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American Home

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**American
Home**



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Food/Lucy Wing
Building/Jane L. Lawrence
Reader Service/Lietta Dwork

ASSISTANTS
Elizabeth C. Berens
Phyllis Cignarella
Kathryn Manuelian
Billie H. Schecter
Barbara Weinfuss

CONTRIBUTORS
Woman Driver/
Denise McCluggage
Gardening/Lawrence V. Power

WARREN R. ERHARDT
Publisher

W. PAGE THOMPSON
Associate Publisher/
Advertising Director

American Home

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A NEW HOT LINE FOR PRODUCT SAFETY

Each year an estimated 20,000,000 Americans are victims of products used in and around the home—30,000 killed, 110,000 disabled permanently—and the economic and social costs are incalculable. Congress recognized the critical need for stiff, new controls when it created the Consumer Product Safety Commission, which began work in May '73. Though it lacks the sweeping powers of a broad-based Consumer Protection Agency—whose early legislation we strongly support—the commission represents an important first step in recognizing and safeguarding rights of consumers. Here are CPSC accomplishments to date. —The Editors

If the new Consumer Product Safety Commission has done nothing else, it probably has made people aware that bicycles are the most dangerous product used around the home. This announcement made headlines last September when the CPSC released its first "Consumer Product Hazard Index."

The index was based on computerized data covering injuries reported by 119 hospital emergency rooms selected as a statistically accurate sampling of all emergency rooms in the country. The index—and the study it is a part of—will be a continuing one. Following bicycles as hazards around the home were "stairs, ramps and landings," and "nonglass doors." In all, 369 categories were listed.

The index may have been the first visible sign of the commission's work, but its purposes, as expressed in the law creating it, are broad:

To protect the public against unreasonable risks of injury associated with consumer products.

To assist consumers in evaluating comparative safety of these products.

To develop uniform safety standards for consumer products and to minimize conflicting state and local regulations.

To promote research and investigation in causes and prevention of product-related deaths, illnesses and injuries.

To accomplish its aims, the commission wields clout. It has authority to set mandatory safety standards for specific products, to ban or recall products from the market if they are found to be dangerous, to require that manufacturers label products with warnings about their use, to order rebates to consumers in certain cases and to fine offending companies (or even jail their executives).

Within the commission's new dominion is the enforcement of several existing laws that have dealt with spe-

cific products: the Hazardous Substances Act (whose authority also extends to toys); the Poison Prevention Packaging Act; the Refrigerator Door Safety Act; and the Flammable Fabrics Act. "Actually," says Commission Chairman Richard O. Simpson, "if you walk through the average home, practically everything you see comes under our jurisdiction."

Among actions taken during the past few months, the commission has:

- Banned 13 aerosol spray-adhesive products for six months while a panel of scientists conducted extensive investigation, after initial research had shown a possible risk of genetic damage to future unborn children of those who use the products.

- Warned 1,600 owners of the "Electric Heater Log," a decorative pseudo fireplace, to unplug the units immediately to avoid a possible fire hazard. The manufacturer cooperated with the commission by notifying its distributors and retailers to halt sales of the fireplace.

- Cited a TV antenna called "Little Wonder" as a hazard because it contained no built-in safety device to prevent electrical shock and possible electrocution. The commission made sure all antennas were recalled from sale and circulation and that all buyers were reimbursed.

- Set mandatory flammability standards for mattresses to insure that they resist ignition from cigarettes and other small heat sources.

- Launched a nationwide pre-Christmas campaign to get 1,500 banned toys off the shelves of retail stores and to inform consumers of possible toy-associated hazards.

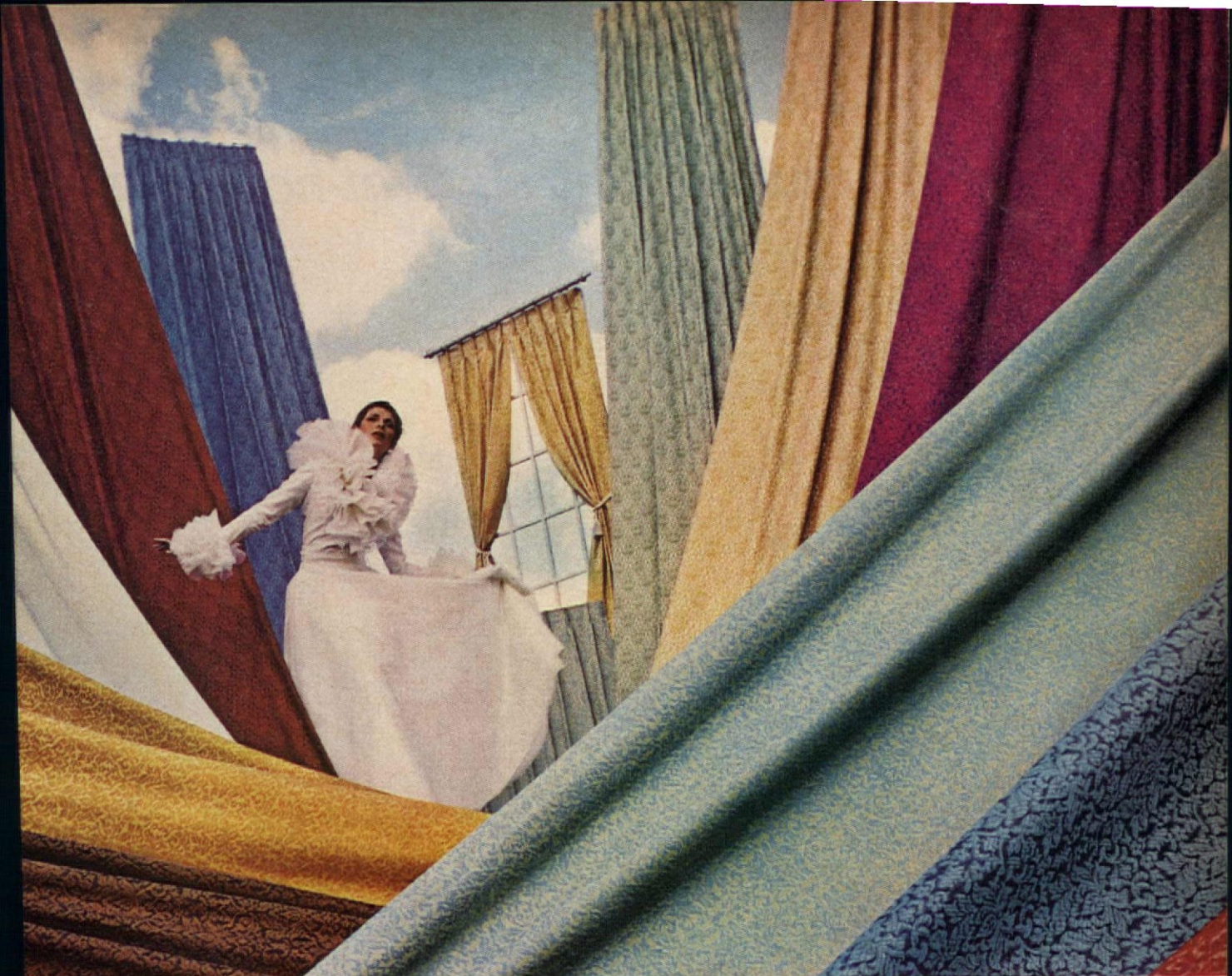
- Developed a new set of mandatory safety regulations for baby cribs. All cribs manufactured after last January 31 must adhere to the new regulations and say so on the crib label.

Beyond these very specific actions, the commission has taken longer-

range steps whose impact will be felt in the months and years to come. It has begun the complicated process of developing safety standards for a long and varied list of products used in and around the home. Receiving high priority are architectural glass, football equipment, matches, power lawn mowers and extension cords.

In another move, perhaps of more immediate consequence to individual consumers, the commission has established a toll-free product-safety information line. Originally designed to answer queries about toy and crib safety, the toll-free hot line has been extended to cover all product-safety inquiries. The commission does not discuss particular brands by phone, but will send callers this information by mail. The number is 800-638-2666, except in Maryland (800-492-2937). Consumers can also use this number to report what they consider hazardous products.

In still another move to involve the public in its work, the commission has established a Consumer Deputy Program to help police the marketplace for banned products being sold illegally. The program is now under way in 14 cities where the commission's regional offices are located: Atlanta, Boston, Chicago, Cleveland, Dallas, Denver, Kansas City, Los Angeles, Minneapolis, New Orleans, New York, Philadelphia, San Francisco and Seattle. Calls from outside the continental limits are not toll-free, but California regional offices also serve Hawaii, Seattle has Alaska under its jurisdiction, and New York includes Puerto Rico. Consumer organizations and individual consumers can volunteer to serve as unpaid Consumer Deputies who will be trained by the commission staff to canvass stores. Interested persons should call the toll-free number or any of the commission's regional offices in cities listed.



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LIFESTYLE

The Marshall Turners of Tiburon, California, take delight in a wonderful old railroad that makes the history of their state come alive.



Marshall Turner lets his youngsters get the feel of one of the Sierra Railroad Company steam locomotives (above). Outside the cab is Joe Francis, the engineer or chief hogger. His grandfather was a Sierra Railroad chief hogger, too.

The Turner family (below) takes a ride in one of the line's open-air mountain observation cars, a Sierra Railroad's survivor from the age of steam.



Marshall shows the children how a steam locomotive works (left). "The kids are getting pretty knowledgeable about trains," he says proudly. The Sierra Railroad has been used in many television shows, commercials and such films as "High Noon."



Robert Stein

The sound of steam locomotives is echoing again in the hills of California's picturesque Mother Lode country, and Marshall Turner, the man who makes the railroad run, loves to hear it. The trains belong to the Sierra Railroad Company, and all through the spring, summer and fall they carry excited passengers up into the country of tall pines and deep mines.

Marshall, a designer/engineer, his wife, Ann, an artist, and their children—Erin, 7, Benjamin, 4 and Brian, almost 2—moved to Tiburon, Calif., from Washington,

D.C., last year when Marshall joined Crocker Associates, a San Francisco investment firm. A Crocker helped found the Sierra Railroad Company back in 1897. At that time, through hills where prospectors had panned for gold, the railroad hauled passengers and freight—mostly logs for the area's busy logging industry. Eventually, the railroad abandoned passenger service and converted freight operations to diesel.

Then in 1971 Charles Crocker, great-grandson of the railroad's founder and General Partner of Crocker

Associates, decided to revive steam locomotives and restore a passenger run. Three black iron horses came out of storage and were set to work pulling handsome old Pullman cars along the line's 67 scenic miles of track. It was an immediate success.

"The entire Mother Lode has a rich past that attracts and fascinates tourists," explains Marshall, who oversees both the passenger and the busy freight operations.

Each weekend from April 1 to October 31, the old steam engines are busy. During the day, locomotive No.

28 makes numerous pulling crowded observation cars and open-air gondolas into the logging country the heart of the line. Jax town, is the company's Town 1897, which boasts the accouterments of the of the steam locomotive operating roundhouse, yards, a foundry and a smith shop, old-time freight passenger stations. The also a museum and a restaurant in an old dining car someone is always on to show curious young how old-timers panned gold. (continued on page



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The past 10 years have seen a dramatic upheaval in the area of personal financial security for people of all ages. Hospital, doctor and other medical costs have skyrocketed to all-time highs. Social Security has been greatly expanded. The government reports that over 9,000,000 Americans under 65 now get regular monthly Social Security checks.

In 1966, Medicare was born, and has been undergoing changes ever since—for example, certain disabled people under 65 are now covered by Medicare. And now there's talk of a "Medicare"-type program for everybody under 65!

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

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

Medicare, too, has been changing over the years. The government estimates that Medicare and other public funds now pay about 68% of the total health care costs of folks over 65. Yet, because of the increased use of services and rising medical costs, people who have Medicare now actually pay slightly more out of their own pockets than they did back before Medicare first started.

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

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People under 65 can now benefit from changes in Medicare and Social Security



Changes in Social Security and Medicare mean added security for all Americans.

WISE AND WITTY CREATURES IN NEEDLEPOINT PILLOW KITS

By Ann B. Bradley If you love needlepoint, you'll enjoy stitching some of these beguiling creatures. Surrounded by a golden bargello-stitch honeycomb (left, below), our bee trio hovers on a leaf-green needlepoint center. The quickly stitched bargello owls (right), symbols of good luck, perch on tree limbs against a brilliant blue-green sky. Both pillows finish at 14 by 14 inches.

Our fabulous feline (below, right) is a huggable pillow in a crazy-quilt needlepoint design. It measures approximately 12 by 12 inches. All kits include canvas, yarn and needle, design, color guide and corduroy backing. (Piping and zipper come with square pillows.) Stuffing and pillow forms are not included.



Diamond-pattern bargello pillow designs (below), each 14 by 14 inches, come in blue or red, with cream-and-brown accents. Kits are complete except for pillow forms.



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Working on the railroad, backpacking or biking, the Turners enjoy being together.



The Turners get together on the porch of their home (above). "We love the outdoors," says Marshall. "We're taking Brian on his first backpacking trip soon."

Ann paints in an at-home studio that Marshall built for her (right). "I try to manage at least three full days a week."



All of this is heaven-sent for young Erin, Benjamin and Brian. During the week, their dad works in his office in San Francisco. But most weekends during the warm months he goes up to oversee railroad operations directly. And, of course, the entire family goes along. "The kids love riding the trains and poking around Rail Town," says Ann. "And for the first time, they know what Daddy does. If they visit his office, there's nothing to do but play with the pencil sharpener. But here, they can see what he's doing and get a sense of the Old West, too."

Saturday evenings are special; that's when the "Supper Chief" makes its six-hour run. The engine pulls an old-time dining car, a dancing car, a bar car and lots of happy people. "Dinner is served as you watch the country roll past your window and listen to guitar and banjo music," says Marshall.

These excursions, plus trips on the "Wine and Cheese Special" on spring and fall afternoons, are so popular that they're booked far ahead

of time. Special charter groups reserving entire trains often have to book months in advance.

But back in Tiburon, a hilly San Francisco suburb 145 miles from the Mother Lode, the Turners have other things to keep them busy. Ann sculpts and paints much of the week. When she lived in Washington, she showed her paintings in a number of galleries, and she hopes to make a home for her art in California, too. Marshall's main leisure-time interest is photography. In the past he designed children's toys, auto safety devices and a heart pump machine. Both he and Ann are native Californians and happy to be back. For one thing, Ann explains, "we're an outdoor family and here we can swim, sail, bike, play tennis and go backpacking most of the year."

Adds Marshall: "I especially love being able to work a job I like and be with my family at the same time. I've become a real rail fan. When the whistle toots, I'm ready to climb on board, and my whole family can come along

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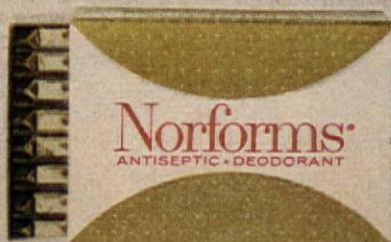
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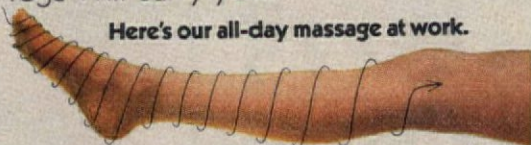


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That's how it works. And they look like the name says, sheer— in the latest leggy shades like Coffee, Nude, Suntan, Taupe, Black. They're

soft and natural, and yet strong enough to stand an active life.

Now for these energetic pantyhose we're asking a very easy going price. Just \$2.99* at the Leggs® Boutique. Size A fits most women 5'0" to 5'4". Size B fits most women 5'5" to 5'9". Just look at the height-weight chart on the bottom of the package to find your size. Every woman can use a little Sheer Energy.



*Fair trade price in those states where allowed by law.





It treats your groceries like they were made of gold.

Of course, today food is really more precious than gold. Who can eat gold?

Unfortunately we can't do anything about food prices. But we do make refrigerator-freezers that take care of your groceries beautifully.

You see they're designed to handle most food storage problems. For instance the crisper's seals help keep vegetables from drying out. Our no-frost models are really frost free. And some models have a charcoal filter to help control odor and flavor transfer from one food to another.

You can even order a model with the famous Whirlpool IceMagic® automatic ice cube maker.

When you consider the price of food, it will pay you to consider a Whirlpool refrigerator-freezer.



We believe quality can be beautiful.

GOOD-SENSE GUIDE TO WASHERS AND DRYERS

Dirty clothes! Don't you, sometimes wish you could make them disappear—and then reappear all clean and fresh? It's wishful thinking of course, but today's washers and dryers *do* make the whole operation pretty painless. If you choose the right laundry equipment and use it correctly (see "Washday Wonders," page 48), your laundry chores will be a breeze.

BASICS: SIZE AND QUALITY

One most important consideration in choosing a washer and dryer is size. Consider how much room they take up *and* how much they can hold, keeping in mind your average size wash load. Exterior dimensions for regular-size automatic washers and dryers are fairly standard: 28 inches deep, 43 inches high, 25 to 31 inches wide. Capacities range up to 20 pounds (dry wash), but remember that poundage is only one gauge: The sizes and types of garments determine a full load.

Quality isn't easy to judge, but there are certain specifics to look for. Both washer and dryer should have an over-

all sturdy look and feel; both should have the Underwriters Laboratories seal. Inside and outside surfaces should be durable. Since the washer will be in contact with water, detergents and bleaches, the interior parts (tub, inner walls, pumps, water lines) should be rust- and corrosion-resistant. Look for smooth, easy-to-clean, nonrusting materials in all lid hinges, dispensers, filters and lint traps. Make sure controls are conveniently located.

WHAT WASHERS CAN DO

Most people today buy automatic, top-loading, agitator washers. Prices for a regular-size automatic vary from \$170 to \$300.

Wash cycles: Different items need different wash cycles, depending on fabric, construction, color and amount of soil. To meet the special requirements of each wash load, there are four variables: *water temperature, wash time, degree of agitation, spin speed.* Some machines are programmed so you can select all four with the push of a button, but this is

expensive. Be sure you have the flexibility to select the right cycle for the items you wash most often.

Amount of water: You should be able to match water level to the size of your washer load. This will save hot water and detergent, and produce better results. Two ways are commonly used to fill the machine with water. The best is the *pressure-fill* method, which lets the machine fill until a pressure mechanism indicates that the right amount has been reached. The second type is the *timed fill*, which lets water enter for a predetermined period of time. A disadvantage: If you forget to open faucets or have low water pressure, the machine could begin washing on little or no water.

Special cycles: The *permanent-press cycle* adds a cold rinse before, or at the start of, the spin in wash and rinse cycles. This helps prevent wrinkling and is important if you line-dry permanent-press items. (If you dryer-dry them, the heat of the dryer will remove wrinkles.) A *very short, fast cycle* involves a separate little washtub that fits over the agitator for small loads. A *dispensing system* lets you add detergent, bleach, softener; these are dispensed automatically. There are three special cycles that deal automatically with extra-dirty clothes: the *soak or pre-soak cycle* that precedes the wash; the *pre-wash cycle* that gives a short initial wash before the regular one; and the *extra-rinse cycle*.

THE DRYER STORY

Dryers operate on electricity or on natural or bottled gas. Gas dryers usually cost more, but are cheaper to operate. Automatic electric dryers range in price from \$125 to \$300; comparable gas dryers cost about \$30 more.

Drying controls: The *timer-type* control lets you select your own drying time; the *thermostat-and-timer* lets you control both time and temperature. The *electronic-sensor* control "feels" the moisture in your clothes and gives them just the right drying time. Temperature controls include regular, permanent-press, delicate, air-fluff and damp-dry settings.

Lint filter: This is a necessary feature on any dryer. Check to see that it is located conveniently.

WASHER/DRYER CARE

Once your washer and dryer are installed (and have this done professionally), they require little maintenance. Lint filters need regular cleaning. Dryer ducts must be checked once or twice a year. Exteriors should be cleaned occasionally with a *mild* detergent solution. Protect the washer's water hoses by turning off faucets when not in use. Never use flammable materials. Read the booklet that comes with each machine.—Jeanne M. Bauer

Building or remodeling? This new guide will help!

This new edition of our free 24-page booklet will help you make the right decisions in the important matter of selecting and installing windows and gliding doors.

Send today for this informative, full-color guide packed with helpful hints and facts, plus descriptions of Andersen Windows and Gliding Doors, both Wood and Perma-Shield®.



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- No harsh, hot taste.



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

KING: 19 mg. "tar", 1.3 mg. nicotine,
SUPER KING: 19 mg. "tar", 1.4 mg. nicotine, av. per cigarette, FTC Report SEPT. '73.

AMERICAN HOME TRAVEL PLANNER

Are you thinking of taking a vacation trip? Most people are. To help you plan your trip, we have listed major vacation areas in the column at right. Please check the free travel information you would like and circle corresponding numbers listed under the space for your name and address. And to guide us in providing more travel information for you in the future, please answer the questions we've listed below.

Mail to: **American Home** Travel Planner
P.O. Box 8586, Philadelphia, Pennsylvania 19101

PLEASE SEND ME THE ITEMS CIRCLED. All items are free.
(Allow 3 to 5 weeks for delivery and be sure to include your zip code.)

name _____
address _____
city _____ state _____ zip code _____

Items requested: **1 2 3 4 5 6**

- Did you and/or members of your family take a vacation trip in the past 12 months?
Yes _____ No _____
A. Domestic _____
B. Int'l _____
C. How many trips? _____
- If you traveled domestically, what means of transportation did you use?
A. Auto _____
B. Airplane _____
C. Train _____
D. Bus _____
E. Camper or mobile home _____
- What accommodations did you use other than a camper or mobile home?
A. Hotel _____
B. Motel _____
C. Home of friends or relatives _____

- If you traveled internationally, what means of transportation did you use?
A. Airplane _____
B. Ship _____
C. Auto _____
D. Cruise _____
E. Bus _____
F. Train _____
- Where did you go on that international trip? _____
- Traveling internationally, did you use a travel agent? Yes _____ No _____
A packaged tour? Yes _____ No _____
- Within the next six months, are you planning to take a domestic pleasure trip? Yes _____ No _____
- Within the next six months, are you planning to take an international pleasure trip? If so, where?
Yes _____ No _____
Bermuda _____
Canada _____
Caribbean _____
Bahamas _____
Europe _____
Hawaii _____
Mexico _____
Pacific _____
Central or S. America _____

1 MASSACHUSETTS PLANNER

A colorful vacation guide and poster points the way to more all-around vacation value for the entire family.

