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**Superb Flavor! Bears Abundantly!**

You already have a favorite variety of tomato? Fine! Plant HY-X alongside, then watch it steal the show! HY-X starts early, turns out tomatoes like a factory right up 'til frost. And such quality! Deep scarlet, globe-shaped fruit, full of firm yet tender meat, not just a gloppy mass of water and seeds. Scientists call HY-X "self-determining," which means these plants will never become sprawling giants. Stalks are so husky you needn't bother to stake 'em! HY-X grows well most anywhere, even in semi-arid regions where ordinary tomatoes die of thirst. Won't sun scald or crack. To make sure you'll try the remarkable HY-X here's a bargain you can't pass up . . . more than 100 seeds for only 10¢! Sure, we lose money doing this, but we win you as a new friend, so it's a good deal for both of us. Send us your dime today, won't you?

**BIG PACKET**  
for only  
**10¢**  
POST PAID  
(100 seeds or more)



Stalks so sturdy they bear their big load of fruit without staking!

**HENRY FIELD Seed & Nursery Co.**  
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Sure, I'd like to try the new HY-X!  
Here's my dime. Also send free your new Spring Catalog.

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## Kelly Bros. FREE Catalog

Shade trees, flowering trees, evergreens, shrubs, lilacs, roses, lilies, nut and dwarf fruit trees, berries, grapes, vegetable and flower seeds and more. Buy everything direct from grower and save.



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**KELLY BROS., 601 Maple St., Dansville, NY 14437**  
Send free, postpaid, big Kelly Spring Garden Guide & Nursery Catalog with special offers. (If west of Mississippi R., I enclose 50c)

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State..... ZIP.....

No catalogs to Wash., Ore., Calif., Arizona

**15  
SCOTCH  
PINE**  
for \$3. ppd.\*

Plant for windbreaks, boundary markers, Christmas trees. Quick growing, even on poor soil. 3-yr-old transplants. 3 to 6 in. tall. 15 for \$3. ppd.\*

Order Now! Shipped postpaid at planting time.

**FREE BROCHURE,**

Evergreen Selection Guide. Write.

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### NEW WILDFLOWER CATALOG

Write for our new spring catalog of Wildflowers, Ferns, Trees, Shrubs, Perennials and Herbs.

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and Everything  
for the Garden



Select from the widest variety of flower and vegetable seeds in the all new 1974 Burpee Garden Catalog. You'll find all your favorite flowers and vegetables as well as many rare and unusual plants.

**BURPEE'S 1974  
GARDEN CATALOG FREE**

Featuring all the newest flowers and vegetables for the best garden you have ever had! Make the new Burpee Garden Catalog your year-around guide for the finest in garden supplies.

**SEND FOR YOUR FREE CATALOG TODAY.**

**W. ATLEE BURPEE CO., 4914 Burpee Bldg.**  
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Send Me **FREE** Burpee Garden Catalog.

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## Leaf Magic

Grow fancy leaved Caladiums. Brilliant, decorative plants, easy to grow in sun or shade. 3 beautiful varieties described in Spring Hill's colorful new 1974 catalog. Over 2000 sizes of bulbs, fruit, evergreens, trees, shrubs and perennials. Rare varieties, novelties, new introductions plus old favorites. Our 125th year. Send for your free catalog now.



**FREE CATALOG**

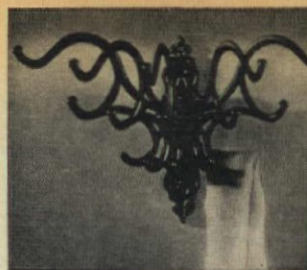
SPRING HILL NURSERIES, 1320 Elm St., Tipp City, Ohio 45371

## HYPONEX PLANT FOOD

Grows better plants, indoors or outdoors. Clean & soluble. 10 oz.—\$1.29. Makes 60 gals. Free catalog, HYPONEX, COPLEY, OH. 44321

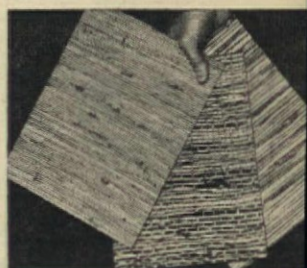
### Victorian clothes rack

Stunning cast-iron rack sparks a friendly, attractive touch to hallway, bathroom, kitchen, or bedroom. Reproduced from the colorful Victorian era, it has 5 large swing-away arms with 3 hooks on each for hats, coats, towels, etc. Extends 7½" from wall. 14" wide. \$3.98 plus 75¢ hdlg. Holiday Gifts, 601-C, Wheatridge, CO 80033.