2 NEW YORK VACATION

This 96-page all-color booklet lists the more than 500 tourist attractions that are available to visitors to the Empire State.

3 SOUTH CAROLINA TRIP KIT

Here's a packet containing descriptive material on campgrounds, state parks, beaches, mountains, golf courses, historic houses and gardens—plus a big full-color booklet and South Carolina highway map.

4 CONNECTICUT HOLIDAY

Along with a vacation brochure that lists points of interest and local accommodations, there's also a comprehensive road map for the fuel-wise planning of interesting side trips.

5 TRAVEL RHODE ISLAND

The vacation kit has brochures detailing the boating, swimming, scuba diving, saltwater fishing, camping, golf, music festivals and house tours—plus a tourist guide and map.

6 ORLANDO, FLORIDA, INN

A brochure describes the family vacation features of The Rodeway Inn, close by the wonders of Disney World: family-plan rates, children's menus and activities, swimming pool.

You're out of cash. And out of town.



RELAX YOU'VE GOT MASTER CHARGE

Vacation? Business trip? Whenever you travel, and you need money, you can get it with your Master Charge card. It's good for cash at over 16,000 Master Charge card banking offices across the U.S. And it's good in thousands of places abroad, too. So when you travel... travel relaxed.





KNOX FOR NAILS. KNOX FOR JADE.

Genuine Oriental jade jewelry in lovely ornate settings. It's yours for a fraction of its comparable retail value, when you send us the box tops from any variety of Knox Drinking Gelatine.

In three out of four cases, Knox makes nails less brittle. It helps them grow harder. And that helps them grow longer.

You can have it in sugar-free Orange and Grapefruit flavors. Or Plain, if you like..

So what are you waiting for? Get growing!



**Knox Oriental Jade Offer, P.O. Box 485
Brooklyn, N.Y. 11202**

Write-in quantity of each item desired in the appropriate box. Enclose required number of box tops plus a check or money order for correct total amount.

Make payable to **Knox Jade Offer**.

- Adjustable ring. \$1.75 ea. plus 1 box top.
- Pendant & 22-in. Chain. \$2.25 ea. plus 1 box top.
- Earrings (non-pierced). \$3.25 pr. plus 1 box top.
- Earrings (pierced). \$4.25 pr. plus 1 box top.
- Entire set (non-pierced Earrings) \$6.50 plus 3 box tops.
- Entire set (pierced Earrings). \$7.50 plus 3 box tops.

Comparable retail value, entire set (non-pierced earrings) \$17.85.

Name _____

Address _____

City _____

State _____

Zip* _____

*ZIP must be included to insure delivery.

Offer ends December 31, 1974. Allow 4-6 weeks for delivery.



Maybe your husband will notice his vegetables if you hide them in a little onion sauce.

When your husband sits down for dinner, he may never notice his vegetables. Even when he eats them.

But Birds Eye® has changed all that with Combination Vegetables. Like our Mixed Vegetables with Onion Sauce for instance. Corn, carrots, peas, green beans, and baby lima beans, nestled in a creamy onion sauce.

They're delicious. And your husband can't help but notice them. Because they're not quite like anything he's ever seen.

Birds Eye® Combinations

The first vegetables your husband might even notice.

(Above photograph is 2 times actual size.)



CALIFORNIA LIVING, CARSON STYLE

House-hunting for newlyweds Joanna and Johnny Carson was a trying and frustrating experience. There were problems of location to look to and a set of needs to be met, but the main difficulty was time. Johnny's demanding schedule—the tapings for his top-rated "Tonight" show on NBC-TV, the nightclub and theater dates—did not permit leisurely search.

Johnny relied primarily on Joanna; she banked on her intuition and a clear-eyed guesstimate of what would delight them both. She followed a lot of leads, kept a host of real-estate agents occupied and tramped through every door that was opened to her. But nothing seemed to click. Just as discouragement was setting in, she happened on a house that movie producer-director Mervyn Leroy owned in a secluded section of Los Angeles, and she knew this was it. The Leroy's had built the house themselves and filled it with elegant details and an obvious love of southern California informality. Its traditional features, combined with the sleek look of wood, stone and glass, made it a house for all times.

Johnny was sold on the place the minute Joanna showed it to him—and bought it because he knew she loved it so much. The house has provided a setting for the Carsons' new life together—and an ideal way for them to adjust to West Coast living. Until mid-1972 Joanna and Johnny were dedicated Easterners.


What convinced Johnny about the house, along with his wife's enthusiasm, were the amply sized rooms and grounds, and the swimming pool. But what captivated Joanna was the kitchen, and this was the room she gave most of her attention to. "It wasn't a question of remodeling it," she points out, "just bringing it up to date, making it suit the casual way we live." The results of Joanna's updating are on pages 66-67.

The Leroy's had wanted a kitchen their staff could manage—and make frequent entertaining as smooth and effortless as possible. The Carsons wanted a kind of retreat, a special place where they could feel comfortable together.

No structural changes were made, and none of the size was lost—the room still measures 15 by 30 feet. But with new, soft lighting and the use of pattern and color (the brown tones are both Carsons' favorites), Joanna made the room warm and very personally theirs. Whether sipping coffee from a restaurant-style built-in coffee maker or digging into a hearty Sunday breakfast—the bacon-and-eggs routine is Johnny's specialty—the Carsons really live in their kitchen and enjoy it.

Each is slim and active, and blessed with the ability to ignore caloric counts and indulge as they please. "Johnny is basically a meat-and-potatoes man," says Joanna, "so I've learned to make roasts and stews. And he's learned to love the lasagna and spaghetti that are my specialties, as well as Italian sausages with green peppers. In this kitchen I always have the urge to experiment."

The Carson kitchen is not only a marvel of design, but also of location. It's accessible to the garage—so groceries can be brought in easily—and also to the backyard—making alfresco entertaining a breeze, no matter what the fare is. It's only a few steps from the dining room and is also handy to the pantry, where the bulk of Joanna's serving pieces are stored. It's certainly the most-used room in the house—a haven for this essentially home-loving couple.



**Sears Sudbury Square Collection.
Superbly quilted.
Beautifully priced.**

Romance your bedroom with a beautiful bedspread from Sears Sudbury Square Collection. Choose from 3 unique designs. Like the charming Mandarin Stripe shown above. Pinedale, our colonial tree of life. Or Staunton, a lovely old-fashioned floral.

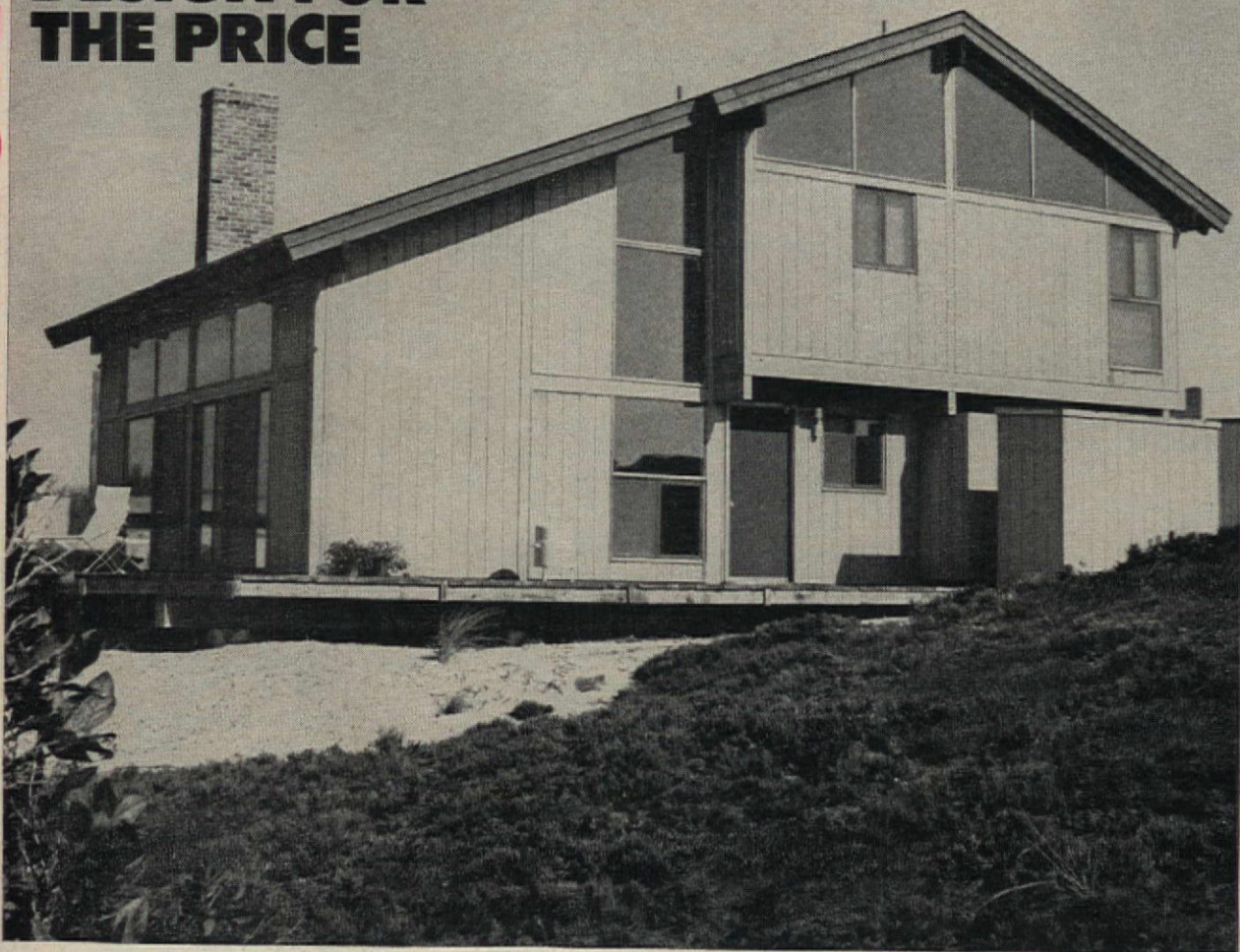
Delicate looking. Yet made to last. The quilting is "lock-stitched" to prevent threads from raveling. Each design has its own quilting pattern to harmonize with it. And every spread is pattern matched at the seams.

The chintz is 100% cotton, backed with the same soft nylon tricot used in finest lingerie. Lushly filled with Sears Dura-Puff® polyester. Easily dry cleaned, of course.

These are the elegant bedspreads you expect to find in a decorator's shop. But they're only at Sears. At most larger Sears, Roebuck and Co. stores, or by catalog. We think you'll be astonished at the price.

Only at **Sears**

BEST-QUALITY DESIGN FOR THE PRICE

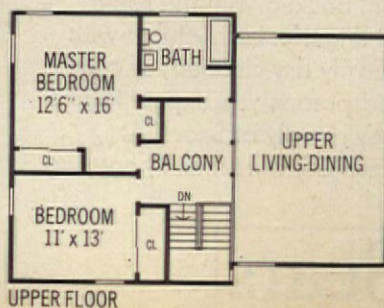
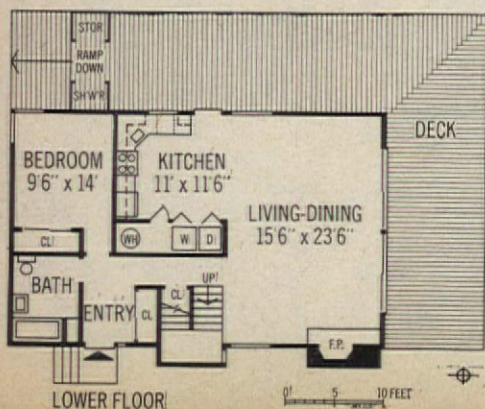


Weathered gray siding and sloping roof of the "Westport," a Stanmar manufactured home, echoes surrounding dunes. Back view shows some of the "custom" modifications: clerestory windows, extended deck, outdoor shower near door.

Robert Nadel, a busy New York management consultant, was seeking a weekend retreat. His happy choice of site was a quarter-acre oasis in the dunes—all sand and sea grass, not far from the ocean—that he bought on the eastern shore of Long Island. Looking for a house to build there, he decided on a Stanmar manufactured model. "I'd seen Stanmar homes here on the island," he recalls. "I liked the lines and the way they blended with the sand and sea." A manufactured home, he felt, offered the best-quality design for the price, plus a chance to make "customized"

changes. These, which he requested when he ordered his house, were possible because of the post-and-beam construction, that makes load-bearing walls unnecessary. Exterior walls are prefabricated, but as interior components are assembled at the site, altering the basic plan somewhat can be easy.

Bob chose the "Westport" model in Stanmar's Connecticut series, because of its uncluttered interiors, with large windows, vaulted ceilings and flow-together spaces. "I wanted an informal place for relaxing," he says. "And it had to be maintenance-free." (continued)



When he ordered his two-story Stanmar house, Robert Nadel asked that the deck be enlarged to sweep around two sides of the house—and kitchen, stairwell and balcony be opened wide. House contains 1,600 square feet, excluding deck.

Richard Meek
Shopping Information, page 98



**Why
would
we make fine
furniture like this...
then call it Flexsteel?**

Why indeed? Flexsteel doesn't begin to describe the cloud-soft foam comfort that seems to surround you.

Or the unmistakable perfection of detail only hand-fitted upholstery by skilled craftsmen could achieve.

Or even the styling you sensed on sight was right . . . that's as exclusively yours as a Paris original.

No, the origin of Flexsteel is actually an inside story. About how this fine furniture is built, not how it looks or feels.

It starts with the patented steel spring *under* the luxurious exterior. These flexible steel arches are made of the finest blue watchspring steel for maximum seating comfort and support.



Durable enough to last the life of the sofa or chair. (They'll never spring up with a "b-o-i-i-n-g" as ordinary coils can do after long, hard usage!)

As you can see from the pictures below, every other facet of Flexsteel's construction reflects the same painstaking attention to quality. From the unique spring . . . to the solid hardwood (mostly oak) frame . . . to the thick, thick latex cushioning and selected fine fabrics, protected against soil and stain by Zepel. This is perfection. This is Flexsteel.

These are just some of the reasons why Flexsteel fine-crafted furniture is selected by many famous decorators . . . and has been for four generations.

For Additional Information, write: Flexsteel Industries, Inc., P.O. Box 877, Dubuque, Iowa 52001



Lifetime springs are permanently attached to the solid, kiln-dried hardwood frame. Frames are double-doweled, not just glued.



Beautiful prints are outline-quilted using lockstitch, unbreakable, continuous filament nylon thread.



Every detail in the upholstery process receives careful attention from skilled craftsmen who are the highest paid in their trade.



Flexsteel makes a production out of every furniture detail . . . up to and including final finishing and thorough, complete inspection.

FLEXSTEEL®

... the longer you own it,
the more you'll like the name!



continued

Space-filled oasis suits a dune setting.

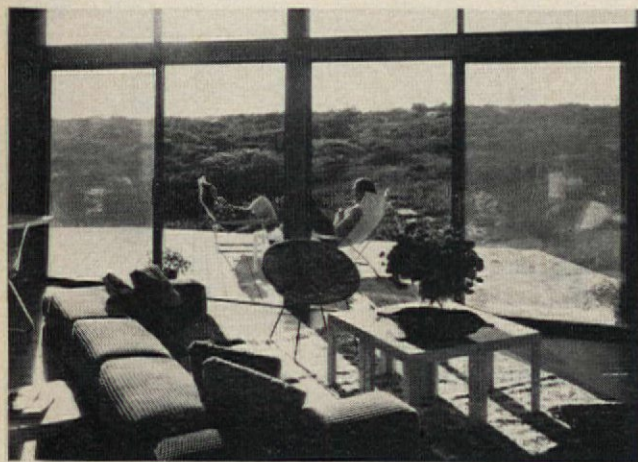
The "Westport" is built mostly of easy-care woods: cypress exterior siding, oak floors, barn-board siding in the living-dining room. Bob enlarged the kitchen by shrinking the downstairs bedroom. He also opened the stairwell and balcony to the living-dining room, added huge clerestory windows and expanded the deck to integrate the house and its setting. With all these modifications, the house—built in 1972—cost him only \$45,000, excluding appliances, fireplace and the cost of a well and septic system.

The "Westport" is one of 60 basic Stanmar models. All are available nationwide, to be shipped to the site (shipping costs vary according to location). For catalog, send \$2 to Stanmar, Inc., Dept. AH, Boston Post Rd., Sudbury, Mass. 01776.

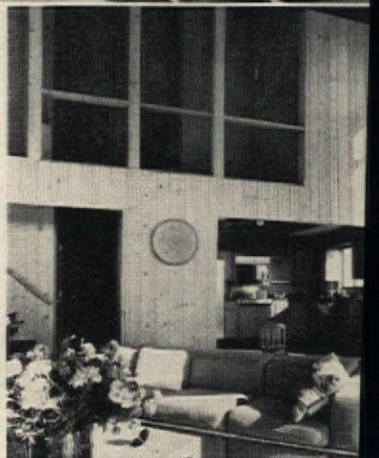
—Jane L. Lawrence



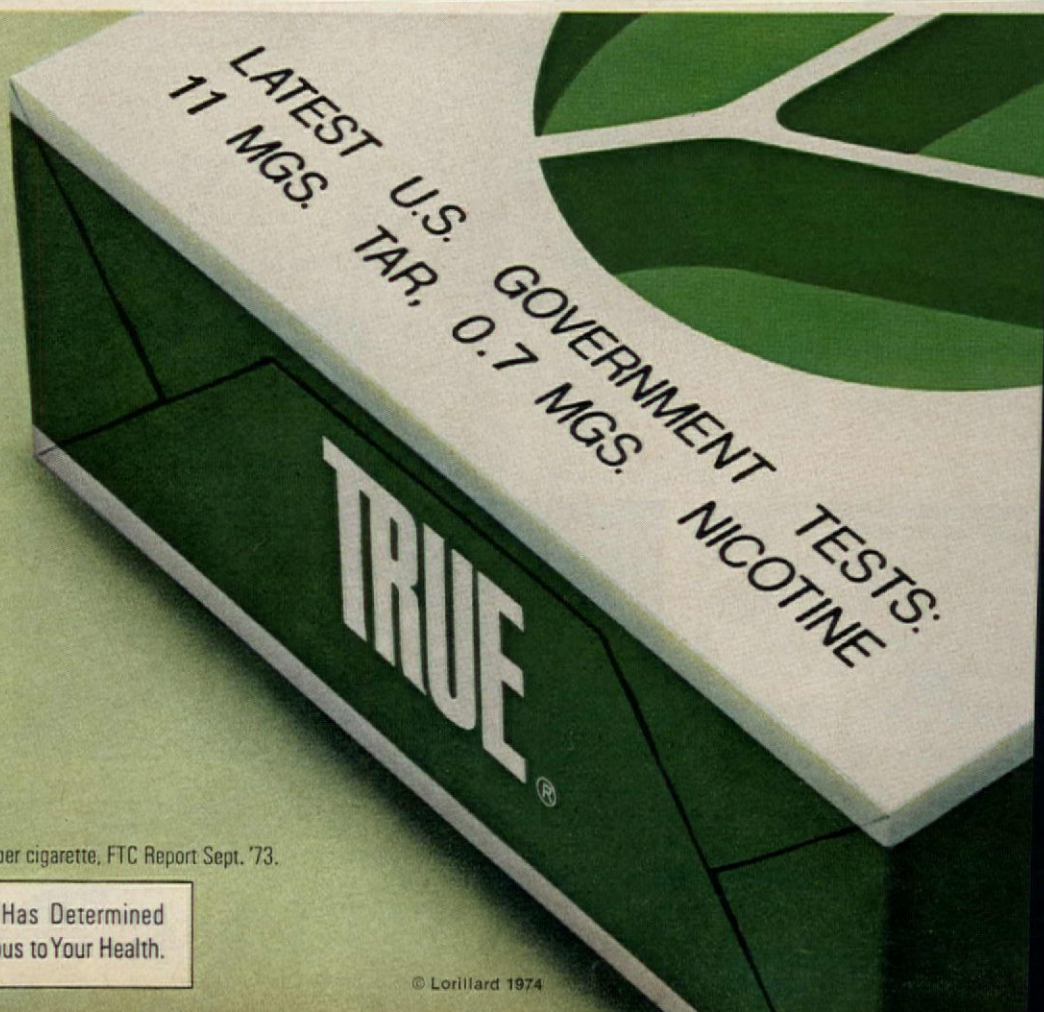
Sense of spaciousness in living-dining room (above) is created by double-height ceiling, fireplace wall and the openness of simple balcony and stairwell.



Sliding glass doors lead to cedar deck (left) where Bob and a friend soak up sunshine. "For me," says Bob, "this is the perfect retreat—quiet and isolated."



Living-dining room (right) is light-filled with generous dune views. Kitchen at rear is convenient and open.



Regular: 12 mg. "tar", 0.7 mg. nicotine,
Menthol: 11 mg. "tar", 0.7 mg. nicotine, av. per cigarette, FTC Report Sept. '73.

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

True Menthol:

U.S. Gov't. tests show True menthol cigarettes lower in both tar and nicotine than 98% of all other menthols sold. Think about it.

Shouldn't your next menthol be True?



HELP ABOUT THE HOUSE

NEW FLOOR CAN BE BRICKED

Can we have a brick floor in the new room we're adding to our house? If so, is it a job we can do ourselves?

Arthur Painter
Seattle, Wash.

A brick floor is certainly feasible, and can be done without much difficulty by following these suggestions: If you want the bricks to be level with your other floors, the subfloor they're laid on must be lower than the others—how much lower depends on the difference in thickness between the bricks and your other floor surfaces. If you put in a concrete subfloor, be sure it's smooth, and cover it with two layers of 15-pound building felt. Be aware, however, that a subfloor of 3/4-inch plywood is just as satisfactory as concrete—and need not be covered.

Use bricks that are dense and soak up little moisture. Lay them directly on subfloor, without mortar. Whatever pattern you decide on, the bricks

should be set in snugly. Then sweep fine sand into joints and allow floor to settle for a couple of weeks. Cover entire surface with two coats of masonry sealer—to hold sand in place and protect against staining. When sealer is dry, apply a liquid floor wax.

REFINISH CABINETS WITH CARE

Can I restrain and revarnish my wooden kitchen cabinets without removing the old varnish?

Mrs. L. M. Hoffius
Grand Rapids, Mich.

The cabinets refinish easily if you don't mind changing their appearance. First, wash the cabinets with detergent solution. Rinse and go over surfaces with sandpaper or steel wool. Then brush on alkyd primer and semigloss or high-gloss enamel. Or you can spray on coats of aerosol paint.

SHELLAC SECURES DOORKNOB

What can I do to keep my closet doorknob from coming off unexpectedly? The screw in the neck of the knob is continually working its way loose.

C. Graham
Framingham, Mass.

Just put a drop of shellac in the screw hole before you tighten the screw. When shellac hardens, it will act like glue to hold screw in place.

BUILD BOOKSHELVES TO SIZE

What are the most common dimensions for bookshelves? I'm about to build an entire wall unit and would like to know the ideal sizes.

A. Solomon
Freehold, N.J.

Bookshelves are usually built using boards with a nominal width of 10 inches and a nominal thickness of 1 inch (actual dimensions are somewhat less). If the shelves are supported only at the ends, they should not span more than 32 inches. For spaces up to 54 inches, either install supports under rear edges of shelves or make the shelves out of boards 1 1/2 inches thick.

The amount of space between shelves will be determined by the books you plan to put in them, but 11 inches is a good average to aim for. The top shelf shouldn't be more than 6 feet above the floor unless you have very high ceilings and lots of books—in which case you'll need a ladder or library steps to get at those located on top.

For help with a home-maintenance or repair job, write to: Dept. HAH, American Home, 641 Lexington Ave., New York, New York 10022. Letters are answered promptly; those published are selected for their broad general interest.



A beautiful put-down.

Put down the Bold One, a colorful cushioned vinyl from Mannington's fabulous Million Air Collection. In red and five other fashionable colors.

Beautifully easy on the eyes . . . and the feet.

Best of all, you don't need to put down any wax . . . its gleaming surface cleans up easily with a damp cloth.

Figure on less than \$100

installed for a normal-size room. Or, do-it-yourself and save. For most rooms, our wide rolls completely eliminate seams.

Mannington—the name to ask for at floor covering dealers everywhere. Or, write to us for dealer name, a free mini-sample, and colorful booklet showing 32 other designs and over 100 color combinations of our beautiful put-downs.

**Tough. Smart.
And out to
Floor you.**



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Other fine floor coverings by
Wellco Carpet Corp., of
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owned subsidiary of
Mannington Mills, Inc.



SPRING GUIDE TO LIVELY LIVING

Whether it's a simple home spruce-up or something pretty you create, make this wake-up season a time for stay-at-home pleasures. —Marcia Wallace

Somehow it always comes as a surprise. Yesterday it was winter, with slush and leaden sky. Now, today, spring's there, right outside the window. Only the first signs, of course; a faint haze about the bushes—green but not leaf-shaped yet, three pokey spikes in the flower bed (was *that* where you put the crocuses?), the sudden soft look the air has, though you know in your heart that if you open the window, you'll freeze. But that's all right. Winter's on the wane, and life will start being lovely after all.

As recently as last April, spring signaled family take-offs. This year, more and more travel is geared to gas-saving. So you might spend this new season spring-watching in your own corner of the world. For, much as we hate to credit the energy squeeze with accomplishing anything good, we do think a stay-at-home spring is cause for celebration, for relaxing and enjoying special niceties. With a little imagination, you can make it . . .

Something bright—like painting a window box yellow, a kitchen chair orange, or giving the porch or your bedroom a new blue sky.

Something flowery—fill a white ironstone pitcher with forsythia or apple branches to bloom early indoors. Buy a pot of pink hyacinths or paper narcissus that smell as pretty as they look.

Something house-proud—with summer in mind. Maybe this is your year for new garden furniture: lacy wicker or rattan, or very now-shaped.

Something crafty—that you've never done before, be it crewelwork or macramé or rug tying or a patchwork quilt. (See page 36 for possible projects.)

Something deep-breathing—such as walking in spring woods or along a beach with no footprints, or just getting out for a jog around the reservoir. Without getting intense about it, you might even inaugurate a morning bend session for the sake of summer's midriff.

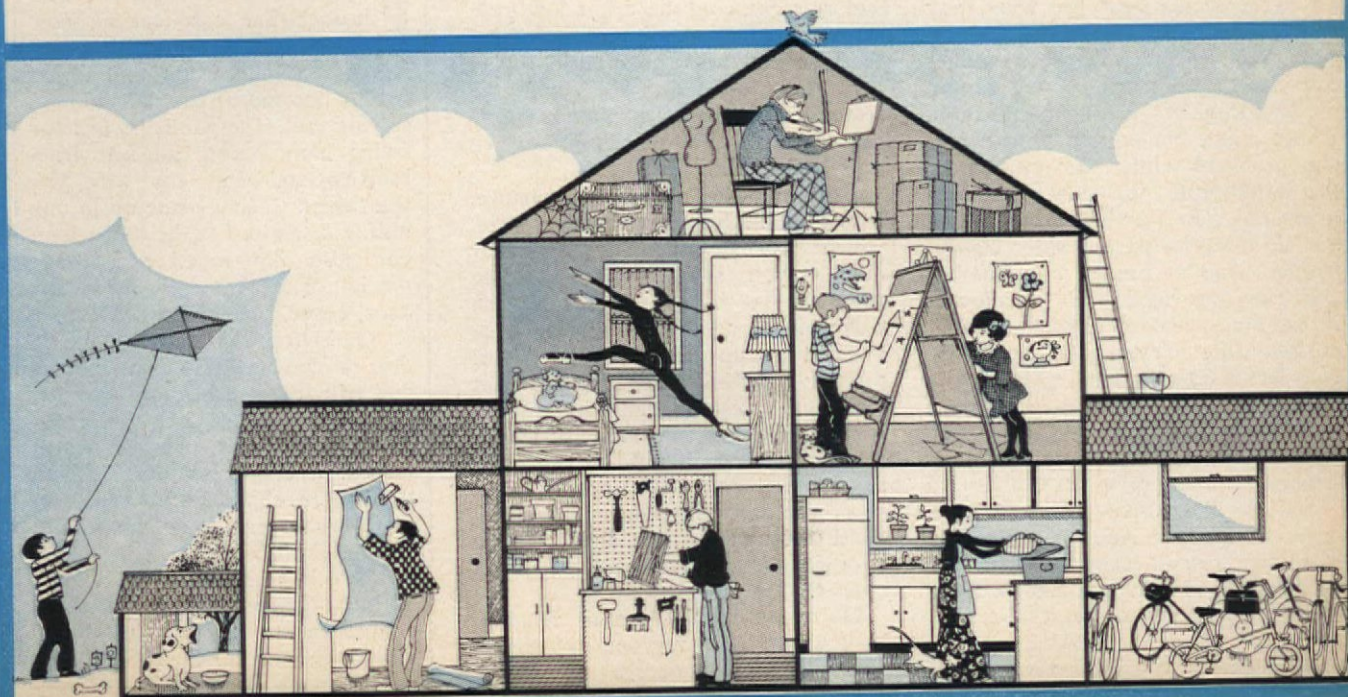
Something clean and shiny—and it should show. Perish thoughts of in-depth grandmotherly house-rousts. But do wax a floor, wash windows, starch curtains. Or better still, hire someone else to do it.

Something wild—like painting a family mural in the playroom or garage. Color the surface white first and have a resident artist (age no object) do a small-scale rough sketch. Then give the wall a fresh coat of butterflies, flowers and other young creatures of spring.

Something sweet-smelling—involving sachet balls, scented spray or shelf paper and your linen cupboards. Or tuck in unwrapped cakes of lavender soap.

Something sporty—like investing in a croquet set (or badminton or bocce) for the yard.

Something childish—you can teach the kids "Territory," "Ringolevio" or "Capture the Flag" after supper. In case you've forgotten the rules, Fred Sturmer's *What Did You Do When You Were a Kid?* (St. Martin's Press, \$6.95) will refresh your memory. Then hang an old-tire swing from the branch of a tree—just because it's spring and it's so nice to be home.



THE LONG, LAZY BRUNCH



Spring Sundays are for enjoying good food, special friends—and having fun.

Now is a time to celebrate: the tulips coming up, robins coming back, a batch of splendid Easter eggs that deserve showing off. But best of all, it's a sunny new season, so why not share some of its joys with people you like?

Sunday brunch is a beautiful way to do it. For starters, it's gloriously adjustable. The only rules that count are what works best for you. Easy timing—noon or 12:30, or 1:00 till whenever—means no rush at either end: fewer problems for you setting up or for guests getting home on a school night. No pairing or age-mixing problems either. Invitations by the family-full not only introduce interesting new kids and grandpeople, but do away with the sitter hassle, besides. And at brunch any number can play, provided each is allowed spread-out space for sitting, chatting, crosswording or ball-game watching. And let's face it, a stand-up brunch is no brunch at all. Better two Sundays of 15 (repeated plans, ditto success) than one uncomfortable thirtyish afternoon.

Sounds like a party that even a hostess could love. And the happy fact is that you *can*—because so much can be done ahead that you can be right there enjoying. Of course, it takes pre-planning (doesn't everything "casual"?). But with fresh spring colors

and flowers and foods to start with, even the work you do will have a party feel about it.

Make a basic beginning. Set your date, time and cast two or three weeks ahead. Mailed invitations ("marker"-penned notes on bright postcards) get the facts straight and serve as reminders as the big event approaches. Phoning yields quick answers and a chance to substitute for early regretters. Either way, keep track of numbers and the approximate child-to-grown-up ratio.

Lead off with a lighthearted toast. Forget winter's hot toddies and salute the spring with iced fruit flavors: with a "Blanc Orange" (half dry white wine and half orange juice), a "Friendly Finn" (cranberry juice, a jigger of vodka and a spritz of soda with ice) or an "Islander" (apricot nectar spiked with Hawaiian rum and a lime slice). Pour nonalcoholic versions for the kids.

Develop a do-ahead menu. And here again, keep it on the light side: Build around a dish designed—with minor variations—to please both adult and child palates. Crepes are ideal; you can make them ahead by the dozens, freeze, then defrost and fill them with anything creamed (chicken, seafood, mushrooms and spinach, ham), sauce them, bake them and keep them elegantly warm on a heating tray. Other all-age pleasers: cheese-and-onion pies; creamed chipped beef and chicken on toast with "boys" (bowls of chopped onion, capers, toasted almonds, raisins, sieved egg); chafing-dish scrambled eggs with chives, smoked salmon, sour cream, crumbled bacon and/or sautéed mushrooms; pancakes with fruit toppings, honey, syrup and whipped cream. Add a meat (hot sausages, cold sliced London broil, smoked tongue, salami, prosciutto) and toast, sweet rolls or streusel cake; jelly and condiments; finish with the freshest fruit (maybe plump whole strawberries with powdered sugar), milk and coffee.

Analyze the equipment picture. Brunches are best served buffet style, which means—depending on your menu—you should check to see whether you have and/or need the following, in addition to serving dishes, plates, cups and saucers, silver: pitchers for drinks; a chafing dish; hot plate (the latest, topped with smooth ceramic, is handsome, indeed); warming trays and bread baskets; insulated hot/cold containers and a super-size coffee pot. Have some tray tables for nonbalancers and as many floor-sitters' cushions as you can muster.

Do some special spatial relating. Like where will everyone eat, drink, sit? If it's anything near warm enough,

you might serve drinks outdoors (in case of a sudden chill, it's easy enough to move back in). Set out food as near to the kitchen as you can, to minimize back-and-forth mileage. Make sure you've enough grown-up sitting spots in the living room, den or family room. And if you possibly can, arrange for the kids to be themselves in a room that's their own—and apart.

Set a sunny table. Treat yourself to the prettiest, springiest tablecloth you can find—crisp-striped or flowery, yellow or pink or very new green—and harmonizing no-iron cloth napkins (ecologically great, and strong enough to wrap single settings of silver in).

Do something fresh with flowers. Arrange a centerpiece using white pots of blue ageratum, scarlet impatiens, pansies (set them out in the garden later); or put cut daisies in the garden later; or scatter miniature bouquets of johnny-jump-ups or garnet roses on tabletops around the room.

Mobilize youth to help. For there's much that they can do: opening the door, taking coats, passing and refilling plates, keeping buffet dishes filled, watching very young guests if they need it. Kids can be of enormous help—and even enjoy it.

And plan on having a wonderful time. With food that can't miss, nice people to dine with, a pretty table—and the whole long, lazy Sunday afternoon to enjoy—how can you help it?

From West Bend come two new brunch-time ease-makers, now in better stores. The "Odds 'n Eggs" pan has a hinged top that opens flat to become an extra cooking/serving unit. The pan is perfect for frying ham, bacon, sausage, hash browns—and eggs any way you want them: 2 sunny-side up in one unit, 2 scrambled in the other. You can also flip together a 3-egg omelet; or break 2 eggs into special cups, cover, poach. Cost: \$7.95.

"QuikDrop II" is an automatic drip coffee maker—twin carafes and two separate heating/warming units—that makes 2 to 16 cups. Brew one 8-cup carafe's worth (speed: a cup a minute); if you need more, shift carafe to the second warmer and brew the second carafe. Cost: \$49.95.

Mirro has a new "Three-In-One" 10-inch-square frypan with three compartments—for cooking different foods at once. Cost: \$4.59.

Frigidaire and General Motors present the first refrigerator that talks back.



We've added an unusual accessory to our 3-door refrigerator. A portable AM-FM radio, cassette tape player and recorder that fits neatly into the top freezer door. We call it the Frigidaire Conversation Piece.

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Like every Frigidaire refrigerator, this one has rugged interiors built to take years of tough treatment. It's completely Frost-Proof, too. And because it's backed by the engineering skills and technology of General Motors, it's as beautiful as it is dependable. The hydrators and the food compartment covers have the beautiful look of smoked onyx. And the shelves are elegantly trimmed with the look of teakwood.

If you're looking for a refrigerator that combines brilliant innovation with reliability, Frigidaire is the refrigerator to buy.

For more information, write to Frigidaire, Box 999, Dayton, Ohio 45402.

Or go to your Frigidaire dealer and see our new refrigerator. It has a lot to say for itself.

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Kirsch announces *The Shenandoah Collection*

Six quilted bedspread ensembles,
each weaving a tale of authentic Early America.

You're looking at the first true collection of actual replicas of 18th and 19th century Early American quilts. Each design is distinctively different. And each is available with matching ruffled pillow shams, dusters and draperies.

The Shenandoah Story. Unlike other so-called Early American collections, each of these bedspread patterns is an exact replica of an original which has been fastidiously researched and duplicated.

Kirsch went a lot further in recapturing the beauty and charm of these Early American quilts than meets the eye! We devised a method for stitching two or more different quilting patterns for the look of real handmades. Then we specified a polyester filling which feels remarkably like the cotton batting of yesteryear. Finally, we used muted colors to simulate the fading inherent in the originals.

Only Kirsch brings you such authentic Early American patterns plus quality workmanship as modern as tomorrow.

So do something not only historic but dramatic for your bedroom. Something that will immediately transform it into one of the most distinctive rooms in your home.

A short history of each pattern in The Shenandoah Collection.

HERITAGE: Sometimes called a "borning quilt," this pattern, which shows a distinct Elizabethan influence, was among the first of its kind to appear in Colonial America. It was a tradition for friends and neighbors of a new mother to prepare an elaborate bed-covering for her which was used on the occasion when they welcomed the new arrival.

ROSE WREATH: The rose has always topped the list as the most popular of all flower designs. Instead of a singular pattern, it was sometimes interspersed with other designs because of its light, well-balanced look. This color combination follows that of the original hand appliqued silk spread of the early 1800's.

LOG CABIN: Patchwork quilts are uniquely American. They evolved out of the frontier

women's ingenuity in utilizing every scrap of material that was salvageable, usually from dressmaking leftovers. This Shenandoah pattern was copied from sections of an original early 19th century patchwork.

FRIENDSHIP: Like many Early American quilts, Friendship patterns were the collective work of women who combined their individual skills at quilting bees. Friendship quilts, however, were usually designed as special gifts for leading citizens.

SNOWFLAKE: Inspired by their simple beauty, pioneer women worked nature's geometric compositions into many of their quilts. The snowflake was one such design. But, unlike other Early American patterns, the snowflake color combination seldom varied from blue and white. Like all the other patterns in The Shenandoah Collection, this one was taken from an authentic Early American original.

EIGHT-POINT STAR: Another popular geometric design was the star. Its symmetry led early quilters into literally hundreds of variations, with the most popular star patterns being named after every state in the new Union, other nations and famous men.

The Shenandoah Collection can be found at fine stores throughout the country. For the name of the one nearest you, write: Kirsch Company, Sturgis, Mich. 49091.

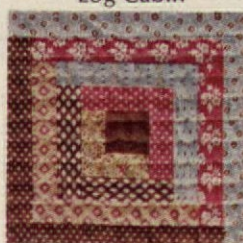
Heritage



Rose Wreath



Log Cabin



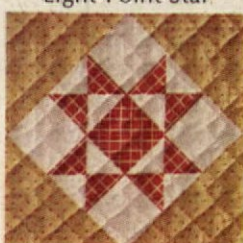
Friendship



Snowflake



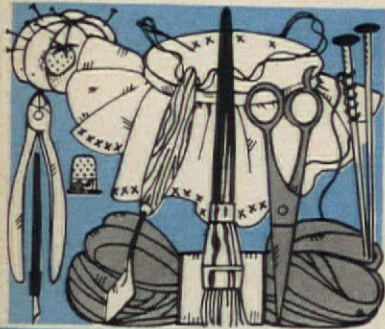
Eight-Point Star



Kirsch
Where quality
still means something.



NEW HIGHS FOR CRAFTING



The time was when crafts were something you did at camp, or wobbly pottery thrown in a bohemian loft or storefront. No one talked of *bar-gello*, let alone *macramé*. Only your great-grandmother had quilted for sure.

Now all these and *patchwork*, too, are part of the New Craft Thing that's sweeping American homes, bringing with it all kinds of fresh designs and shapes to play with. On *crewel* samplers, boats sail and balloons ascend. A *patchwork* coverlet comes with a Raggedy face and arms to cuddle a child with. *Needlepoint* covers totes and tennis racket covers.

But where do you begin when there's so much to choose from? To find your happiest medium, browse a bit; check books, the pages of this

magazine (see below). Here are some favorites to consider:

In the lap-work department, *needlepoint* is to love because it's so portable. Besides, it makes pretty things. It calls for a mesh canvas on which a design is traced to be stitched with needle and yarn. *Bargello*, a Florentine variation worked on single-mesh canvas, goes quickly, thanks to long vertical stitches. *Grospoint*, the big-stitch one—is superb for jolly pillows, wall hangings.

Embroidery stitches follow a design on your own choice of fabrics. The classic version calls for silk threads, hoops and special needles. *Crewel-work*, its most popular version (fresh designs, speed, color are why), is worked with wool on linen.

Crochet is as stylish as anything for caps, scarves and afghan-square sweaters. It uses a single hook and any sort of yarn, zips right along once you get the hang of it.

Macramé, the art of knotting, is loved by its revivers for its low cost (a ball of string plus the simplest wood block or frame are all you need), indestructibility and wondrous web-by designs in everything from headbands to hammocks. *Rya rug-making* is another form of knot work (wool on canvas). It's an investment, but beautiful at the finish.

Weaving can start with a self-assembled kit—notched cardboard, wool, an Afro comb and a chopstick. From there it grows to lap frames, table and floor looms.

Patchwork is zooming, with kits for everything from pillows to aprons to caftans and comforters—many quite reasonably priced. And *quilting*, with patches or appliqués—has inspired even the busiest to gather in “bees.” It can make stay-at-home times the nicest of all.

This issue contains the makings of a virtual craft fair. For starters there are five needlepoint and bargello pillow kits—some with whimsical creatures, others with geometric motifs—on page 15. You'll also find a trio of delightful crewel kits on page 86. Four exclusive pillow designs are pictured on pages 64-65; how-to's using four basic stitches are on pages 46-47. Simple cross-stitch mother-and-daughter borders appear on pages 62-63, with step-by-step instructions for each beginning on page 87.

Wispride. Rich. Robust. A classic.

Good as the picture looks, it can't begin to tell you the most important thing about Wispride—its rich, robust flavor. Wispride is aged cheddar cheese, full-bodied with lots of character. But it's even better than ordinary cheddar, because Wispride® Cold Pack Cheese Food is moist and creamy. It spreads. Try Sharp, Wine and Blue flavors in crocks, refills, cups, wedges. The convivial cheese that brightens any gathering.



GET A NICE GREEN START



One of the neatest things about a stay-at-home spring is the leisurely way you can go about waking up the garden: no rush, no panic, plenty of time to dig into those glowing seed catalogs you ordered one snowy day last winter—and put it all together *gradually*. Still, since you have to start somewhere, you might . . .