### Grass cloth wallcoverings

Add new, decor-dimension to walls with handwoven grass cloth from finest textures to bold patterns in warm, earthy colors. Natural fibers and yarns. Also, burlap, cork, and heavy textured. All wholesale prices! Do-it-yourself instructions and tools available. Over 70 samples, 50¢. Shibui Wallcoverings, Dept. AH1, Box 1268, Santa Rosa, CA 95403.



### Tiny phone for big talk

We'll bet a dial tone that you'll adore the Mini-Folding Phone from tiny talk to chubby chatter! Just pick it up and it's on for instant use. Complete with standard cord and plug and ringing buzzer. In white or red with black trim. \$59.95. Add \$1.50 hdlg. Free catalog available. Grand Com, Dept. AH-1, 324 Fifth Ave., New York, NY 10001.



### Puzzled

Over what to give? It's a great idea to have a favorite photo blown up into a big black and white jigsaw puzzle! Send photo. If negative or slide, add \$1. Original returned with jigsaw. 8x10", \$3.99; 11x14", \$4.99; 12x18", \$5.99. Full color 8x10", \$6.99. Send order to Photo Poster, Dept. X517, 210 E. 23rd St., New York, NY 10010.



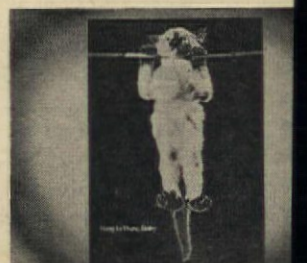
### Fancy footwork

"Gem" is a great foot flatterer. The "widow's peak" vamp design is accented with multi-colored stones entwined with bright metallic braid. 1" heel. Soft-grained leather in gold, black, silver, or white. Sizes 4-12, N, M, W. \$14.95 plus 75¢ hdlg. Sizes over 10, add \$1. Softwear Shoes, Dept. AH-1, 1711 Main, Houston, TX 77002.



### Pussycat poster

"Hang In There" is purr-fect for two-footed friends who may be having quite a climb on the challenging tree of life! Poster of irresistible pussycat is a great reminder that good things are scratched out ahead. On rich black background. 2x3 ft. \$2 plus 25¢ hdlg. Holiday Gifts, Dept. 601-D, Wheatridge, CO 80033.



## 20 MILLION TREES A YEAR!

**Free CATALOG**  
Evergreen and Hardwood Seedlings and Transplants, Landscape Ornamentals, Rooted Cuttings, Ground Covers, Container-Grown Plants plus many money-saving Special Offers. Includes wholesale prices for quantity purchases.

**MUSSER FORESTS Box 1A Indiana, Pa.**

## Giant DAHLIA

**FROM SEED IN 10 WEEKS!**  
World's most famous bloomer. Produces gorgeous blooms July to frost. Send 15¢ for big Pkt. or 2 Pkts. for 25¢ and Copy of Our Garden Catalog. **R. H. SHUMWAY SEEDS**  
Dept. 301 Rockford, ILL.



["I saw my wife touch her toes for the first time in years."\*]

# The doctor's diet that has helped thousands get relief from arthritic pain within weeks.

## The physician who healed himself

At the age of thirty-five, Dr. Collin Dong suffered excruciating arthritic pain. For three years he consulted specialists, but his condition became progressively worse. In desperation, he began experimenting with nutrition. Finally, through trial and error, he discovered a diet combination that eased his pain. He followed it faithfully and within a few weeks experienced a miraculous transformation. The stiffness and pain in his joints disappeared and he felt agile again. Thirty-one years later he remains completely free from arthritic pain.

## Dr. Dong tells why his diet works

"My dramatic recovery convinced me that victims of rheumatic disease are allergic to certain foods and specific additives. Since there is such a direct correlation between the chemical imbalances of food ingestion that contribute to heart disease, ulcers, etc., isn't it logical that arthritis can also be controlled by diet?"