Begin with flower-bed plans. Pool your memories of last year—what flourished and what flopped. Can you find a brighter spot for the petunias? Should you square the round rose garden? Where's the water coming from? Now's the time for graph-paper changes to translate into real-life improvements.

Cultivate vegetable thoughts. Especially in these inflated days, harvesting your own cheeky tomatoes is a gorgeous dream. And it *can* come true. But don't get carried away, especially if this is your first year of farming. A plot 15 or 20 feet by 35 is plenty big to start with. In it plant only vegetables the family really likes. No matter how squash thrives in your part of the world, it's a dead loss if nobody eats it. On the other hand, don't overplant: Better run out of green beans in August than be forced to serve them for breakfast and process them by the ton. Corn sounds great, but takes up too much room for the ears it yields. When in doubt, consult the nearest U.S. Department of Agriculture Extension Service. They'll know all about what grows best locally.

Get in some groundwork. Rake up winter mulch or turn it under—and spade the soil. Vegetable beds should be broken to a depth of about a foot, other

beds according to planting plans. Ask the Extension Service about fertilizers and planting times, acid-alkali balance.

Sow yourself some seedlings indoors. Tenderer flowers and vegetables can be head-started in flat boxes. Just believe the seed envelope when it tells you to "thin." It may seem cruel to uproot those infant green sprouts, but the survivors will be fitter for it. Buy some nursery-nurtured flowers and vegetables, too. Unless you're a green thumb born, you'll come out way ahead at harvest-time.

Give herbs a thought. Grow them from seeds, indoors or out. Pinch off flowers to keep herbs leafy. And plant in a movable container those you want to bring in for the winter.

Shape up shrubbery. Pruning and cutting back before budding time is fear-and-trembling work. But with sturdy shears and some boning-up ahead of time, you can do it. And your bushes will grow bushier all summer long.

Take a tool check. You'll need clippers, a strong spade, metal rake, hand trowel, fork cultivator and a barrow for carting stuff. Also, make sure to have markers, stakes, ties, string, baskets and all your favorite gardening gadgets on hand. Anything not unruined and ready to go should be repaired or replaced—now.

De-rust the garden furniture. Then set it out in some lady-and-lordly spot from which you can survey your now-manicured acres and look forward to the blooming months ahead.

A well decorated room starts with a Waverly fabric.



It's the fabrics that lend the color, charm and warmth to a room. Not just any fabrics, but famous-for-quality Waverly Fabrics. The wide choice is a decorating delight with colorations, designs and textures unlimited for draperies, slipcovers, bedspreads and upholstery. All Scotchgard®-protected against soils and stains. Available by the yard or in made-to-measure bedspreads and draperies with companion wallcoverings through department and drapery fabric stores.

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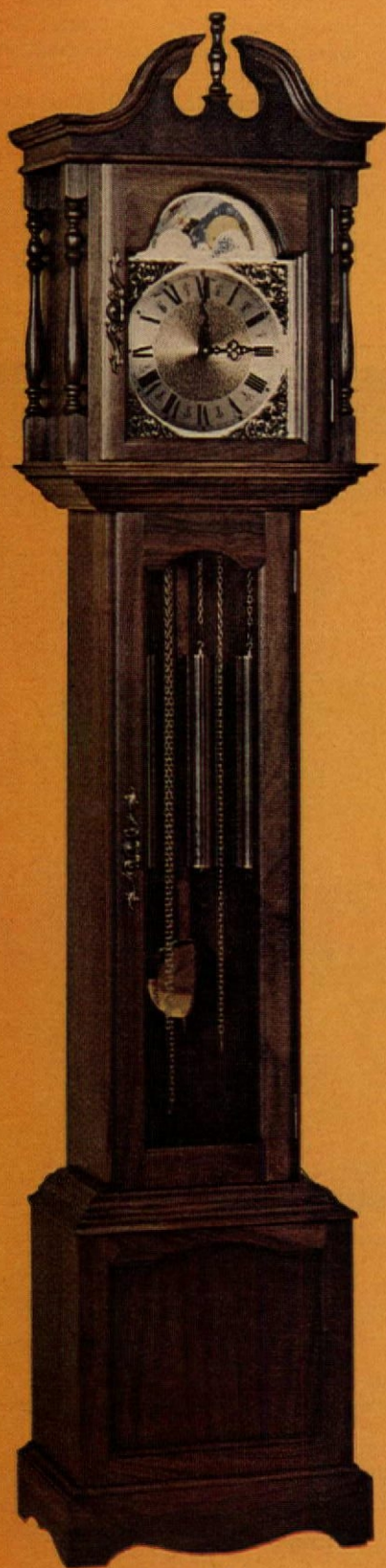
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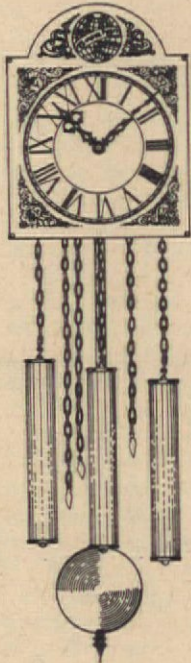
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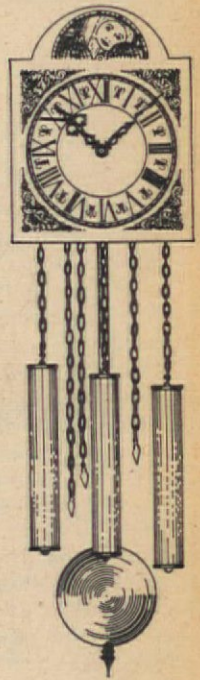
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Emperor's 100-M Grandfather Clock Movement is produced in West Germany by proud clocksmiths who, for over a century have been manufacturing the world's finest movements.

Embossed overlays surround the solid brass dial. The face has a high permanent polish and serpentine hands. You can select from two dial versions. One has the words "Tempus Fugit" (Time Flies) inscribed in black enamel on a shaped aluminum world in the arch above the dial face. The other has the classic Moving Moon Dial with a lunar calendar.

The completely weight driven movement strikes the famous, melodious Westminster chimes on four musically tuned rods; four notes on the quarter-hour, eight on the half-hour, twelve on the three-quarter hour and sixteen on the hour. The hour is struck on four additional tuned rods.

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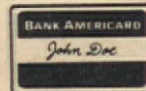
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SELECTING THE KITTEN

By Kurt Unkelbach

Sometimes he really selects you. You meet him on your doorstep or along the road near your home. But if you keep him, be sure that he receives more than simple nourishment. The probability is great that he has not received *preventive* shots against several dreaded feline diseases. So rush your new pet to the veterinarian as soon as possible.

There are other simple ways to obtain a free kitten. In almost every neighborhood, somebody has free ones to give away. And it's a rare occasion for a daily or weekly newspaper when an edition doesn't carry at least one offer of free kittens. But humane society shelters are the very best places to find your free kitten, for one of the objectives of the societies is to find good homes for pet animals, and they release only healthy individuals. Still, it's wise to question the health status of any kitten before taking him home. Look him over and check him on all these points:

1. Spirit: watch him in action. He should be aggressive, playful and steady on his legs. If he stumbles about, he's too young to take home. There's a leader in every litter, and often he's the best bet. Always reject the shy kitten who turns from you.

2. Coat: should be full, clean and shiny. A dull, patchy coat means poor health. Bare spots are signs of skin infection.

3. Mouth: a clear, rosy pink; tongue always pink. A full set of clean white teeth in each jaw. If baby teeth are just breaking through, he's too young to leave his mother.

4. Nose: moist, cool, never runny.

5. Eyes: wide open, clear and bright, never squinty, watery or sticky. Wave something before his eyes to determine vision. If they blink, they see.

6. Ears: clean, free of sores, scabs and mites. Kittens with blue eyes and white kittens should always be tested for deafness. Test by making a noise (clap of hands, snap of fingers) behind head and watch for reaction.

7. Body: lean, but neither fat nor skinny. Stomach should be firm, never soft or bloated.

8. Tail: lift it and look for signs of diarrhea under vent and on backs of rear legs.

If the kitten of your choice passes all these tests, he's healthy—at that moment. Now for the double-check:

• While examining the kitten, did you notice the smell of cat in the air? If so, there's something wrong.

• If the air is clear, pick up that timid kitten and examine him. Chances are he's not really shy, but isn't feeling very well. If he can't pass the eight-point program, every other kitten present is a poor health risk.

Now, if the double-check is all clear and you are buying the kitten, request a trial period of two or three days. Explain that you consider the sale conditional until your veterinarian gives the kitten a good bill of health. If he doesn't, then you'll want to return the kitten and recover your money. Any reputable breeder will agree to such terms. Pet shops often try to turn the agreement around and offer an exchange of kittens. Don't fall for it. You may end up with just another sick kitten.

Those free kittens are usually ones carrying short coats. They come in



many sizes, colors and tail lengths. They are popularly known as alley cats, barn cats and common cats, but in fact are members of a definite breed: the American Shorthair.

To avoid confusion, perhaps it would be best to call the free kitten a plain American Shorthair, for there is also a social American Shorthair. The latter is more uniform in type, has a known pedigree and carries registration papers proving that he is a purebred. From a pet owner's point of view, there are certain advantages in selecting a social or purebred kitten. Thanks to the laws of inheritance, for

example, it's possible to predetermine the kitten's future in terms of temperament, size, color and—to a great degree—intelligence.

Pet shops, private breeders and *catteries* are the sources of purebreds, and prices cover a wide range. In general, pet shops offer the lowest prices and also the greatest risk. Unless the owner of the shop happens to be a breeder or is known to have breeder contacts, that source is the poorest bet. Private breeders and *catteries* are the safest sources. Most provide a veterinarian's certificate of good health and advice on care.

Unlike the market in purebred puppies, each kitten in a given litter often carries a different price tag. The best specimens bring the top dollars. But there are usually at least a couple of kittens in every purebred litter who do not have that potential. These kittens have all the virtues of their litter mates, make fine pets, sell for much less, and only an expert knows that they lack promise. Thus the price range for a given litter may run from \$20 up to \$150 and more. And often the \$20 kitten will mature better than his expensive brother.

Does the male kitten make a better pet than the female? All other qualities being equal, the question of sex is unimportant in kittenhood. The problems begin when the kitten reaches maturity. It's easy to avoid those problems if all you want is a pet. The avoidance is something called *neutering*, and it means *altering* the male or *spaying* the female. There's nothing dangerous about this operation, though it should always be handled by a vet. From 12 to 16 weeks of age is the time to neuter a kitten. The operation can be performed at any age, but the younger the better. And usually the neutered pet's longevity is increased.

No matter how one looks at it, neutering makes sense. If our country's pet owners would make use of that common sense, we wouldn't have millions of unwanted kittens, and stray cats, and perhaps there'd be a loving home for every cat.

From the book "Catnip: Selecting and Training Your Cat," by Kurt Unkelbach. Copyright © 1970 by Kurt Unkelbach. Published by Prentice-Hall, Inc., Englewood Cliffs, N.J.

Illustration by Betty Fraser

The Story of the Ugly Chair.

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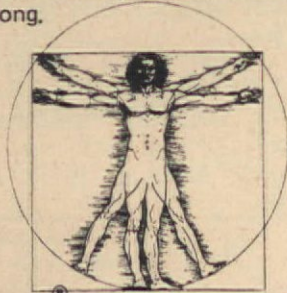
Not that everyone thinks the Contour Chair Lounge is ugly, mind you. Folks across the country have been buying them for, maybe, twenty-five years. And there must be a million families now who bought them because they liked their looks. . .and later discovered they had bought not just another pretty piece for the living room or den. . .but almost a new way of life.

How important can a mere chair be to your life style? For the answer to that, you'll have to look beyond the usual ideas of what a chair should look like. What you really must consider is what it was made to do for you.



Picture that conventional easy chair in your living room or den. Then try to figure out how you can rest your head. By slouching down so you're resting the bulk of your body weight on your spine? That's not going to be comfortable for very long.

What do you do with your legs? Cross them? Then recross them? Rest them on the cocktail table? On another chair? Or on an ottoman? All of these positions tend to restrict circulation or result in the concentration of an undue proportion of your weight on a single area of your body. None of them can have you comfortable for very long.



CONTOUR® IS THE WORLD'S ONLY "YOU" SHAPED CHAIR.

Man has been making chairs of every description for thousands of years. But not until recent times has anyone thought of making a chair that

will conform to the contours of the human form. Not until Contour Chair designed its chair lounge with you in mind was there any form of seating that takes into account the way nature had fashioned your body.

Contour® provides full support to your head in any position.

Because the Contour Chair Lounge is available in a size that is compatible with your height, because it curves to provide gentle support for your head and neck, there is no longer the need for tensing your neck muscles while you're trying to relax. And this support is maintained in any chair position — upright, fully reclined . . . and in all positions in between.

Contour® provides gentle support for the small of your back.

In addition to relieving you of the usual body weight pressures on the lower back and thighs, the "kidney roll" design feature provides gentle support for the small of the back.



In Upright Position — only 31.4% of body weight supported by hip area.

In Semi-Upright Position — only 32.8% of body weight supported by hip area.

In Reclining Position — only 23.8% of body weight supported by hip area.

Contour® elevates your knees in a "floating" position, raises and supports your legs.

In a Contour Chair Lounge, the legs are always fully supported and comfortably raised. . . even above the body level. . . and for as long as you may desire.

Choice of single or two-seater Cuddler® models available with automatic push-button position changer, automatically changes your body position from "head high" to "feet-up" without effort.



Contour Chair Lounges come in your choice of a wide range of colors, fabrics and styles.



SPECIAL OFFER

If you purchase a Contour® Cuddler® or Contour® Power Slide® Push Button Positioner when installed on purchase of any new Contour chair, you will receive a \$50 U.S. SAVINGS BOND.

Offer void after June 16, 1974.

MAIL THIS COUPON TODAY!

Get a FREE illustrated booklet and full information, PLUS a \$50 U.S. SAVINGS BOND Application Certificate.

CONTOUR SALES, INC., Dept. AH174
5200 VIRGINIA AVE.
ST. LOUIS, MO. 63111

Send me your free booklet, "How to get the most out of sitting." No obligation, of course.

Send certificate entitling me to \$50 U.S. Savings Bond as advertised above.

Name _____

Address _____

City, State, Zip Code _____



Look at my thighs here. You can see now why I used to want to hide them in slacks.

Everything I ate went straight to my thighs, before I lost 77 pounds.

By Randi Hoyt — as told to Ruth L. McCarthy

At 208 pounds, I don't mean to say that my legs were the only big part of me. But food just seemed to settle in my thighs. I tried to hide them in slacks, but as I added pound after pound, it got harder and harder to find pants that would fit. As for wearing boots, that was something else again. I had to buy two sizes larger than I measured. Then my husband had to squeeze my calves together, while I tucked in the flab and pulled up the zipper.

Frankly, I blame the mess I was in on the way I ate. Plenty of junk calories during the day. Then at supertime, I'd have gobs of mashed potatoes, maybe three or four pork chops, topped off with cake or a bowl full of ice cream.

Actually, when I think of the shape I was in, it's lucky I ever married. Maybe I wouldn't have, either, without the help of the telephone. You see, David (my husband) and I talked on the phone every day for two weeks before we came face to face. A mutual friend had introduced us, thinking we'd have something in common. And we sure did. Fat. He weighed 240 pounds at the time and I wasn't much less.

Soon after, however, David started

to work in a steel mill which trimmed him down about 70 pounds. Seeing him lose like that made me turn to diet pills, until I was able to get into a size 17 wedding dress. But I'll tell you, the pills made me so nervous I developed more than my share of bridal shakes, so I had to give them up.

Finally, about a year later, I decided to try that reducing-plan candy, Ayds®. I'd been cutting out the ads of the people who'd lost weight on the plan and when I read that Ayds contained vitamins and minerals, no drugs, I bought a box of the chocolate fudge kind at the drugstore where I go regularly.

Well, I followed the directions carefully and those Ayds really helped curb my appetite. For breakfast, I had one Ayds with hot coffee, then juice, a soft boiled egg and toast. At noon, Ayds again and a light lunch. For supper, I'd have Ayds and coffee, followed by broiled meat, a vegetable, salad and a small dessert. As for the evening, one or two Ayds made me happy enough to give up my usual fat snacks.

The Ayds plan was just perfect for me. You see, I'm the kind of person, if I can't have something, I want it.

Now look! I'll bare my legs any time since I've gotten down to 131 pounds.



But by taking Ayds, I was able to eat about everything I wanted, only I wanted less. I didn't feel starved or deprived at all. And I lost 77 pounds on the Ayds plan.

As for my legs, I think they're the most beautiful thing that's happened to me. Now, thanks to the Ayds plan, I can find panty hose that'll fit over my fanny without creeping down. And I can even wear short shorts and make David feel proud walking downtown with me.

BEFORE AND AFTER MEASUREMENTS

	Before	After
Height	5'3½"	5'3½"
Weight.....	208 lbs.	131 lbs.
Bust.....	42"	35"
Waist.....	36"	28"
Hips.....	46½"	35½"
Dress	22½	12

KNOW HOW

POINTERS FOR POOL BUYERS

A swimming pool can be a joy, but plan well before you take the plunge.

Putting in a pool isn't a spur-of-the-moment thing; it's a major investment. A swimming pool has a big impact on your life and on your property, too, as the six shown on pages 58-61 indicate. Take time to consider these important factors.

Location: Check local zoning restrictions about the placement of the pool. Make sure to locate it out of the wind and in the sun, on flat ground. Consider how near to it you want to be. A pool that's close to your house leads to a nice blend of indoor-outdoor living and precludes the need for a place to change. More important, it's easy to police if there are kids around. On the minus side: The nearby pool tends to dominate your life and your backyard view.

A pool located away from the house usually enhances the view. Noise is a little farther out of range, too. But you may have to build a pool house, and nightly intruders are a concern.

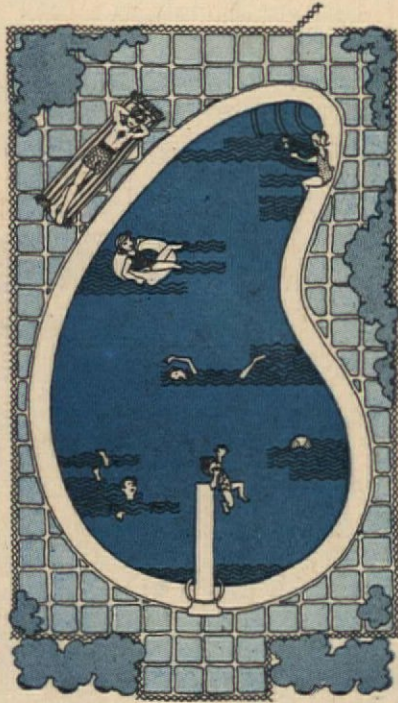
Size: Money and yard space decide this, but an important factor is the number of people (family plus guests) you plan to accommodate at one time. Allow at least 20 square feet per swimmer, plus 300 square feet for a diving board. And if you have a board, remember that pool size also involves depth and diving-area space. The National Swimming Pool Institute (NSPI) provides minimum standards you should follow.

Shape: Buy an unusual shape if you want one, but simple geometric forms are less expensive and give the serious swimmer more freedom.

Builder: Shop for one carefully and make sure he's competent and reliable. The best test is his past performance, so talk with families he lists as references: Does he do the job well? Get a written contract.

Construction: Aside from special pools, such as those made of aluminum, there are four basic types:

- The gunite pool is the most common. It's made by scooping a hole, lining it with steel reinforcement and then with a layer of concrete hosed on at high pressure. The result is a strong, durable pool that can be finished with cement-marble plaster or, if the concrete is smoothly troweled,



with coats of paint. Construction goes quickly and cost is fairly low.

- The vinyl-lined pool begins on the bottom with a layer of sand, on the sides with steel, aluminum, fiberglass or wood panels on the upper sides. Then a pre-formed vinyl liner is dropped in. This type is least costly at first, but the liners do have to be replaced eventually. Construction is rapid and the tough, easy-to-clean vinyl discourages scumlike algae build-up. Since the vinyl never needs refinishing, you can leave water in the pool all year.

- The fiber-glass concrete pool has walls of colored fiber-glass panels bolted together and a floor of reinforced concrete. Only the floor needs painting (or plastering). The walls are more resistant to frost action than concrete, but this feature adds to cost.

- The dry-packed pool is similar to the gunite type; the main difference is that concrete is packed by the shovelful around the steel reinforcement. Cost is greater and construction time longer, but the concrete finish needs only paint, not plaster.

Filter system: A good pump with a good filter makes for a clean, clear pool. The most popular filter is the high-rate sand type, which consists of a fiber-glass or stainless-steel tank filled with fine sand that is usable for years. The filter is easy to operate, requires little maintenance and works well, but you lose and must replace hundreds of gallons of water when you clean it.

Diatomaceous earth filters (also called DE or diatomite filters) waste little water during cleaning. They are becoming popular in communities that restrict the pumping of pool water into sewer systems. These filters clarify the water a bit better than the sand type, but are more troublesome to operate and messier to clean. Choose one with a "regeneration" cycle; this new type is cleaned by a few simple pumps of a handle.

Accessories. Three merit attention.

- An automatic chlorinator ends the daily chore of chlorinating the pool. Some find that it also reduces the cost of chlorine and eliminates any chlorine sediment.

- A diving board is a must. Make sure it's the proper size; get NSPI's minimum standards. In pools under \$5,000 an 8-footer is usually maximum.

- A pool cover keeps the pool clean all winter, so refilling is unnecessary.

Decking: This is an essential but expensive extra. Build it of brick, concrete, flagstone, slate, wood or tile to provide safe passage around the pool and also keep dirt out. It should be at least 3 feet wide.