"Just recently, after a thirty-year study, Prof. Nanna Svartz, head of the King Gustav V Research Institute in Stockholm, announced that the cause of rheumatoid arthritis has been identified as a germ found in milk. Milk is one of the prohibited foods in my diet.

"Arthritic patients lack the ability to produce immunoglobulins or antibodies to protect themselves against allergies that cause arthritis. My dietary regimen, combined with prudent medication, helps eliminate the allergens, and is therefore clinically effective in the treatment of arthritis. However, before anyone considers himself an arthritic, the disease should be diagnosed by a competent physician. Then, with the physician's aid and direction, I am sure the patient will benefit by changing his confused nutritional pattern to one that is logical and practical."

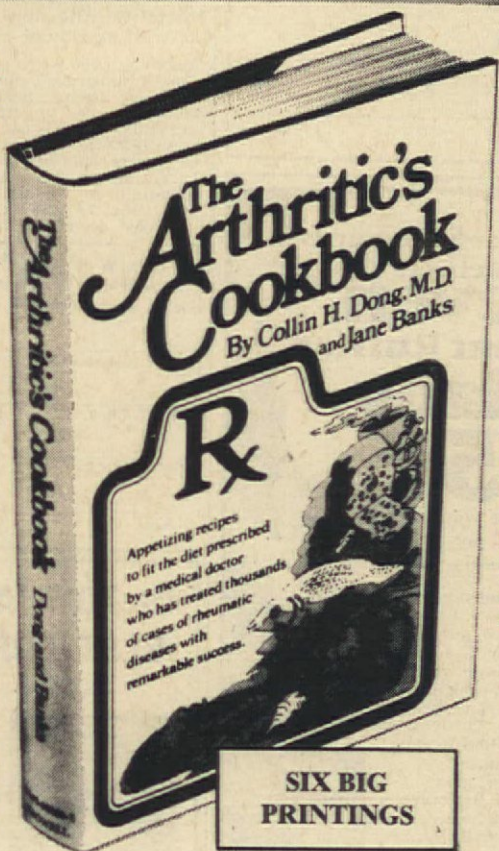
## Dr. Dong helped change their lives

● **Willie McCovey**, San Francisco Giant star hitter: "Dr. Dong put me on a special diet. I was surprised it worked. The arthritis cleared up."

● **Beauty expert Alda Grey**: "An attack of arthritis was giving me great discomfort and tending to cripple my hands, which were swollen and painful. I could not straighten my fingers and the dexterous use of my hands is essential to my profession. Dr. Dong put me on his diet and the results are truly remarkable. The swelling has been reduced; the pain is practically eliminated."

● **Louis F. Weyand**, former Executive Vice President and Director of the 3M Company, St. Paul, Minnesota: "Dr. Dong's diet completely cured Mrs. Weyand's gout and helped relieve my pains caused by an arthritic condition of many years. I can heartily recommend his diet treatment."

● **Mrs. Ruth P. Wilson**: "I went to Dr. Dong limping on a cane, as my left knee was in great pain. I could hardly walk. In one week of Dr. Dong's arthritic diet, the pain was greatly alleviated. Now, I have no pain and walk naturally."



● **Juan Marichal**, San Francisco Giant star pitcher: "I have been bothered with bursitis of my pitching arm for the last year. Since following Dr. Dong's advice, I have felt stronger and have been able to pitch back to my old form."

"Dr. Dong's diet is scientifically sound; it not only helps the arthritic but also prevents and alleviates other diseases due to faulty eating, which is universal in this country to a pathetic degree."

—CALVIN H. CHEN, M.D.,  
Assistant Medical Superintendent and Clinical Associate Professor, Wayne State University

## Now—let Dr. Dong's diet work for you

At last the millions afflicted with arthritis now have the means, supplemental to their doctors' treatment, of relieving their suffering while enjoying gourmet meals. *The Arthritic's Cookbook* tells you precisely which foods you can safely eat all the time, which you can eat sometimes, and which foods you should never eat. Dr. Dong's diet program features a full range of appetizing recipes prepared, under his direction, by Jane Banks, a former arthritic sufferer who was completely freed of pain a few weeks after going on Dr. Dong's diet.

"Their dishes are simply so delicious and so suitable for almost any diet that we offer them as good eating for everyone."—say the editors of *Woman's Day* in an article "A Special Diet for Everyone."