Fencing: Most communities now require it to keep children from wandering in; check local regulations. Chain link, the usual fencing, isn't too pretty, but you can build it some distance from the pool and conceal it with shrubs. Or use wood or stone.

Maintenance: You must ready your pool each spring, put it to bed in the fall and make occasional repairs. And in warm weather it will need considerable attention: You must clean it and add water now and then. Estimate your time and money; you can do the work yourself or have a service company do it. —Stanley Schuler

20 WAYS TO SELL YOUR HOUSE FOR THE BEST PRICE

Ease the complexities—
and come out ahead.

Buying a house for the first time is a traumatic financial experience. Selling that house can rank as the second most frantic experience.

1. Choose a broker you trust. When time is short, the best solution is to list the house with a reputable broker. If the time allowed for the move is longer, you have the choice of trying to sell the house yourself. (See numbers 14 through 20.)

2. Opt for multiple listing. It is likely in today's markets that the broker on an exclusive listing will advise you to permit him to put the house into a multiple-listing system, whereby he cooperates with other brokers in providing greater exposure for your house. Open listings, with all brokers in competition, are not generally well regarded for sellers or brokers. If your house is somewhat special or especially high priced, you would want to deal on an exclusive contract basis with your broker in return for his promise of a strong personal interest in obtaining a buyer for the house.

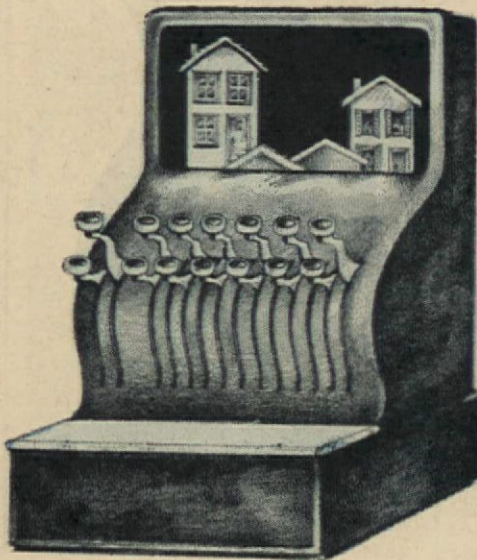
3. Think in terms of price. The owner also has to face the paramount matter of deciding the price to ask for the house. Most important for the broker to know, however, is the highest price that can be regarded in the realm of the possible. An owner about to sell can certainly be aware of current trends in prices, but he still should rely on professional advice in setting the price for his house. More often than not, a competent real estate broker will have an appraisal specialist who will inspect the house and set a maximum price deemed reasonably possible in the current market.

If the owner's "idea" and the broker's recommendation on selling price do not meet, a professional appraisal can help set the asking price. The Federal Housing Administration (FHA) or Veterans Administration (VA) loan offices have appraisers who

will make appraisals for \$35 to \$40. Those are needed when obtaining FHA or VA loans from a lending institution. A private appraiser, available from the Yellow Pages, will probably charge slightly more.

With the appraiser's report at hand, the owner and the broker will probably talk it over and compromise on a figure. The owner must take into account that a house priced at \$35,000 will likely mean a 6 percent commission to the broker, reducing the actual net to \$32,900, and actually slightly less when appraisal and other fees are paid.

4. Be sure of the price. If the seller decides he must have a gross price of \$35,000 and the appraisal and broker reports find that reasonable, there is the matter of setting the price high enough to provide some margin for dickering. It is not unusual for a seller and his broker to agree that it will



be good business to leave a margin of \$1,000 (maybe considerably more if the house is above \$50,000) for the serious-minded prospect who insists on negotiating for a lower price.

Both seller and broker must be careful not to set that asking price too high to be attractive to the best prospects on the initial go-round.

5. Spruce up the house. After the price of a house is set, the seller must make his offering look its best. This is usually done by painting the exterior and redecorating those interior spaces that have become dingy. Take a weekend to tighten loose handrails, fix sticking doors or windows, replace washers on dripping faucets, and make certain all light bulbs shine and that switch-box covers are clean.

6. Put house and yard in order. Before the house is shown to the first prospect, the owner should do a thorough cleaning. This means getting rid of any accumulations of junk in the attic or basement and making cer-

tain the closets do not appear overloaded, which could give the impression they are too small.

When the house is shown, the lawn and shrubs should look their best. Fences and gates should look as good as the rest of the house. Your roof may need a shingle replaced, and a cement driveway may need to be purged of an unseemly oil blotch.

7. Hold an open house. "For sale" signs have long had their place in the marketing of residential properties—on the assumption that interested parties will notice them driving by the house. Yet there is a modern approach that considers the sign to be something of an anachronism. If a broker is handling the house, the salesperson will probably bring prospects around on weekdays, at times you decide are convenient, and then hold open house on Saturday or Sunday. In that case the "Open" sign goes up only at the time the general public is invited.

8. Be out when buyers come. Most veteran brokers insist that the seller be away during an "open" session and stay clear of the prospect who is brought to the house during the week. Reasoning: The seller may tend to overstate his house or pursue some line of sentimentality; whereas the agent is all business and has, or can get, the pertinent facts.

9. Weigh offers carefully. In recent years, agreement to the initial asking price has become more common than it was in the days of the buyer's market. But it is more likely that a prospective purchaser will submit an offer at something less than the asking price. That may be \$500 to \$5,000 less, depending on the price. Some agents tend to discourage dickering, but are obliged to report any serious offer, usually accompanied by an "earnest money" check for \$500 to \$1,000 to the owner. The seller has the right of acceptance or refusal.

The offer may be conditioned on financing, a not unusual situation. If, for instance, you have arranged 90 percent conventional financing for the buyer of your \$35,000 home with your savings and loan association, he will need to put up \$3,500 cash to make his own down payment and also handle approximately \$2,000 in closing costs that include tax escrows and other fees.

Assume that the seller gets the word that the buyer has a good credit rating but is \$2,000 short of being able to handle the full cash commitment. That's really the buyer's problem. But it becomes the seller's problem if the buyer is eager to pay the asking price.

10. Prepare for scarce cash. If there is a shortage of cash to make what would otherwise be considered a good deal for the seller, there are several means of handling the problem. You or your agent may have

to go bank shopping and find a friendly institution willing to take a second trust or mortgage on the house or make the buyer a personal loan that will enable him to fulfill his financial commitment at closing.

If a bank is unwilling to take that loan, you might take it yourself as a purchase-money mortgage, usually at 8 percent and for a maximum of five years. This can be a good investment for the seller who does not need the cash. Second mortgages are sometimes risky. However, in an active real estate market with market prices escalating sharply, there is less danger of losing money—even if the worst happens, foreclosure.

11. Require a deposit. If the contract is signed and the financing arranged, then you will expect the buyer to make a deposit that will be held in escrow by the broker until the day of settlement. The date of the actual transfer is usually near the time that you will be vacating the house and the new buyer will be needing possession.

12. Hire a competent lawyer. Both seller and buyer should be represented by counsel, an attorney known personally or by reputation and one with experience in closings, or settlements, as they are called. Most of the closing costs are normally borne by the buyer. He pays for the title search and title insurance, the appraisal fee, survey cost, mortgage tax and deed recording fees, credit report and fee for the attorney of the mortgage firm.

It is understood that the seller will pay the broker's selling commission, his own attorney's fees, and also any state tax on the equity involved. Buyer and seller will share, on the basis of the time of the year, the cost of the property taxes, fire and other casualty and liability or comprehensive homeowner's policies, mortgage insurance premiums, fuel bills or fuel at hand, and the tax escrow accounting.

13. Don't forget taxes. If you, as the seller, have realized a profit on the sale of the house, you should be fully aware of the tax considerations involved. The general rule is this: You can postpone payment of the tax on the "profit" in a home sale if you buy another house within a year. However, you should consult a competent tax adviser for details. Literature on home sales, including a helpful booklet *Selling Your Personal Residence* (Publication No. 523), is available from any office of the Internal Revenue Service.

14. Know when to act as your own broker. Sometimes when owners have ample time to sell, or there is an active market for resale houses, owners will handle the selling themselves simply to save the real estate commission. If you own a house that is

likely to sell for \$40,000, that commission—at 6 percent—is \$2,400. It can be argued whether the broker and his sales team really earn such a hefty commission—and there is no clear-cut answer. (The rate of commission, by the way, is not fixed by law, thus negotiable.)

15. Have rapport with a lender. Certainly, you will also want to have made a favorable contact with a lending institution. The one holding the mortgage on your house may be willing to permit the new buyer to assume it—if he can qualify by paying your equity to you. Or the loan could be refinanced. And you should shop terms—interest rates and length of payout—because both are important to almost every buyer.

16. Create a compelling ad. When the do-it-himself seller and his house are ready for the marketplace, the magical advertisement is placed in a classified section. Your own creativity and knowledge of your house will be beneficial. Of course, you will want to give a full description of the house and mention one or two exceptional features. Generally, the classified advertisements emphasize four points: location, number of bedrooms and baths, asking price and possible means of financing.

17. Have a "house profile" on hand. An open house usually brings a stream of visitors on the first weekend of the new offering, so be prepared. Some owner-sellers prepare a one-page résumé of the features of the house and have it duplicated for distribution to lookers (see box).

18. Be ready to bargain. If you sell your house yourself, you should be prepared to bargain with anyone showing serious interest. You may hear, "Well, we do like the house but we were thinking more like paying about \$33,000." If you have clearly stated your price at \$35,000, you can look the prospects straight in the

eyes and respond like this: "We decided to sell the house ourselves to make certain we get a certain amount, and that price is solid with us."

19. Have a minimum figure in mind. The prospects may respond positively, negatively or otherwise. If they agree immediately to meet your figure and forget theirs, you have won a confrontation. If there is hedging, you will be smart to say, after some pondering and look-exchanging: "If you are really interested, we'll be flexible and bring the price down to \$34,000"—or \$34,500 or whatever figure you had planned to retreat to. In eight cases out of 10, this strategy will work, assuming the situation is fairly close to normal and both parties are fairly reasonable in their attitudes.

20. Get a commitment in writing. You cannot be content with a handshake to close the deal. Have your binder contract receipt available from your attorney, and be certain to get a check for at least \$100, with the stipulation, in writing, that the prospect will sign a formal sales agreement within a few days at your attorney's office. At that time, the buyer should have additional money to make up a full deposit of \$500 or \$1,000, depending on what your attorney tells you is standard in your area. Often we-can-do-it-ourselves sellers become discouraged after two or three weeks of waiting, and then the tendency is to bring in a broker and raise the asking price to cover the commission. In the meantime they may have lost both valuable time and valuable prospects. So make up your mind early on your course of action; proceed intelligently.—J. B. Willmann

From the book "The Fannie Mae Guide to Buying, Financing, and Selling Your Home: Advice from the Nation's Leading Real Estate Writers," edited by Melvin Mencher. Copyright © 1973 by Federal National Mortgage Association. Published by Doubleday & Co., Inc., Garden City, N.Y.

DO A "HOUSE PROFILE" FOR PROSPECTS

Your "house profile" should include the name of the builder of the house and the year it was finished. Give dimensions of the lot and the total square feet of living area. Some housing professionals consider room size and number more relevant. Be sure to list not only the number and kind of rooms, but also dimensions and fireplace locations. Describe the basic construction, foundation, type of roof, siding, interior walls and any improvements on attic, basement, patio and balcony, garage terrace or pool fencing. Water supply, disposal facilities and details of heating and air conditioning are musts, as are the years they were installed and the age of the hot water heater. Describe the plumbing system and kitchen appliances and anything else that would be sold with the house. Give honest operating costs for utilities and the tax bills for the last several years. And be prepared to tell when the house was last painted and by whom and what it cost. Also provide mortgage information—the amount or principal unpaid, the rate of interest, name of the lender and the contact there.

MATERIALS (for each pillow, finished size 14 inches square): D.M.C. Tapestry Yarn, Art. 482 (see color keys); 18-inch piece of mono-mesh needlepoint canvas, 12 meshes to inch; tapestry needle; graph paper; waterproof marking pen; masking tape; 14-inch pillow form; backing fabric.

PROCEDURE: Enlarge design onto graph paper. Center canvas over enlargement, leaving 2-inch border. Trace design onto canvas with marking pen; bind edges with masking tape to prevent unraveling.

To work, see stitch diagrams (opposite, top) and individual color key (below and next page) to interpret stitching. Work background last. Fill in any blank spaces in design with half-cross stitches.

TIGER LILIES: Do dots on the three tiger lilies first, in A4. Stamens of the lilies are J1. All stems are K1. When stitching the small flowers, work the centers first, then the half-cross areas, then the brick-stitch areas. As you do the flowers behind the lilies, create a feeling of depth by doing two rows of half-cross at the point where they touch lilies.

A	purple	7259	2 sk.
B	salmon	7851	2 sk.
C	bright pink	7106	2 sk.
D	bright salmon	7850	7 sk.
E	red	7544	3 sk.
F	orange	7947	2 sk.
G	cadmium yellow	7435	4 sk.
H	soft yellow	7726	3 sk.
I	ochre	7473	6 sk.
J	yellow orange	7436	4 sk.
K	green	7771	1 sk.
L	pink	7605	8 sk.

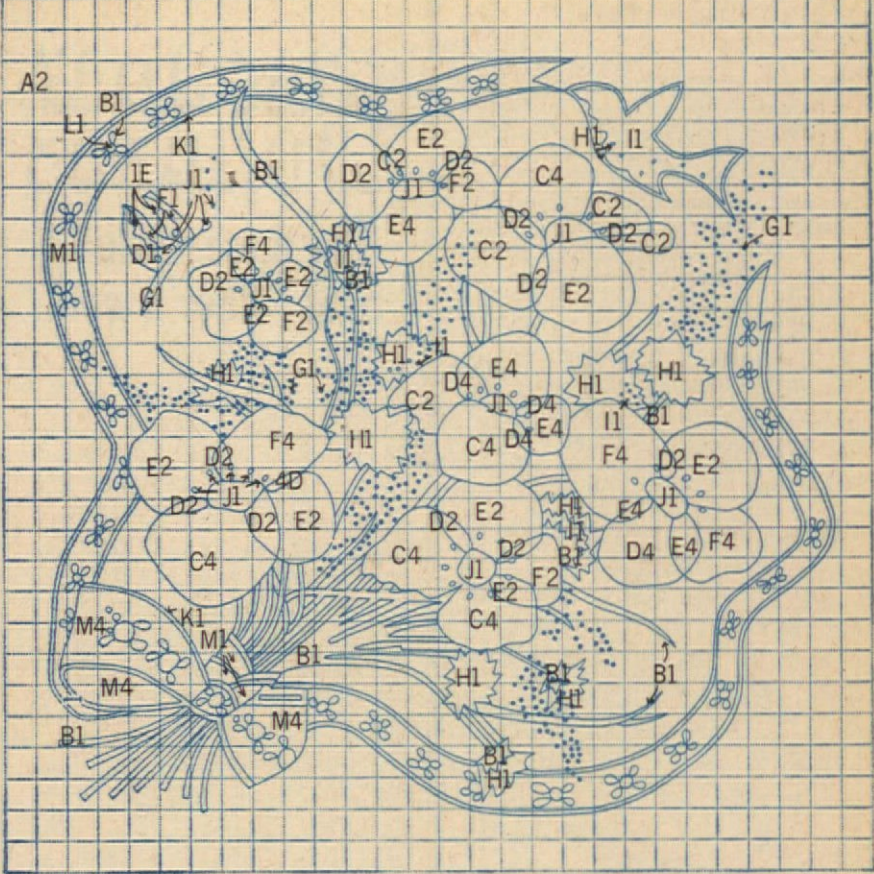
POPPY BOUQUET: The mauve dots (G1) are to be a soft sprinkling of color and need not conform exactly to the pattern as shown.

A	light aqua	7952	14 sk.
B	dark aqua	7956	2 sk.
C	bright orange	7946	2 sk.
D	medium orange	7851	2 sk.
E	apricot	7852	2 sk.
F	light apricot	7853	2 sk.
G	mauve	7255	1 sk.
H	blue	7797	1 sk.
I	light blue	7313	1 sk.
J	slate blue	7306	1 sk.
K	yellow green	7341	1 sk.
L	pink	7204	1 sk.
M	yellow	7431	2 sk.

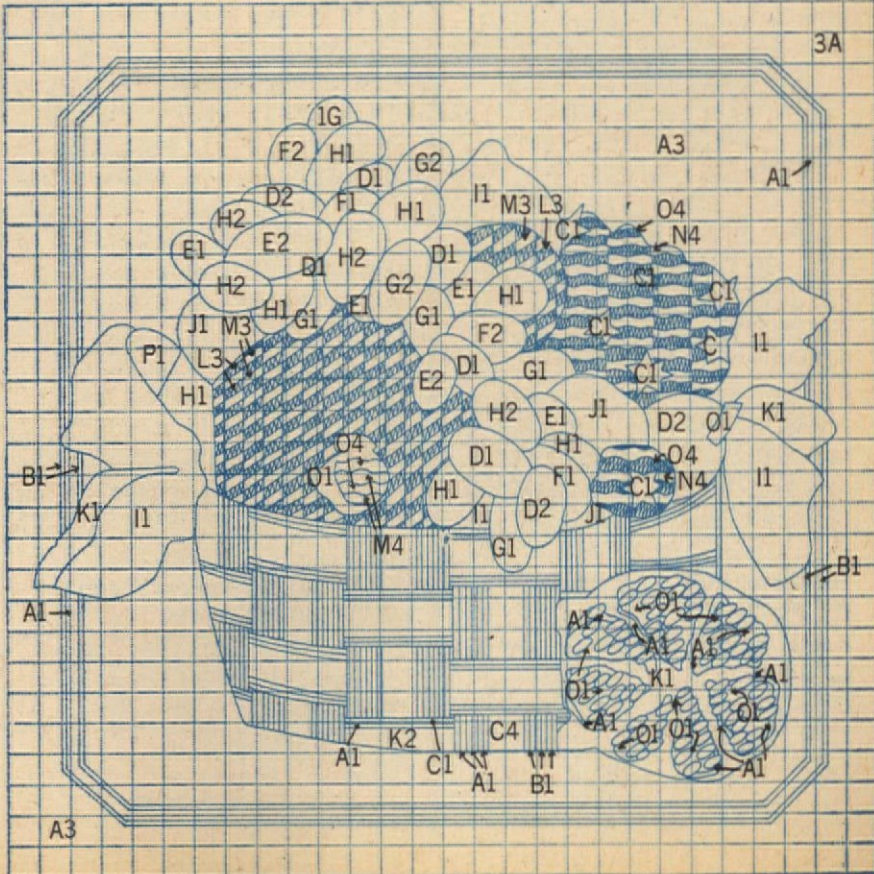
FRUIT BASKET: For the pomegranate, sprinkle on seeds of L3 and M3, then fill in surrounding half-cross stitches.

A	cream	7746	13 sk.
B	soft green	7912	2 sk.
C	bright green	7911	2 sk.
D	avocado	7547	1 sk.
E	medium avocado	7548	1 sk.
F	light avocado	7549	1 sk.
G	gray green	7772	1 sk.
H	yellow green	7341	1 sk.
I	yellow	7434	2 sk.
J	orange	7946	1 sk.
K	soft orange	7851	3 sk.
L	rose	7136	2 sk.
M	salmon	7106	1 sk.
N	red	7666	1 sk.
O	purple	7255	1 sk.
P	apricot	7853	1 sk.

POPPY BOUQUET



FRUIT BASKET



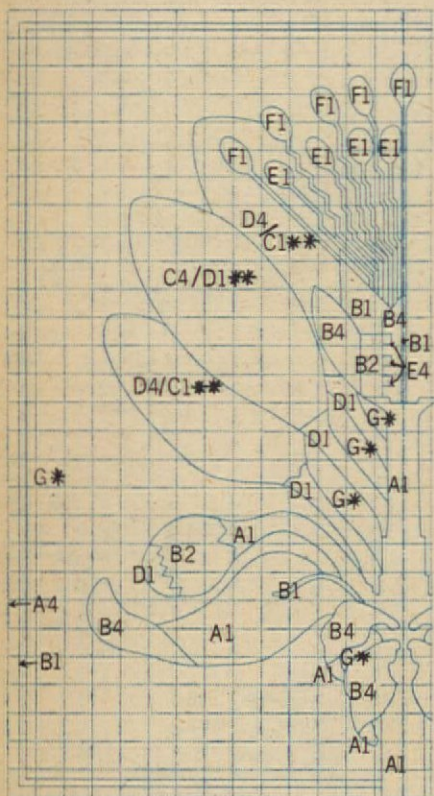
Each square equals 1/2 inch on canvas.

continued

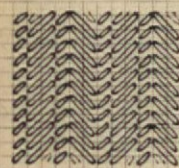
ART NOUVEAU FLOWER: The drawing below is one-half finished design (except for stem, which is complete); other half will be mirror image of drawing, with stitches reversed. (See charts, page 46, for reverse stitches. *Exceptions:* Single central vertical line of light aqua half-cross (B1) is not reversed or repeated; background is not reversed; 8 stamens to left of center one are half-cross *reverse*; remaining 9 are half-cross.

Do left side of pillow first. Stitch patterns for background and large petals are illustrated at bottom.

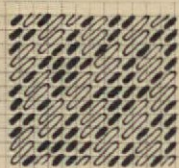
A	dark aqua	7956	5 sk.
B	light aqua	7952	3 sk.
C	light blue	7798	6 sk.
D	dark blue	7797	6 sk.
E	light pink	7605	1 sk.
F	dark pink	7135	1 sk.
G	yellow	7435	13 sk.



Each square equals 1/2 inch on canvas.



*Background: Do vertical rows of stitches 1, 4, 1, reverse 4.



**Petals: Alternate colors C, D and stitches 1, 4 in this pattern.

BLOCKING: Draw outline of perfect 14-inch square on brown paper tacked to an old table. Dampen back of finished work area with cold water. Gently stretch to outline; tack at 1/2-inch intervals outside worked area. Dry; remove.