## Meet Dr. Dong

Today at age seventy-one, Dr. Collin H. Dong plays golf every morning, treats thirty to forty patients daily, and still finds time to pursue his interest in painting and to travel to the professional conferences that have taken him and his wife around the world. Hard to believe that he, too, was once a victim of arthritis!



AMERICAN CONSUMER, INC. Dept. DD-18  
Caroline Road  
Philadelphia, Pa. 19154

Please send me \_\_\_\_\_ copies of *The Arthritic's Cookbook* at \$6.95 each. I am enclosing a check or money order for \$\_\_\_\_\_. Please add sales tax where applicable. If not completely satisfied, I may return the books to you within fourteen days for full refund.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

● **William H. Clopton**, partner in the California law firm of Thorne, Clopton, Herz, Stanek, Inc: "All I can say is that as long as I confine my diet to Dr. Collin Dong's basic basics, namely seafood and vegetables, all my aches and pains vanish and I feel full of vitality, alert, and have a general feeling of well-being, but whenever I stray too far afield for too long a period of time, I start feeling sluggish, my aches and pains return, and I just plain stagnate. What better proof can there be? I am not only an adherent and advocate of Dr. Dong's regimen, but a disciple."

\* **Edmond G. Addeo**, co-author of *Ego Speak—Why No One Listens to You*: "Dr. Dong's special diet for arthritis is nothing short of miraculous. I saw my wife touch her toes for the first time in years. The diet is not only tasty and as nutritious as any other, it also has an amazing effect on one's biochemical balance. One feels good all the time, not just now and then, and arthritic pain is totally eliminated. Dr. Dong's special diet may be the greatest thing to happen to treatment of arthritis since the invention of aspirin."





# "Summer Poinsettia"



(Amaranthus Illumination)

4-ft. tall plants look like flames, with fiery heads of pink, red and yellow. The most photographed plant in our Test Gardens. One per family, please. (U.S. Only)

**EARL MAY SEED & NURSERY CO.**

4127 Elm St., Shenandoah, Iowa 51603

I enclose 10c for my Summer Poinsettia Seed and my free Catalog.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

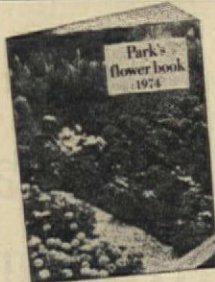
SPECIAL OFFER

59c PACKET

**ONLY 10c**

## NEW ALL-COLOR FLOWER BOOK

**FREE**



**PARK**  
**Brings**  
**You**  
**Rare**  
**And**  
**Unusual**  
**Flowers**

Park has all those hard-to-find kinds, many of them Park Exclusives. Choose from more than 3,000 varieties—the new, old favorites, as well as flower rarities.

More than 100 large pages with lavish use of nature's color illustrate and describe them. Seeds, Bulbs and House Plants. Vegetables and Growing Aids, too. It's packed with proven how-to-do-it gardening information to assure success. Contains Culture Directions, Pronouncing Index, Germination Table. Millions depend on it for its wealth of information and best seeds obtainable.

**GEO. W. PARK SEED CO., INC.**

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Please send Park's big FREE Flower Book!

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## IS ZOYSIA GRASS BEST FOR YOU?

By Mike Senkiw, Agronomist



Do you want a lawn so thick it chokes out crabgrass and weeds all summer? Do you want a lawn that stays green despite heat?

Are you looking for a deep rooted, established lawn that rarely if ever needs feeding?

Would you like grass that grows in any soil?

Do you want grass that withstands wear and tear, diseases and most insects? . . . one that ends reseeding forever and cuts mowing by 2/3 . . . one that cuts your work and saves you money every year?

If you like a lawn with these benefits—and more—Zoysia is best for you. Just plug it in, let it spread into beautiful turf that won't heat kill or winter kill. Merely goes off its green color after heavy frosts and regains fresh new beauty every spring—a true perennial! No need to rip out your present grass. Guaranteed to grow in any soil in your area. ©ZFN, 1973.

For all the FREE interesting facts and low prices of Amazon, including Pre-season Bonus Offer, mail coupon now. No obligation.

To: Dept. 200, Zoysia Farm Nurseries  
Our 19th Year. General Offices & Store  
6414 Reisterstown Rd., Baltimore, Md. 21215

NAME \_\_\_\_\_

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CITY & STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Inter-State Nurseries  
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## Seven Giant Ruffled Glads 25¢

Postpaid & Guaranteed

Double your money back if not completely satisfied.