WASHDAY WONDERS

Use these products right - they'll work.

Today's supermarket shelves display a dizzying array of products to clean, whiten, brighten and soften your laundry. How do you choose? Which claims do you believe? Here is a rundown of laundry aids—what you'll find, plus how to use them for best results.

CLEANERS

Soap—natural fats combined with an alkali—are not popular for laundering because of one big disadvantage: They react with minerals in hard water to form a scum that reduces washing effectiveness and makes clothes dingy.

Detergents are today's major laundry product; they clean better than soap and don't form a scum in hard water. Petroleum based, detergents come in liquid or granular forms with sudsing characteristics that range from low to high. To guarantee best results, follow package directions and *measure out*, don't pour, the detergent. Use just the amount indicated on the package; if you're not satisfied with the appearance of your finished clothes, alter the amount of detergent until you achieve what you're after.

The type of detergent you prefer is only one essential to getting a clean wash. Laundering results are influenced by a number of things: water (how much? how hot? how hard?); the wash cycle (how long? how much agitation?); the type of fabric; the kind and amount of soil. Generally, the hotter the water, the longer the wash time; and the more detergent there is, the cleaner the clothes will be. These are sweeping statements, but true. Reduce any of the factors—water temperature, wash time, amount of detergent—and cleaning results will be reduced. (But never overextend the normal wash cycles; the times indicated for fabrics and various conditions are the best.)

When you wash clothes in cold water, a cold-water detergent gives improved performance, although any detergent can be used in any temperature water. If the water is

very cold and your regular granular detergent won't dissolve, you can either switch brands or try pre-dissolving the detergent in a little warm water before adding it to the machine. Remember: Cold water is fine for some washables, but results will probably not be as good as they are with hot water.

For environmental reasons, non-phosphate detergents are now required in some areas where phosphate types have been banned. If you're using a nonphosphate, follow package directions carefully. (You may find you still don't get the results you're used to with a phosphate detergent.) There are two things to note about the non-phosphates: They are caustic and must be kept out of reach of children; some can even inactivate the flame-retardant finish on children's sleepwear. To reactivate this finish, it may help to soak garment 1 hour in a plastic pail with 1 cup white vinegar and 1 gallon water.

BLEACHES

There are two types of bleach available in stores today: chlorine and oxygen. Chlorine bleach comes in liquid and granular forms. For both, follow package directions carefully. Used correctly, chlorine bleach is the best whitener; it also helps disinfect and sanitize clothes. It should be added during the wash, not the rinse cycle. Let clothing agitate a bit in the detergent solution so the brighteners in the detergent can do their work, then add the bleach.

Oxygen bleach, also available in liquid and granular forms, is a milder type of bleach that can be used on almost any fabric and color. It is safer to use than chlorine bleach, but does not have nearly the whitening capabilities.

SOFTENERS

These make clothes feel fluffier and reduce static cling. The most common type is a liquid you add to the final rinse. Another liquid type can be added to the wash cycle, saving a trip at rinse time for those whose washers lack an automatic dispenser. A number of companies now make nonliquid softeners that work in the dryer. One comes in an aerosol can, another in a tear-off roll, a third in a packet that you fasten inside the dryer.

Whichever type you use, be sure to follow instructions carefully. If you notice your clothes becoming less absorbent, you may have a build-up of softener on the fabric. To neutralize, omit softener from a wash or two, and absorbency will be restored. —Jeanne M. Bauer

HOME FIRE EXTINGUISHERS

They may be life-savers for your family.

Making your home fire-safe can be as simple as looking out for loose matches and lighted cigarettes—or as complex as checking for faulty or overloaded wiring. But nothing you can do is more important than installing fire extinguishers at key locations. These potential life-savers can put out small fires and at the same time save you from the ravages of bigger ones.

Underwriters Laboratories, a non-profit testing and research organization, has classified three basic types of fires—based largely on why, where and how they start. Controlling and putting out each type of fire requires different treatment. As a result, all extinguishers are marked with large graphic “A,” “B” or “C” symbols, singly or in combinations, to indicate the classes of fires they work against.

Class A fires occur in wood, textiles, paper, rubber, plastics, rubbish and trash—the basic elements found in and around your house.

Class B fires occur in the kitchen, garage or basement workshop. They can be flash fires that start in cooking utensils containing overheated oils or grease. Or they can be caused by dry-cleaning agents and other flammables. Gasoline, paint, lacquers and solvents can cause Class B fires.

Class C fires occur where there are electric motors or appliances operated by electricity: kitchen, living room, laundry room, basement, workshop, garage.

Class A fires are fought most effectively with water. Though you may assume your house has all the water you'll ever need, keep in mind that a fire needn't start 5 feet from a faucet. A 2½-gallon water-filled extinguisher can send out a stream or spray 30 to 40 feet for as long as a minute. *Caution:* It is dangerous to use water on other than Class A fires.

Most other extinguishing materials packaged for home use are powders or vapors designed to smother small B or C blazes. For example:

Potassium bicarbonate comes packed in 2- to 30-pound containers that last 8 to 25 seconds. Ranges vary from 5 to 20 feet. Known as Purple K, because of the color of the powder, it

leaves a deposit you have to clean up.

Sodium bicarbonate is similar to the bicarbonate of soda that, in refined form, has many household uses. (Even this form of bicarbonate could be thrown on small grease fires in an emergency.) Sodium bicarbonate extinguishers discharge a white powder that leaves a residue. They come in 1-to 30-pound sizes, with ranges of 5 to 20 feet, and last 8 to 25 seconds.

Carbon dioxide, an inert gas discharged in a cold white vapor, comes in 2½-to 20-pound sizes, but its range is limited to 3 to 8 feet. It lasts 8 to 30 seconds, depending on size, but leaves no residue—a distinct advantage. Disadvantage: It costs more per pound, and you must use twice as much to do the same job a powder type does.

Halogenated agents, labeled “Freon” or “Halon,” are much like carbon dioxide, discharging a white vapor. They come primarily in the 2½-pound size, reach 4 to 8 feet and last 8 to 10 seconds.

Monammonium phosphate is the so-called “all-purpose” extinguisher. If you can buy only one unit for your home, this is the type to get. Monammonium phosphate is the only extinguishing material that UL considers effective against all three classes of fires. It comes in 2- to 30-pound sizes, with 5- to 20-foot ranges. But one drawback is that even the largest size lasts no more than 25 seconds. Another is that the yellow powder it discharges leaves a residue.

When considering size, remember to buy extinguishers large enough to provide a margin of safety. In the kitchen a 2½-pound carbon dioxide or Freon unit, or a 2-pound powder extinguisher, may be enough, but you'd be much better prepared with a 5- or 10-pound unit. Use either of these in garage, workshop and basement, where fires spread rapidly.

Before positioning extinguishers, make a rough drawing of each floor from basement to attic. Show halls, stairways, doors and windows. The drawing will help you decide where to locate your extinguishers. Here's the procedure:

1. Indicate all major fire hazards in each area by the class fires they'll produce. Mark them A, B or C.

2. Estimate distances so that extinguishers will be within 75 feet of these hazards—closer, if possible.

3. Spot extinguishers so you can move toward the fire, but more important, away from it to an exit (door or window).

4. Install extinguishers so they are plainly visible, not hidden in closets or behind furniture. They shouldn't be more than 5½ feet from the floor.

5. Make sure that all adults and older children in your family under-

stand how to use the extinguishers. Check them every six months to make sure they are in working condition.

How many extinguishers you will need depends on the distances and the hazards you've uncovered. You'll probably want one for the living area, probably near the main entrance; one for the basement hung near the top of the steps; another in the garage near the house entrance; still another in the workshop if it's separate from basement or garage; and possibly one in the sleeping area outside the master bedroom.

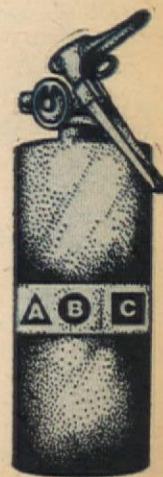
How to put out fires is explained on extinguisher labels. Most units recommended for the home are equipped with a valve that includes a squeeze grip, a pull trigger or twist valve. There will be a hose, pipe or horn to direct the extinguishing material. Learn how to start each unit. Be sure you know what kind of fires it'll put out.

When using an extinguisher, aim at the base of the fire. Employ a sweeping motion—don't just shoot the extinguishing agent into the flames. Always work fast and thoroughly. Keep a way of escape at your back—never let yourself be hemmed in, should the fire get out of hand.

Costs vary widely. You can buy portable fire extinguishers for as little as \$6 (a 1-pound powder unit) or as much as \$130 (a 20-pound carbon dioxide unit). You can buy home extinguishers in hardware, large department stores, or discount houses. There are also manufacturers' distributors who can recommend sizes and types. Check your Yellow Pages under “Fire Extinguishers.” —Richard C. Sickler



These are the “A,” “B” and “C” labels that appear on a 5-pound all-purpose monammonium phosphate extinguisher.



The GOOD LIFE

Introducing some bright ideas: mail-wrap ease with no strings attached, needlepoint greeting cards for you to stitch, a scheme to burglar-proof your valuables.



SWEETEST 16

It's got to be the biggest party ever: Sweet 16 times 80 million—which is the number of Barbie dolls sold since she was born back in 1958. Understandably, Mattel, her maker, will be celebrating with coast-to-coast kids' parties, new clothes (liberatedly including a doctor's outfit), tie-in Barbie gifts and accessories for her fans, plus a sweet new look (pink or tawny makeup, shaggy hairdo) for the birthday girl herself. With a free jeans outfit and a surprise gift for new '74 owners, she's \$4 to \$5 at stores everywhere.

DANDY BRANDY

Soups, seafoods, sauces, salad dressings, meats, even menu suggestions make Malcolm R. Hebert's *First Brandy Cookbook* (Nitty Gritty Productions, \$3.95) deliciously complete. It has cocktails and punches, too, for tasty toasting. A great "Innocent Punch" goes like this: Put 6 sugar cubes in the bottom of a punch bowl; add a dash of bitters, 1½ cups brandy. When guests arrive, add 4 bottles of chilled champagne and a block of ice; float lemon, orange and lime slices on top. Serves 20 happy people.

NOW HEAR THIS

Today, everyone can get in on the act: Party Call Amplifier is a 3-inch-tall, white cylinder that amplifies incoming phone callers' voices to room size. Simply turn its "on" end up, place it by the receiver, and the whole family can listen in when the prodigal calls home from college. There are no wires; it runs on a 9-volt battery. Party Call Amplifier is just \$15 (battery not included) at department and specialty stores, from National Silver Co.

WONDERFUL WRAP

No string, no tape, no staples, no separate paper. Just put your gift box, book, parcel or whatever in Quik-Pak, the new self-sealing mailing wrap, press the ends together firmly and voilà!—a package even the U.S. Post Office will love. The secret is the corrugated inside face; it cushions the package and sticks like glue to itself, but to nothing else. The smooth outer side of the wrap is stylishly striped in a choice of colors alternating with paper-bag brown, printed with multiple "To" and "From" spaces. A roll big enough to wrap 8 packages is \$1.50 at Design Research stores in New York City, Cambridge (Mass.) or San Francisco.

HAPPY HANG-UPS

It would be a shame to hide them in a drawer, so a line of six winsome new trivets are designed to decorate your kitchen wall when not in use. Each has a charming, delicious illustration (we liked the fish and the honeybees) pressed between two 9-inch-square pieces of clear, polished acrylic. And each sports some handwritten words of wisdom about nutrition. By Edgar Watkins/Cubics, the hangables are \$12 each at department stores.

Also for the wall: Puzzle-Ups. These artistic jigsaws are magnetized so they can be hung when you've put them together. You can even assemble them on the wall, if your heart desires. Four fascinating designs adhere piece by piece to a metal backing inside a handsome, modern frame. By Lenorka, they're \$7.95 each at better stores.



KIT GREETINGS

Scenes, flowers, "Joy" in great big letters—all these are in a new series of Creative Needlepoint Cards, greetings for you to work up or send to a needle-working friend to do. Each card kit includes a small canvas in a stand-up frame, colored yarn, instructions, an envelope and some suggested verses to add in your own hand. All designs can be finished in almost no time, yet they make a really original greeting card that you can send with pride. By American Greetings Corp., these nice ideas are \$1.50 each at variety, drug and card stores.


FUN SEATING

Keep an eye out for Selig's jolly new seating idea: an ottoman that looks just like a nice, plump pumpkin. It's covered in a zingy shade of orange velvet (other fabrics and colors are available) and has a little stem-handle so you can tote it to whatever room you need it. You'll find it at department stores nationwide in three delicious sizes, priced from \$77 to \$143 up.

SECURITY SYSTEM PROTECTS ALL YOUR VALUABLES

"Identifax" nationwide registry is patterned after Operation Identification, the technique heartily endorsed by police departments across the country as a theft deterrent ("fences" won't buy, thieves don't want to be caught with identifiable stolen goods) and as a means of recovering property. Subscribers are assigned an exclusive code number to engrave on burglar-tempting valuables like cameras, TV sets, stereos, jewelry and so on. The code number is stored in a central computer data bank that is readily accessible to police from coast to coast 24 hours a day via toll-free telephone.

In Monterey Park, Calif., where a similar plan was used in 5,000 homes for 10 years, burglaries were dramatically reduced. The Identifax kit includes number stencil, engraving tool, warning decals and tags (for windows, doors, keys and luggage), instruction book and registry form. First-year subscription to this super-protection system is \$15; renewals are \$6 a year. Write Identifax, 1370 Ave. of the Americas, New York, N.Y., or call 800-243-6000 toll free.





What really happens at a Weight Watchers® class?

Friendly persuasion.

There's no pressure, no embarrassment, no scolding. We don't believe in any of that. What we do believe in is losing weight together with people who are understanding and encouraging. Join us. We know how you feel.

WEIGHT WATCHERS®

WEIGHT WATCHERS® AND  ARE REGISTERED TRADEMARKS OF WEIGHT WATCHERS INTERNATIONAL, INC., GREAT NECK, N.Y. ©WEIGHT WATCHERS INTERNATIONAL, 1974

You don't have to be alone anymore. 

There are classes throughout the U.S., Canada and around the world. Consult your local phone directory for the class nearest you.



The longer
you smoke, the more
you'll like KOOL Longs

Those extra puffs in long-size cigarettes can taste extra hot. But KOOL Longs are refreshing for all their length. They're the only ones with the taste of extra coolness.

Lady be cool.

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

17 mg. "tar," 1.3 mg. nicotine, av. per cigarette. FTC Report Sep

By Helene Brown When Carole and Jerry Rubinstein and their two young sons moved into their dream-come-true house in southern California, they brought with them a melange of furnishings they had collected for nearly a dozen years. Instead of redecorating from scratch, they used what they had plus a few new pieces, playing up the house's architectural detailing and relying for impact on rich fabric backgrounds and cheery accessories: baskets, pillows, plants, growing trees, fresh-from-the-garden flowers. Here, for you to share, is what makes the rooms work: 25 ways anyone can add beauty to a home, as the Rubinsteins did. (continued)

25 TOP DECORATING IDEAS TO MAKE YOUR HOUSE PRETTIER

- 1.** Rich color in a bold pattern makes a sumptuous background for dining room.
- 2.** Same fabric—a cotton damask toile—on walls and draperies—unifies room, softening its angular lines.
- 3.** Window treatment—simple tieback draperies—is deliberately unfussy, giving room size.
- 4.** Beautiful wide-plank floors are partially exposed; reproduction Oriental rug intensifies color scheme.
- 5.** Existing fruitwood dining table and chairs are complemented by room's only new purchase—antique pine cupboard.





6. Pastel colors give master bedroom (opposite, top) an airy look. **7.** Repeating spring green and white—in crisp cotton toile—ties broken spaces together. **8.** Roller shades and tiebacks open room to natural light. **9.** Extra-large space is used effectively for reading and lounging as well as sleeping. **10.** Reading area is defined by antique rug and backed by bookcases built into fireplace niche. **11.** Treasured afghan covers undistinguished table. **12.** Window nook is snug lounging alcove, with fabric-covered mattress, lacy pillows, built-in bookshelves.

“Decorating can be a joyful adventure.”

13. Fabric pattern and color daringly complement den's rich, dark paneling (opposite, bottom). **14.** Cushioned window seat in bay adds coziness without cutting garden view. **15.** Antique wicker trunk, topped with glass, makes useful table. **16.** Ruffled pillows break color scheme's intensity.

17. Natural accessories make guest room (right) a most inviting spot. **18.** Wallpaper—in bamboo fretwork pattern—on ceiling and walls plays down proportions of high, narrow room. **19.** Strong-patterned paper provides unity for variety of furnishings. **20.** Shiny enameled white paneling covers one wall and frames shutters, disguising the awkwardness of the high casement windows.

“An attractive home evolves when a family has feelings about how each room should look,” says Carole. Though she works with color and texture as a professional artist—one of her paintings appears opposite, bottom—she felt expert advice was needed. Interior designer Judy Wilder helped the Rubinsteins translate their decorating ideas into a home they'd be comfortable in. (continued)



PHOTOGRAPHS BY JOHN ZIMMERMAN

21. Swirling straw-textured stucco hides ceiling irregularities in family room, once an unfinished basement.

22. Walnut beams add rustic flair, handsomely complementing fireplace's used brick.

23. Play of patterns and prints provides casual intimacy.

24. Lighting is low key, a candle-glow effect in wood-filled ambience. **25.** Indoor/outdoor carpeting is decorative as well as functional, grounding the room in warm plaid pattern.

“Our house is far from completed, but we’re the only ones who know it.”

“Our approach,” says Carole, “was to create a finished look, so unfilled spaces would go unnoticed and furniture to be replaced would fade into the background. Because we knew our own tastes and our needs as a family, we collaborated happily with our decorator. The house reflects our personality and the way we live. We concentrated on the accessories and niceties many people leave for last and rarely get around to. We consider these very important to making a house look lived-in.”








◀ **\$3,600**

A Victorian house on a small lot in Hudson, N. Y., demanded special attention so pool and landscaping would blend. Result: an 11½-by-27½-foot aluminum oblong lined with Mediterranean tiles. Crushed black stone surrounds it; stepping stones are slate blocks.



6 GREAT POOLS FOR UNDER \$5,000

The fuel crunch may put a crimp in your travel plans this year, but it needn't rule out a family vacation—at home. Why not take the vacation funds you've saved and invest in a swimming pool for summer-long holidays in your own backyard? The pools we show represent six different approaches to pool design, based on individual family needs, space and budget. Materials vary, as do costs, but the top-priced beauty is only \$4,875. (continued)

\$3,395 ▶

Limited in size by rocky earth extending from adjacent woods, this 12-by-24-foot vinyl-lined pool in Newburgh, N. Y., takes advantage of natural landscape. Hexagonal concrete blocks make up decking.



\$4,775 ▲

Pear-shaped pool suits contours of a Westport, Conn., backyard. Concrete decking wraps around 18-by-32-foot vinyl-lined pool. A flagstone retaining wall prevents rainwater drainage problems.

A pool makes a vacation paradise of your own backyard.

Swimming is America's No. 1 participation sport—no wonder a million families have in-ground pools. The six we show are among the top designs from a recent National Swimming Pool Institute Awards competition. For tips on location, construction and maintenance of your pool, see "Pointers for Pool Buyers," page 43. —Jane L. Lawrence

\$4,875 ▶

Formal grounds of a home in Huntington, N.Y., provide background for elegant rectangular pool. It's vinyl-lined, measures 20 by 46 feet, with curved "Roman" ends. Brick decking completes the picture—bricks at ends are in a chevron pattern.

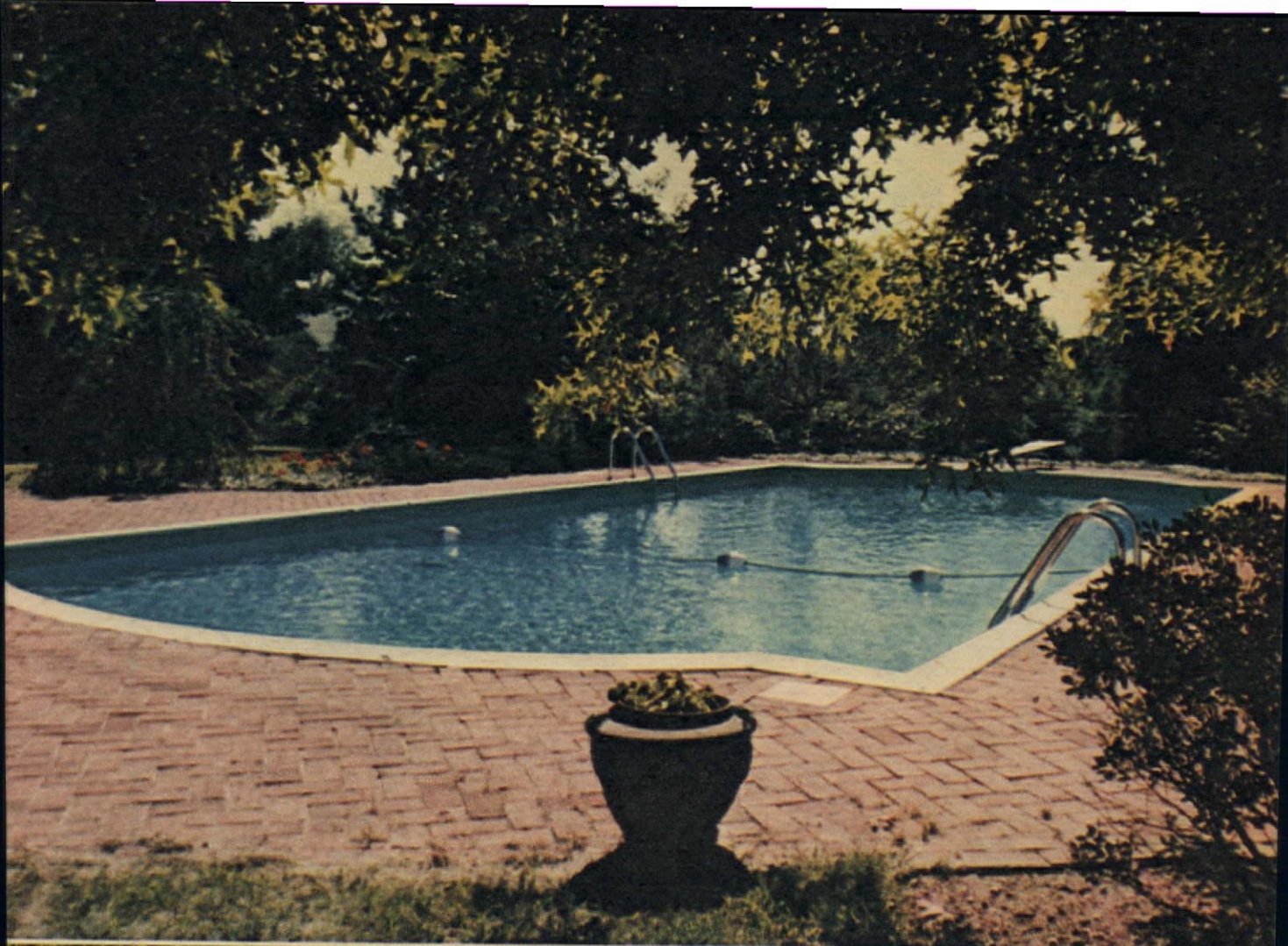


▲ \$4,850

Tree-filled country setting in Hubertus, Wis., with open space to spare, accommodates 24-by-48-foot vinyl-lined rectangular pool, the largest standard size that's available. Redwood deck and fencing are in keeping with rustic surroundings.