New and superior varieties...if bought by name, they would cost 75¢. Colors range from white to purple, pink, rose, yellow, lavender, orange. This year we added Red Beauty—one of the brightest glads known. Big bulbs, 1 to 1 1/4 inches across. Will bloom this summer. Our finest glad offer.

**Free Catalog**  
Spring 1974 issue—84 colorful pages

**INTER-STATE NURSERIES**

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FREE Spring Catalog  7 Glads 25¢

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Glads will be shipped at proper planting time.

## CACTUS PLANTS

FROM SEED ALL KINDS AND FORMS

Curious odd-looking, strange species of plants; thrive anywhere with little care. Flowers of exquisite beauty and fragrance. Send 15c in coin for 50c Pkt. or 2 Pkts. for 25c and FREE Seed Catalog.

**R. H. SHUMWAY SEEDSMAN**  
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IT'S EASY TO GROW YOUR OWN PLANTS

WITH **"GROWTH PACKED"** **FLOWER SEED** **\$1**  
**15 BIG PACKETS FOR**  
PLUS 25¢ FOR PACKING & HANDLING.

HERE'S WHAT YOU GET...

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| 7 PKTS. PERENNIALS-1 EA: | 7 PKTS. ANNUALS-1 EA:  |
| 1. Painted Daisy         | 1. Marigold, Spun Gold |
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PLUS a 50¢ CALIFORNIA GERANIUMS

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SEND ONLY \$1 FOR 15 PKTS. AND CATALOG PLUS 25¢ FOR PACKING & HANDLING. ALL OFFERS SENT POSTPAID. NO C.O.D.'S  
**R. H. SHUMWAY SEEDSMAN**  
Dept. 302 Rockford, ILL. 61101

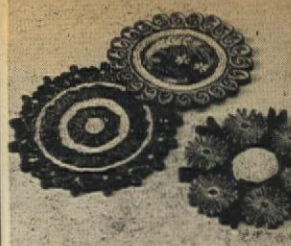
## Henry Field's Tasty PURPLE BEAN

Grows Purple—  
Cooks Green  
Extra Early Producer

BIG SEED PACKET only **10c** PPD.

You get SUPERB FLAVOR in this tender, stringless bean... "Royalty"! Full, round pods 5" to 6" long. Absolutely luscious! Uncooked it's purple, but after boiling, turns rich, bright green. Germinating in cool soil, "Royalty" bears extra early. Heavy-bearing bushes only 12" to 16" tall. Send dime today for generous packet (approx. 50 seeds). Limit, one packet per family...seed is scarce. Henry Field Seed & Nursery Co., 759 Oak St., Shenandoah, Iowa 51602.

SEND FOR YOURS TODAY!



### Chinese mats, so chic

Pretty and practical, mats are v of brilliant colored straw and tan. Each is excitingly different design and hue. Uses galore. your pet flower pots on 'em. tack tenderly for a zippy wall tag! Range from 6" to 9" in diameter. \$1.39 each; 3, \$3.50. Add hdg. Vernon, Dept. A11, 510 S ton Ave., Mt. Vernon, NY 10555



### Kathy, the clog

This modified version is very Open-toe freedom, too! "Kathy snugly soft and topped with "belt 'n buckle." 1 1/2" wood heels with crepe soles. Cus insoles. Black, white, bone or navy. 4-12 N,M,W. \$9.99 75¢ hdg. Sizes over 10, ad Sofwear Shoes, AH1, 1711 Houston, TX 77002.



### Fine photo finish

Enjoy all the wallet photos you and need in color or black and white and at fine prices. processing method gives size photos a quality look. 20 for \$1.98; 32 for \$2.98 color negative or slide. Black white: 36 for \$1; 76 for \$2 photo or negative. Add 30 Philips Foto Co., Dept. AW3 ford, NY 10523.



IF YOU WOULD LIKE TO FIND OUT HOW TO PLACE AN ADVERTISEMENT IN THE AMERICAN HOME MARKET PLACE, AMERICAN HOME MAGAZINE, Dept. 641 LEXINGTON AVE., NEW YORK, N.Y. 10022



THE MOST AMAZING AND SUCCESSFUL BODY SHAPER EVER CREATED

Millie and Jim write to tell us...