\$4,420 ▶

This rectangular pool with angular cutouts turns a Phoenix, Ariz., backyard into a Southwest paradise. Gunite pool is 20 by 40 feet, with steps tucked into a corner (center, left) for maximum swimming space. Around pool are low walls topped with brick, plus concrete decking.





Sherman Weissburd


Fresh and bright as a country kitchen, our mother-and-daughter aprons (opposite) are easy as apple pie to make. The fabric, "Farmer's Almanac-and-Apple" by J. Jill Ltd., features facsimile pages from an 1876 almanac set off by a border of luscious red apples. No pattern is necessary, and you can make both aprons for less than \$12. For extra fun, you may want to tack on a plump stuffed apple, as we did with the child's apron.

Brighten up tea towels, pillowcases or other household linens with our pretty, cross-stitched borders (below). The colorful floral designs (from top: violet, clover, water lily) are all done with floss from American Thread.



Welcome springtime by stitching up something cheerful and charming. Our decorative cross-stitch flower borders and shiny-apple aprons are simple, low-cost projects you can finish quickly. Instructions for all begin on page 87.

EASY-DOES-IT SPRING STITCHERY

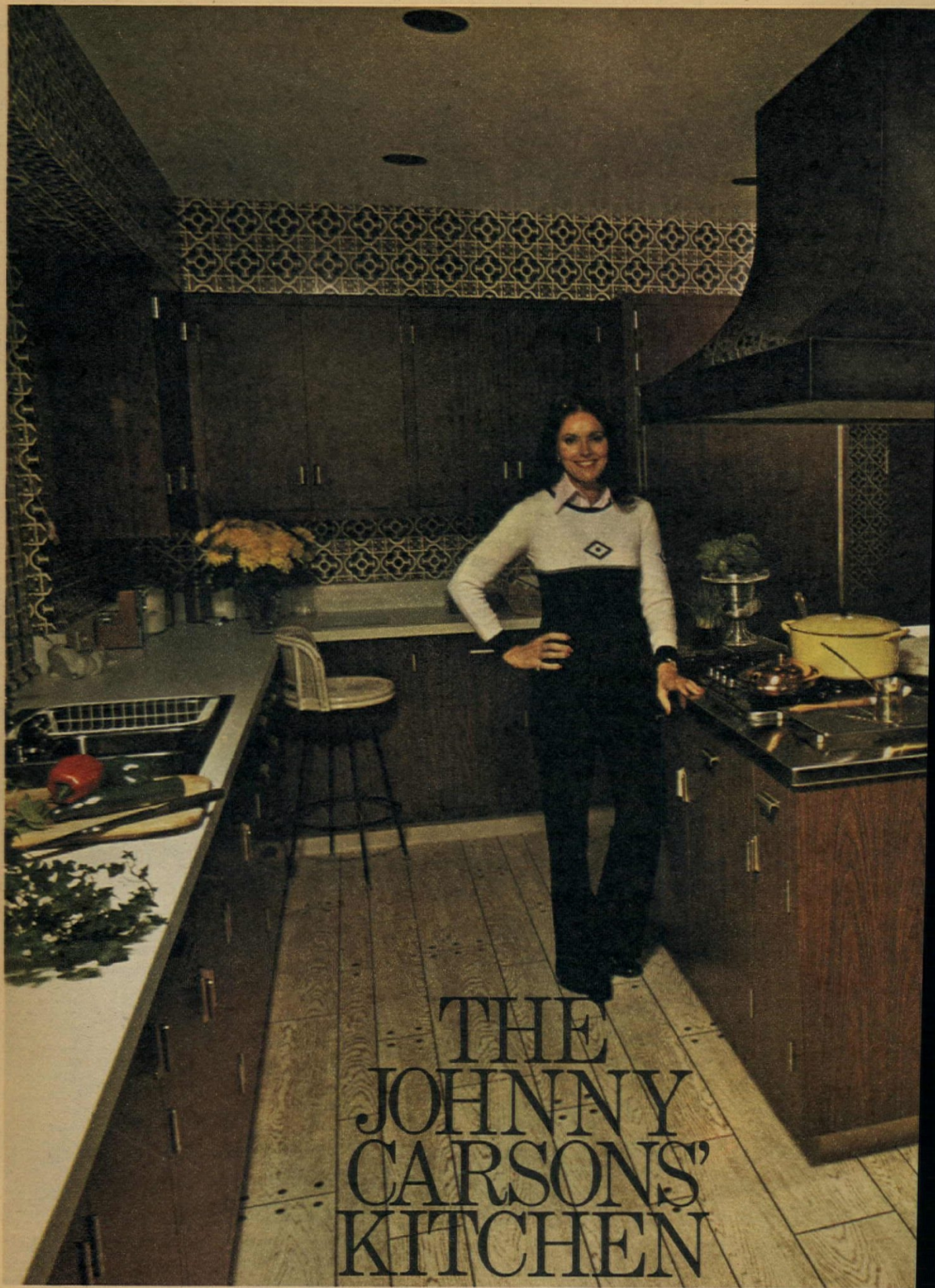


FOUR FABULOUS ORIGINALS

Four basic stitches work the colorful magic in these exuberant needlepoint pillows, designed exclusively for *American Home* by New York artists Carol Ceraldi and Stephanie Parker. While the pillows may look ambitious, you can duplicate their wonderful textures and patterns using just the basic half-cross and three Bargello-stitch variations. In most needlepoint, the design is all-important; here the designers have played one stitch area against another to create textures that are equally fascinating. Once you have grasped this playing off of textures, you'll probably want to do it in all your future needlework. Full directions, color keys and charts begin on page 46.—Christine B. Roth



Our four beautiful pillows, bright with the colors of spring-time fruits and flowers, are clockwise from top, left: "Tiger Lilies," "Poppy Bouquet," "Art Nouveau Flower" and "Fruit Basket." All four were made with D.M.C. Tapestry Yarn. Each is 14 inches square.



THE
JOHNNY
CARSONS'
KITCHEN



Joanna Carson is an attractive, plain-spoken young woman who brings calm and order to the fast-paced life of her entertainer-husband, Johnny Carson. When the Carsons bought a 25-year-old house in southern California, the burden of making it into a home that reflected their lifestyle fell to Joanna.

She, in turn, invested most of her time and energy into redoing the kitchen. "I knew that if it worked well, everything else in the house would work well, too." The kitchen, measuring 15 by 30 feet, was designed originally with household help in mind: functional, but also institutional. Without giving up size or efficiency—and without major alterations—Joanna added '70s conveniences, plus traditional touches, to make the room more inviting. Now it's an all-purpose place, as useful

for intimate dinners as large-scale bashes.

Its focal point is the center island, which holds the indoor gas grill and cooking units. This is where Joanna does most of her work, and it's here that her guests often gather to help themselves to one of her special stews. Throughout, the room is both practical and pretty. Durable wood-grained Formica covers counter tops and lines cabinets, inside and out. The floor is easy-care vinyl in a wood-plank design. The wall covering, though patterned to resemble antique Dutch tiles, is actually washable vinyl wallpaper. Storage for glassware and some serving pieces is behind sliding glass doors, a useful as well as decorative display: Joanna never has to search—so many of her things are visible. For more on the Carson home and kitchen, turn to page 24 —Jeanne M. Bauer

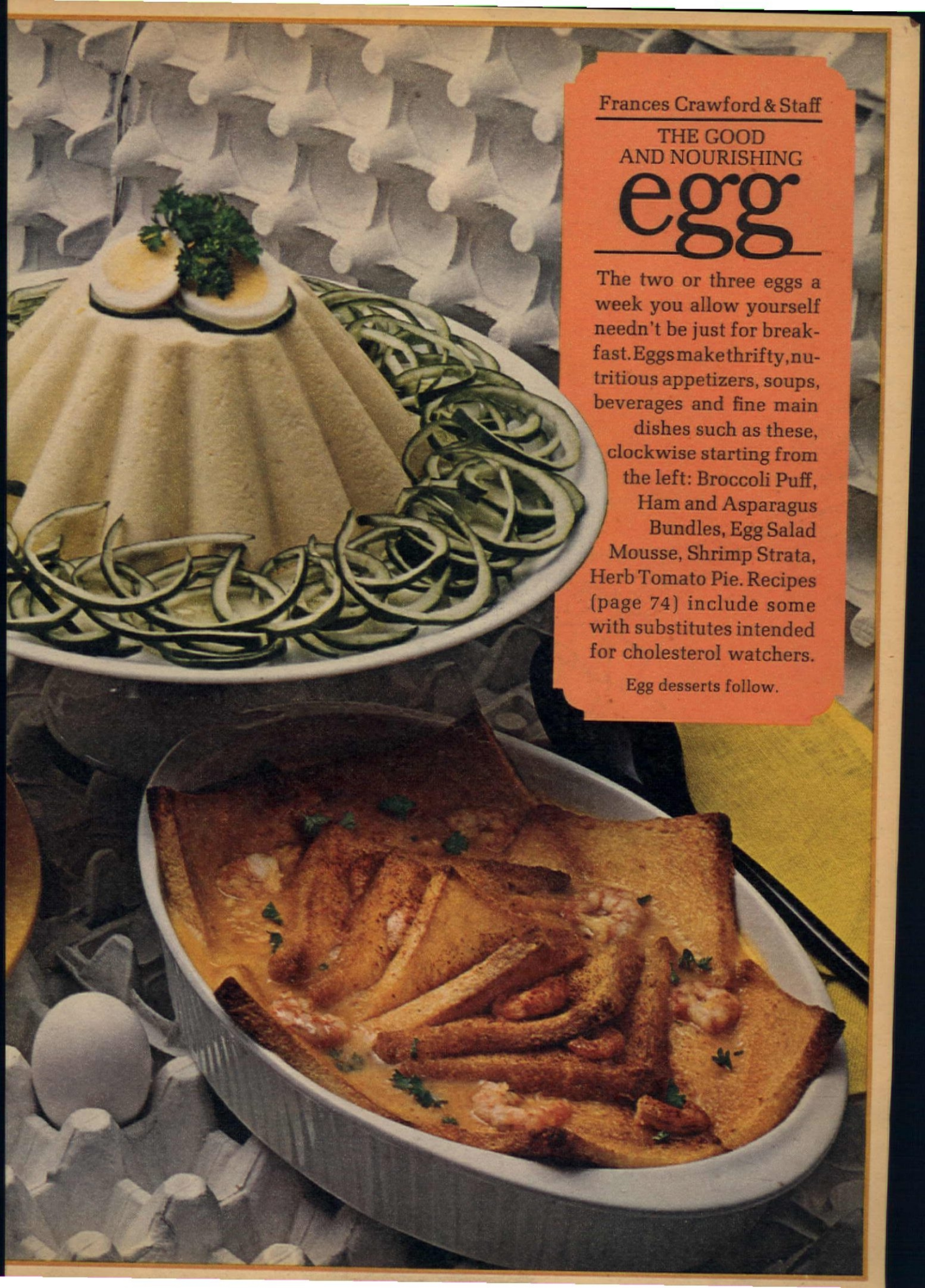
Joanna Carson shows off her super-elegant, super-efficient kitchen (left), the room that's the center of Carson family life. In remodeling it, she added warmth but did not sacrifice usefulness.

Family dining area (right) is part of kitchen, though removed from the action. Joanna wanted a quiet corner for lingering over a late-evening snack or a late-morning breakfast.

Kitchen affords plenty of work and cabinet space in a neat, step-saving design (below). Decorative touches lend intimacy without clutter, complementing room's size.







Frances Crawford & Staff

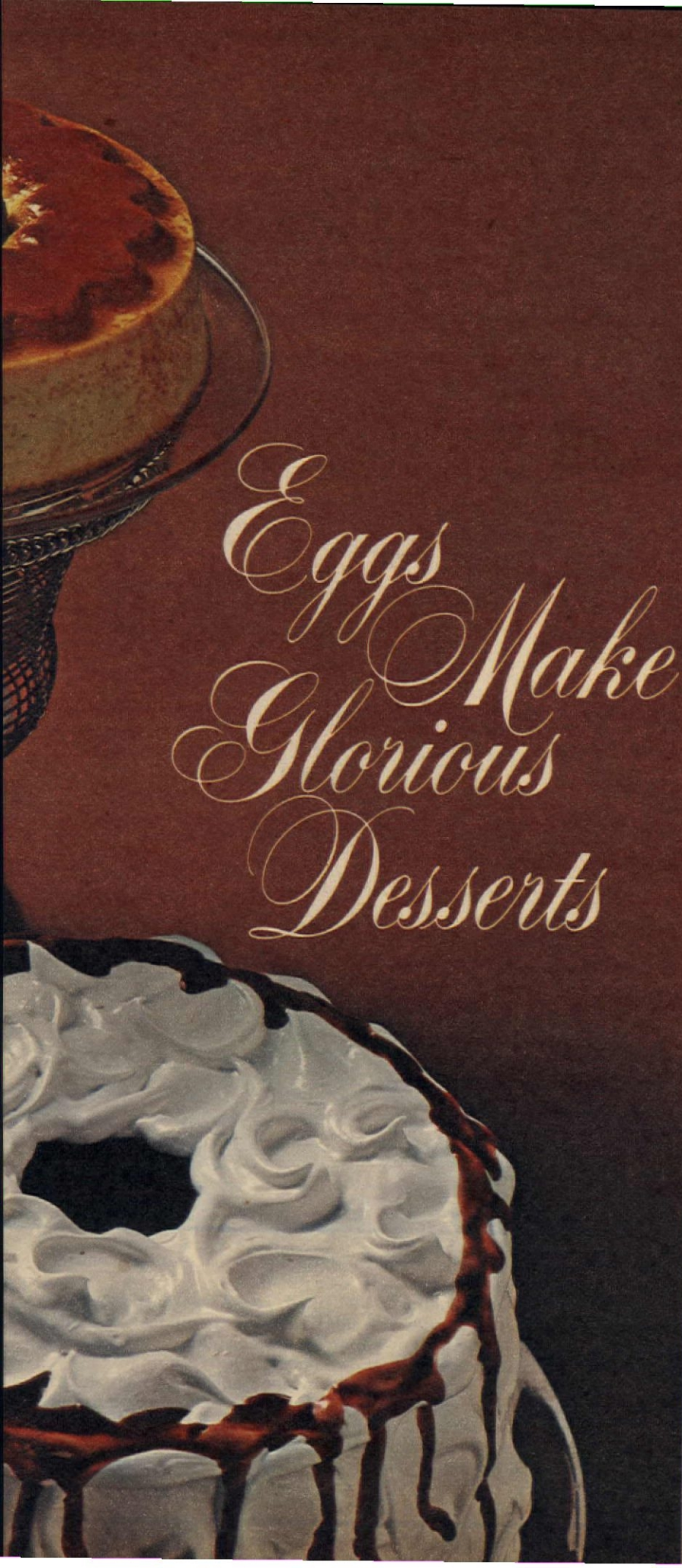
THE GOOD
AND NOURISHING

egg

The two or three eggs a week you allow yourself needn't be just for breakfast. Eggs make thrifty, nutritious appetizers, soups, beverages and fine main dishes such as these, clockwise starting from the left: Broccoli Puff, Ham and Asparagus Bundles, Egg Salad Mousse, Shrimp Strata, Herb Tomato Pie. Recipes (page 74) include some with substitutes intended for cholesterol watchers.

Egg desserts follow.





Eggs Make Glorious Desserts

Take a few eggs, add a small amount of time plus a large measure of the recipe expertise we provide, and you can create a spectacular dessert like each of the four pictured here. Serve any one of them to make an occasion unforgettable.

Clockwise from far left: First is Pineapple Meringue Pie, a heavenly concoction of fruit and cream nestling in meringue crust made fancy with a piped edge. This makes the perfect finale to a salad luncheon or a dinner featuring broiled chicken.

Next comes the regal classic of continental cuisine, Caramel Custard. Rich and smooth, it's even more glorious when crowned with fresh fruit. This is *the* dessert to climax a most important dinner party that stars a crown roast of pork.

Then there's a cake-lover's dream—a light-as-air Chocolate Rum Chiffon, embellished with fluffy frosting and glistening with a touch of chocolate glaze. This will make any family meal complete, but can also be the delight of a special dessert-and-coffee get-together.

Last is Lemon Torte, whose cake layers are baked with meringue and put together with tangy citrus filling. It can be a refreshing finish for a dinner of sautéed fish. Recipes for these egg confections, plus more, begin on page 76.

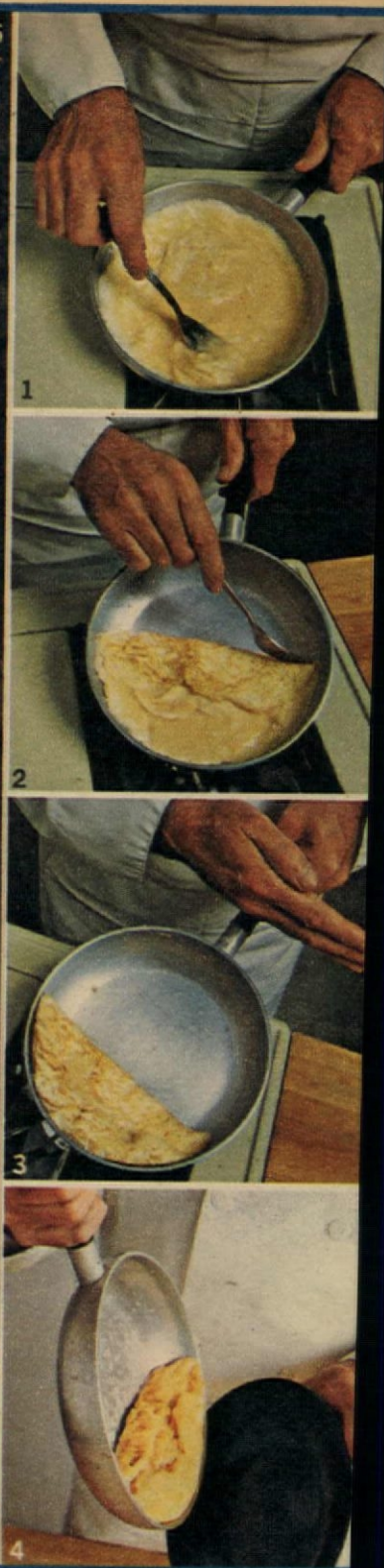
COOKING LESSON No. 65
by Jacques Jaffry

THE PERFECT OMELET

Done in the French
manner, it's firm
outside, creamy in-
side: a culinary
achievement anyone
can master—
with practice.



2 to 3 eggs
¼ teaspoon salt
Dash of pepper
1½ teaspoons
butter or margarine



1. Beat eggs, salt and pepper in bowl with a fork just until whites and yolks are blended. Don't overbeat. Put butter or margarine in 6- to 7-inch skillet. Set over high heat. Turn skillet so melting butter coats bottom and sides of pan. When foam subsides and butter is about to lose color, add eggs all at once. Stir rapidly with flat of fork and, at the same time, shake pan back and forth over heat. Stir just until egg mass begins to set. Shake pan—omelet should move freely.

2. Tilt skillet and lift side of omelet nearest the handle with fork. Fold $\frac{1}{3}$ of omelet over the center. Run fork

around the far side of the skillet to make sure the omelet is loose and is ready to be rolled.

3. Still holding skillet tilted, give a few sharp blows on base of handle with side of hand. This will make far side of omelet fold over onto itself. Let skillet stand over heat 1 to 2 seconds to brown omelet lightly.

4. Hold a warm plate in one hand and grasp skillet handle with the other, palm up. Tilt pan over plate and let omelet roll onto it. If omelet hasn't formed neatly, place a napkin over it and shape gently with your hands. Garnish with parsley, if desired. Makes 1 serving.

MONDAY'S DRESSING IS FULL OF SPICE



at Kraft,
we've got a different
low-calorie dressing
for every day of the week.

Each one is a happy way to
make calorie-counting anything but dull.