CASE #1221 - CASE #2994

**"You Better Believe It!...MILLIE and JIM lost 13<sup>3</sup>/<sub>4</sub> inches off their waistlines...5<sup>1</sup>/<sub>4</sub> inches off their hiplines...26 pounds of excess weight... and shaped up...in just 14 days!"**

ONE 5 MINUTE EXERCISE, TWICE DAILY, LYING ON THEIR BACKS, WITHOUT GIVING UP THE FOODS THEY LOVE - **DID IT!**



**PHOTOS GUARANTEED UNRETOUCHED**

**BEFORE**  
JUNE 14  
Waist 35<sup>1</sup>/<sub>2</sub>  
Weight 126  
Hips ...38



**ONLY 7 DAYS LATER**  
JUNE 21  
Waist 29<sup>1</sup>/<sub>2</sub>  
Weight 118  
Hips 36<sup>3</sup>/<sub>4</sub>



**14 DAYS LATER**  
JUNE 28  
Waist 27<sup>1</sup>/<sub>4</sub>  
Weight 113  
Hips 36<sup>1</sup>/<sub>2</sub>

Millie when she started the plan.

Only 7 Days Later - Slimmed, feels 100% better.

Millie 14 Days Later - Reshaped, reborn.

Millie, age 69, and son Jim, age 50, saw and felt amazing results in just 3 days...

**"5" Minute Body Shaper Plan in the privacy of their home while watching TV—Did It!**

Jimmy as he looked when he started.

Only 7 Days Later Amazing Results - pot almost gone.

After 21 Days - Slimmed, reshaped, looking younger, feeling better.



**PHOTOS GUARANTEED UNRETOUCHED**

**BEFORE**  
JUNE 12  
Waist .44  
Weight 218  
Hips 45<sup>1</sup>/<sub>2</sub>



**ONLY 7 DAYS LATER**  
JUNE 19  
Waist 40<sup>1</sup>/<sub>2</sub>  
Weight 207  
Hips 42<sup>1</sup>/<sub>2</sub>



**21 DAYS LATER**  
JULY 3  
Waist .38  
Weight 199  
Hips 41<sup>1</sup>/<sub>2</sub>

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

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

**LET'S FACE THE FACTS WHY YOU'RE OUT OF SHAPE**

You eat the wrong combination of foods, you do not get enough exercise to thoroughly work your muscular, metabolic and respiratory systems daily. Because of this, fat accumulates around your waistline, heart and other body organs, slowing you down, aging your body and destroying your vitality, virility and youth. There is only one way to firm up and shape up: that is through proper exercise and proper nutrition. Effortless exercisers, reducing pills, sauna shorts, weighted belts, dangerous and painful diets and other gimmicks designed to appeal to your laziness will not work and have been exposed by the medical profession as frauds, ineffective and in some cases dangerous. They can only reduce your pocketbook.

Face up to it...If you want to slim down, firm and shape up, you must work off the inches, and there is no safer, faster and more enjoyable way to do it than with our patented, truly miraculous "5" Minute Body Shaper Plan.

**HOW DOES THIS INGENUOUS "5" MINUTE PLAN SLIM, FIRM AND SHAPE YOU UP?**

Its miraculous slimming action is based on doing one simple "5" Minute Continuous Rhythm coordinated exercise, lying on your back! That's all you do! That's all your body needs to help make up for the lack of activity it doesn't get most of the day. The action is designed to supply your waistline and hipline (where fat accumulates quickest, giving your body a flabby, weak and distorted look) with the activity it needs to slim you and keep you slim. It also burns off excess fat FAST by speeding up your metabolism and respiratory system, using up stored calories, carbohydrates and fats and releasing excess water, thereby shaping and firming up your total body!

It's safer than strenuous gym workouts, beats the time consumption and dangers of gym workouts...or any other vigorous sport.

The unit weighs about 16 ounces and fits any wallet-size case. You can carry it with you and use it—anytime—wherever there's floor space for your body. Even while watching television!

**WHAT THE EXPERTS SAY:**

Medical Doctors, Chiropractors, Osteopaths, Athletic Coaches...agree it's the most successful Waistline-Weight Reducer & Shaping Up Plan ever invented!

"Doctors have always known, exercise done while lying on the back virtually eliminates strains while slimming and reshaping the body. Yours is the finest Body Shaper Program on the market."

RICHARD TYLER, D.C.

"Beats jogging and working out in gyms—and much safer. I lost 4<sup>1</sup>/<sub>2</sub> inches off my waist in 14 days." —JIM HANLEY, famous athletic coach.

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

"Based on sound physiological and medical knowledge, it burns fat and shapes the body without strain to the heart or other organs. I lost 12 lbs. of excess weight using it." DR. ANITA D. SANTANGELO, Chiropractic Orthopedics

**WHAT COMES OFF IN 14 DAYS?**

Individual results vary, but during an average 14-day period you can expect to lose up to 4 inches from your waistline and up to 10 pounds from your present weight. It strengthens your heart and lungs, increases stamina and endurance, improves your digestive function and general health. It also shapes you up—from head to toes. For a "5" Minute Exerciser—it sure does a lot.

**EXPOSING EFFORTLESS EXERCISERS**

Reader's Digest (Sept., 1971), New York Times and Good Housekeeping, among others, exposed sauna wraps, inflated belts, weighted belts and effortless exercisers as frauds. Scientific researchers, medical and fitness experts all agree...there is only one way to firm, shape and trim up your body...you must work the inches off!

Because you may have been fooled in the past by "Effortless Exercisers," we are giving you our no-nonsense Free Trial Offer as shown in the coupon below. We want to prove to you—at our risk—what this couple, and thousands of others, have accomplished. You can too! Safely...comfortably...in the privacy of your own home.

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

**FREE TRIAL OFFER!!**

**'5' MINUTE BODY SHAPER**

We Care About The Shape You're In—**Don't You!**



**JOSEPH WEIDER DEPT. CC/M**  
Trainer of Champions with Over 2,750,000 Successful Students  
**"5" MINUTE BODY SHAPER PLAN**  
21100 ERWIN STREET, WOODLAND HILLS, CA. 91364

I want to Shape Up Fast! Prove it to me at your own risk that in just 3 days I can see and feel slimming results! Rush me your ingenious "5" Minute Body Shaper and Slimming Course that does it—in plain wrapper.

I enclose \$9.95 for the above, plus \$1.00 for shipping and handling.

**SAVE! Order TWO for only \$17.95, plus \$1.00 for shipping and handling.** (No C.O.D.'s please). Enclosed is  check or  money order or  cash for \$..... California residents add 5% sales tax.

Name ..... Age .....

Address .....

City .....

State ..... Zip .....

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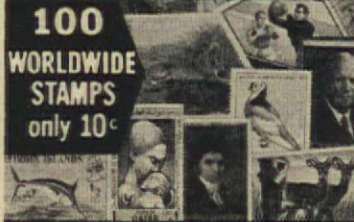
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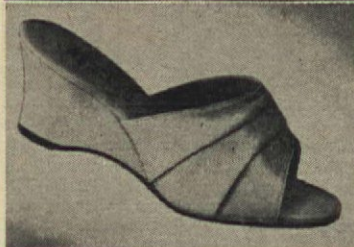
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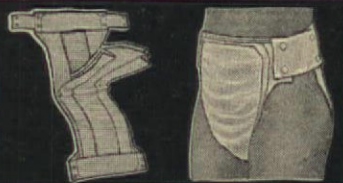
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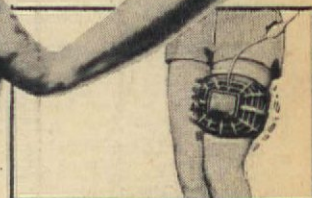
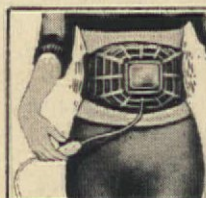
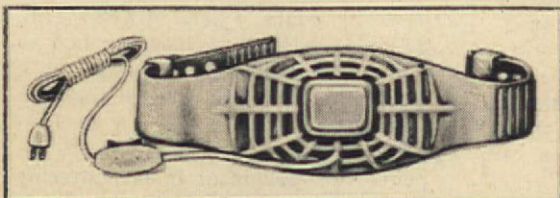
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**Pottery making.** *Pottery Workshop* by Charles Counts, Macmillan, \$8.95—complete, careful guide, from clay to kiln in step-by-step instructions, with clear, instructive photographs.

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