TUESDAY'S DRESSING IS LIGHT AND NICE



WEDNESDAY'S DRESSING TASTES TART AND CREAMY



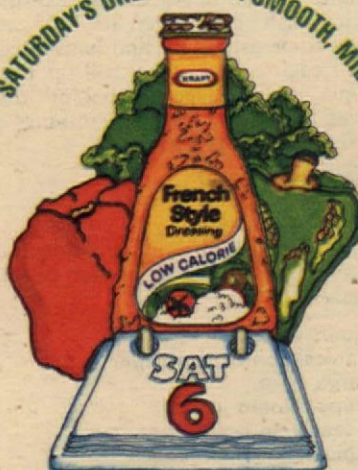
THURSDAY'S DRESSING IS REAL BLUE CHEESE



FRIDAY'S DRESSING IS SPICY-SWEET



SATURDAY'S DRESSING'S A SMOOTH, MILD TREAT



AND THE DRESSING THAT'S RIGHT FOR THE SEVENTH
DAY IS TANGY AND TASTY IN EVERY WAY



at Kraft, we think salads ought to be fun!

KRAFT Division of Kraftco Corporation

KEY TO NUTRITION RATINGS

To assist you in meal planning, each of our recipes not only lists the number of servings, but also the calorie (cal.), protein (P.), fat (F.) and carbohydrate (C.) content one serving provides. A recipe will also be designated a vitamin source if a serving supplies 20 percent or more of the recommended daily allowance.

EGG SALAD MOUSSE

(pictured on page 69)

Makes 6 servings.
Each serving made with mayonnaise—523 cal.; 14.9 gms. P.; 48.8 gms. F.; 3.7 gms. C. Made with salad dressing—429 cal.; 14.9 gms. P.; 35.5 gms. F.; 9 gms. C. Both are sources of vitamin A and riboflavin.

- 1 dozen hard-cooked eggs, shelled
- 1 cup mayonnaise or salad dressing
- 1/4 cup minced onion (1 small)
- 2 tablespoons prepared mustard
- 1 teaspoon salt
- 1/2 teaspoon hot-pepper sauce
- 2 envelopes unflavored gelatin
- 1/2 cup cold water
- 1/2 cup heavy cream, whipped
- 2 small cucumbers

Cut 3 slices from 1 egg; reserve for garnish. Coarsely cut up remaining eggs. Press through sieve into large bowl. Stir in mayonnaise or salad dressing, onion, mustard, salt and pepper sauce. Sprinkle gelatin over water in small saucepan. Heat over low heat until gelatin is dissolved. Stir into the egg mixture. Cool slightly. Fold in whipped cream. Pour into lightly oiled 5- to 6-cup fluted mold. Chill several hours or overnight. Cut cucumbers into 1-inch pieces. With small knife, remove skin of pieces in one continuous strip. Roll skin strips; slice thinly. Slice cucumber cores thinly. Just before serving, run blade of small knife around edge of mold. Dip mold in hot water for a few seconds. Dry mold with towel. Place serving dish over mold. Invert and unmold. Arrange sliced cucumber and peel around mold. Garnish top with reserved egg slices and parsley, if desired.

SHRIMP STRATA

(pictured on page 69)

Makes 6 servings.
Each serving: 315 cal.; 15.4 gms. P.; 19.5 gms. F.; 20 gms. C.

- 9 slices white bread
- 3 tablespoons softened butter or margarine
- 1 can (10 3/4 ounces) condensed cream of shrimp soup
- 6 large eggs
- 3/4 cup milk
- 1 can (4 1/2 or 5 ounces) cooked shrimp, drained
- Dash of cayenne

Trim crusts from bread, if desired. Toast bread. Spread with butter or margarine. Cut each slice in half diagonally. Mix undiluted soup, eggs

and milk until blended. Stir in shrimp. Arrange toast triangles in greased oval or 12x8-inch baking dish. Pour shrimp mixture over toast. Let stand 15 minutes. Sprinkle with cayenne. Heat oven to 325°. Bake strata 40 minutes or until knife inserted halfway between center and edge comes out clean. Let stand 10 minutes before serving. Sprinkle with chopped parsley, if desired.

HAM AND ASPARAGUS BUNDLES

(pictured on page 68)

Makes 4 servings.
Each serving made with fresh eggs—344 cal.; 22.4 gms. P.; 26.5 gms. F.; 8.6 gms. C. Made with frozen egg substitute—364 cal.; 23 gms. P.; 28 gms. F.; 10.4 gms. C. Both are sources of thiamine, riboflavin, niacin, vitamins A and C.

- 4 large eggs or 1 container (8 ounces) frozen egg substitute, thawed
- 1/4 cup cold water
- Pure vegetable oil
- 3 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- 1/4 teaspoon white pepper
- 1 can (13 3/4 ounces) chicken broth
- 1 package (10 ounces) frozen asparagus spears, thawed and drained
- 1/2 pound boiled ham, cut into strips

Beat eggs or egg substitute and water in bowl. Brush a 6- or 7-inch skillet with oil. Heat over low heat until hot. Add about 2 tablespoons egg mixture, tilting pan to make a very thin pancake. When pancake is delicately brown on underside, turn to brown other side. (Pancake will stick if pan is too hot.) Repeat to make 7 more, stacking pancakes with wax paper between to separate them. These can be made ahead, wrapped in aluminum foil and refrigerated up to 3 days.

Melt butter or margarine in saucepan. Stir in flour and pepper. Cook over medium heat, stirring constantly, until mixture bubbles. Remove from heat. Blend in broth slowly. Continue to cook over medium heat, stirring constantly, until mixture thickens and bubbles. Spoon into greased 12x8-inch baking dish. Heat oven to 350°. Arrange some asparagus and ham in center of each egg pancake; roll up, cornucopia style. Place in baking dish. Cover with foil. Bake 25 minutes or until asparagus is tender.

EGGS IN ASPIC

Makes 6 servings.
Each serving: 125 cal.; 9.5 gms. P.; 7 gms. F.; 5.5 gms. C. Source of vitamins A and C.

- 1 quart water
- 1 tablespoon cider vinegar
- 6 large eggs
- 3 cups tomato juice
- 1/4 teaspoon hot-pepper sauce
- 3 chicken bouillon cubes
- 2 envelopes unflavored gelatin
- 3 tablespoons dairy sour cream
- 1 tablespoon chopped chives

Bring 1 quart water and vinegar to boiling in large saucepan over high

heat. Reduce heat to low. Break eggs, 1 at a time, into custard cup or saucer; slip into simmering water. Poach each about 3 minutes or until white is set. Remove from water with slotted spoon. Drain on paper towels. Cool.

Combine 1 cup tomato juice, pepper sauce and bouillon cubes in medium-size saucepan. Sprinkle gelatin over mixture. Cook over medium heat, stirring constantly, until gelatin and bouillon cubes are dissolved. Stir in remaining tomato juice. Chill until slightly thickened. Spoon 1/2-inch depth of tomato aspic into each of 6 lightly oiled 6-ounce custard cups. Trim whites of poached eggs to fit custard cups. Place egg in each. Cover with remaining aspic. Refrigerate until set. Just before serving, unmold onto individual plates. Top each with a dollop of sour cream and sprinkle with chopped chives. Serve with lemon wedges, if desired.

HERB TOMATO PIE

(pictured on page 68)

Makes 6 servings.
Each serving made with fresh eggs—309 cal.; 9.9 gms. P.; 20.75 gms. F.; 22.5 gms. C. Source of vitamins A and C. Made with frozen egg substitute—299 cal.; 10.3 gms. P.; 18.75 gms. F.; 23.7 gms. C. Source of riboflavin, vitamins A and C.

- 1/2 of a package pie-crust mix
- 3 tablespoons butter or margarine
- 2 cups sliced onion (2 large)
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons chopped parsley
- 1 tablespoon chopped chives
- 1/2 teaspoon leaf tarragon, crumbled
- 1/2 teaspoon leaf chervil or basil, crumbled
- 4 large eggs or 1 container (8 ounces) frozen egg substitute, thawed
- 2 cups whole or skim milk
- 6 slices tomato, halved (1 large)

Prepare pie-crust mix for a 1-crust pie according to package directions. Heat oven to 425°. Line 10-inch quiche dish or 9-inch pie plate with pastry. Cover inside of shell with piece of wax paper. Fill shell with dry rice or beans to keep shell from buckling as it bakes. Bake 15 minutes. Remove from oven. Remove rice or beans and paper. Cool shell.

Melt butter or margarine in saucepan over medium heat. Add onion; cook until tender, stirring occasionally. Stir in flour, salt, pepper and herbs. Spoon mixture into prepared shell. Beat eggs or egg substitute and milk. Pour over onion mixture. Bake 15 minutes. Reduce oven temperature to 350°. Bake 15 minutes more. Arrange tomato slices around edge of pie. Continue to bake until thin-bladed knife inserted halfway between center and edge comes out clean. Let pie stand 10 minutes before serving.

continued

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STORE COUPON

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BROCCOLI PUFF WITH CHEESE SAUCE
(pictured on page 68)

Makes 6 servings.
Each serving: 331 cal.; 19.9 gms. P.;
25 gms. F.; 10 gms. C. Source of
riboflavin, vitamins A and C.

- 1 package (10 ounces) frozen chopped
broccoli, cooked and drained
- 6 large egg yolks
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 6 large egg whites, at room tempera-
ture
- 1/2 teaspoon cream of tartar
- 2 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- 2 cups milk
- 1 package (8 ounces) sliced American
cheese, diced (2 cups)
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dry mustard

Pat broccoli very dry with paper towels. Place yolks, salt, pepper and broccoli in blender container. Cover. Blend until pureed. Heat oven to 350°. Beat egg whites with cream of tartar in large bowl until stiff but not dry. Fold broccoli mixture gently into beaten egg whites. Spoon mixture into an ungreased 1-quart soufflé or baking dish. Bake 20 minutes or until puffy and firm. While soufflé bakes, prepare cheese sauce. Melt butter or margarine in saucepan. Stir in flour. Cook over medium heat, stirring constantly, until mixture bubbles. Remove from heat. Blend in milk slowly. Continue to cook over medium heat, stirring constantly, until mixture thickens and bubbles. Add cheese, Worcestershire and mustard; stir until blended. Pour into sauceboat. Remove broccoli puff from oven. Serve at once with cheese sauce.

EGG VEGETABLE BISQUE

Makes 4 servings.
Each serving: 196 cal.; 10 gms. P.;
14 gms. F.; 7.8 gms. C. Source of
vitamins A and C.

- 2 tablespoons butter or margarine
- 1/2 cup chopped celery
- 1/2 cup diced green pepper
- 1/4 cup minced onion (1 small)
- 2 tablespoons all-purpose flour
- 1 teaspoon curry powder
- 2 cups water
- 4 chicken bouillon cubes
- 1 cup milk
- 4 large eggs

Melt butter or margarine in large saucepan over medium heat. Add celery, green pepper and onion. Cook until tender, stirring occasionally. Blend in flour and curry. Add water gradually. Add bouillon cubes. Cook, stirring constantly, until sauce thickens and just comes to boiling. Add milk. Reduce heat to low. Beat eggs in large bowl on high speed of mixer until fluffy. Stir a small amount of vegetable mixture into beaten eggs. Stir into mixture in saucepan. Cook until heated. Serve at once.

KENTUCKY EGGNOG

Makes 12 servings (2 1/2 quarts).
Each serving: 265 cal.; 5 gms. P.;
15.75 gms. F.; 10 gms. C.

- 6 large eggs
- 1/2 cup sugar
- 2 cups milk
- 1 cup bourbon
- 1/2 cup light rum
- 1 1/2 cups heavy cream

Beat eggs in large bowl on high speed of mixer until foamy. Beat in sugar gradually. Continue to beat until soft peaks form. Reduce speed to low. Beat in milk, bourbon and rum. Beat cream in medium-size bowl until soft peaks form. Fold into egg mixture. Pour into punch bowl.

GLORIOUS DESSERTS

continued from page 71

LEMON TORTE

(pictured on page 70)

Makes 10 servings.
Each serving: 376 cal.; 6.5 gms. P.;
19.4 gms. F.; 46.5 gms. C.

- 4 egg whites
- 1/8 teaspoon cream of tartar
- 1/2 cup confectioners' sugar
- 1/2 cup granulated sugar
- 1/2 cup shortening
- 3/4 cup confectioners' sugar
- 4 egg yolks
- 3 tablespoons milk
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup slivered almonds

Lemon Cream Filling (recipe below)

Heat oven to 325°. Grease and flour 2 eight-inch round layer-cake pans. Beat egg whites and cream of tartar until foamy. Beat in 1/2 cup each confectioners' and granulated sugars, 1 tablespoon at a time; continue beating until stiff and glossy. Reserve meringue. Combine shortening, 3/4 cup confectioners' sugar, egg yolks and milk in large mixer bowl. Blend 1/2 minute on low speed, scraping bowl constantly. Add flour, baking powder and salt; beat 1 minute on medium speed, scraping bowl often. Spread in pans. Spread half the meringue on batter in each pan. Sprinkle with almonds. Bake 35 to 40 minutes or until set. Cool. Spread Lemon Cream Filling between layers.

LEMON CREAM FILLING

- 1/2 cup sugar
- 3 tablespoons cornstarch
- 1/8 teaspoon salt
- 3/4 cup water
- 2 eggs, slightly beaten
- 1 tablespoon butter or margarine
- 1 tablespoon grated lemon peel
- 2 tablespoons lemon juice

Combine sugar, cornstarch and salt in saucepan; add water. Cook over medium heat, stirring constantly, until thickened and bubbling. Continue cooking 1 minute longer. Blend about half the hot mixture slowly into eggs; return egg mixture to saucepan. Cook 1 minute, stirring rapidly. Remove from heat; add butter or margarine, lemon peel and juice; cool completely.

PINEAPPLE MERINGUE PIE

(pictured on page 70)

Makes 6 servings.
Each serving: 453 cal.; 6.8 gms. P.;
18.8 gms. F.; 69.6 gms. C. Source of
vitamins A and C.

- 4 egg whites
- 1/4 teaspoon cream of tartar
- 1 cup sugar
- 1 can (1 pound 4 ounces) crushed
pineapple
- 1 envelope unflavored gelatin
- 1/4 cup sugar
- 1 can (12 1/2 ounces) mandarin
oranges
- 4 egg yolks
- 1 cup (1/2 pint) heavy cream

Heat oven to 275°. Grease 9-inch pie plate. Beat egg whites and cream of tartar until foamy. Beat in 1 cup sugar, 1 tablespoon at a time, beating well after each addition. Spread meringue over bottom and sides of prepared pie plate; shape with back of spoon so bottom is about 1/2 inch thick and sides are 1 inch thick. If desired, put half the meringue into pastry bag with fluted tip and pipe around edge. Bake 60 minutes. Turn oven off; leave meringue shell in oven 1 hour to cool. Remove from oven. Cool on wire rack.

Mix pineapple, gelatin and 1/4 cup sugar in saucepan. Drain mandarin oranges; reserve sections; add 1/4 cup syrup to pineapple mixture. Let stand 5 minutes. Beat egg yolks slightly; add to pineapple mixture. Cook over low heat, stirring constantly, until mixture thickens and just begins to simmer. Chill, stirring occasionally, until mixture mounds slightly when spooned; fold in mandarin oranges, reserving a few for garnish. Whip cream until stiff; fold into pineapple mixture. Spread filling in meringue shell. Chill several hours. Garnish with reserved orange sections.

ENGLISH SHERRY BREAD PUDDING

Makes 6 servings.
Each serving made with fresh eggs—
328 cal.; 7.8 gms. P.; 12.9 gms. F.; 28
gms. C. Made with frozen egg substitute
and skim milk—291 cal.; 11 gms
P.; 11.9 gms. F.; 28.9 gms. C. Both are
sources of riboflavin.

- 1/3 cup dry sherry
- 2 cups day-old bread cubes
- 4 eggs, beaten or 1 container (8
ounces) frozen egg substitute
- 1/2 cup sugar
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 2 teaspoons vanilla
- 3 tablespoons butter or margarine
- 1 quart milk or skim milk, scalded

Heat oven to 350°. Sprinkle sherry over bread cubes in 1 1/2-quart baking dish; let stand 5 minutes. Combine eggs, sugar, salt, cinnamon, vanilla and butter or margarine; stir in milk gradually. Pour over bread cubes. Set in pan; pour hot water to depth of 1 inch into pan. Bake 1 hour 15 minutes or until thin-bladed knife inserted 1 inch from edge comes out clean. Serve warm or cold.

continue

COOKING CREATIVELY

**Quick and easy ideas
for the festive feeding of two—
by cooks with more taste
than time!**

You've probably been enjoying the ease and great flavor of Lipton Cup-a-Soup. But you may not realize how happily it lends itself into your cooking plans. These easy mixes zip up a simple dish and make it taste as if you'd spent hours instead of minutes.

Quick and Easy Beef Goulash

1 tablespoon shortening
¼ pound beef cubes
½ cups water
2 tablespoons tomato paste
2 envelopes Lipton Onion Cup-a-Soup
medium skillet, melt shortening and brown meat. Stir in water, tomato paste, and Lipton Onion Cup-a-Soup. Simmer covered about 1 hour or until tender. Serve over noodles. Makes about 2 servings.

Quick and Oniony Pot Roast

3 pounds boneless chuck or round
½ cup beef
2 envelopes Lipton Onion Cup-a-Soup
Preheat oven to 350°. Place meat on foil-lined shallow baking pan; sprinkle all sides with Lipton Onion Cup-a-Soup. Wrap loosely, sealing edges airtight with double fold. Bake 1 to 1½ hours or until tender.

Individual Oniony Meat Loaves

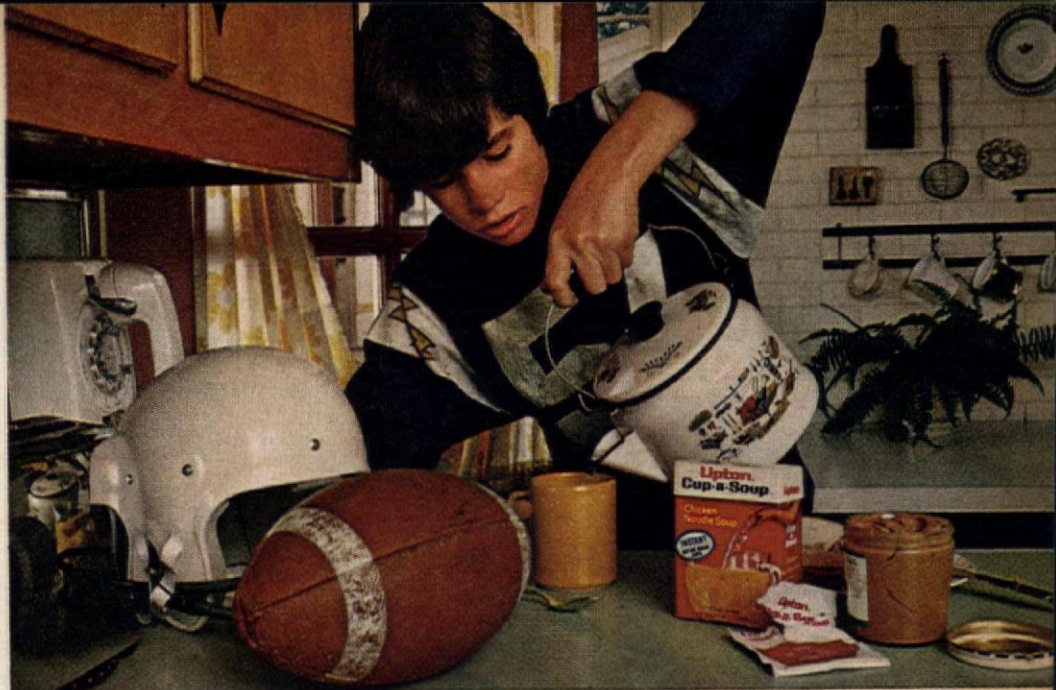
½ pound ground beef
½ cup soft bread crumbs
1 egg
2 tablespoons catsup
2 envelopes Lipton Onion Cup-a-Soup
Preheat oven to 375°. In large bowl, combine meat, bread crumbs, egg, catsup, and Lipton Onion Cup-a-Soup. Shape into 2 loaves; place in baking pan. Bake 25 minutes or until done. Makes 2 servings.

Lipton Onion Buttered Bread

1 pound loaf Italian bread
½ cup Lipton Instant Onion Butter*
Preheat oven to 375°. Slice bread diagonally, almost to the bottom; generously spread Lipton Instant Onion Butter between slices. Wrap loosely in foil, sealing edges airtight with double fold. Bake 20 minutes. *Lipton Instant Onion Butter: Thoroughly blend 2 envelopes Lipton Onion Cup-a-Soup with ½ cup butter or margarine. Store covered in refrigerator. Makes ½ cup. This may be used on steak, potatoes or vegetables.

Easy Pepper Steak

1 envelope Lipton Tomato Cup-a-Soup
1 cup boiling water
½ cup flour, dash salt, dash pepper
1 pound round steak, cut into serving pieces
2 tablespoons cooking oil
1 medium green pepper, cut into thin strips
1 small onion, thinly sliced



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You can enjoy delicious Chicken Noodle Soup without washing a pot or bothering with leftovers. Just make Lipton Cup-a-Soup... and get real chicken chunks, lots of enriched

noodles and parsley. Or Tomato, Green Pea, Onion, Beef Flavor Noodle and two cream flavors, Chicken and Mushroom. So enjoy these real soups anywhere, anytime.



In small bowl, combine Lipton Tomato Cup-a-Soup and water. In small bowl, combine flour, salt, and pepper. Pound flour mixture into meat. In large skillet, heat oil and brown meat. Add tomato soup, green pepper, and onion. Simmer covered, stirring occasionally, 30 minutes or until meat is tender. Makes about 2 servings.

**And when the two of you want
more company...use Cup-a-Soup
to make zesty dips.**

Instant Onion Dip

2 envelopes Lipton Onion Cup-a-Soup
½ pint dairy sour cream

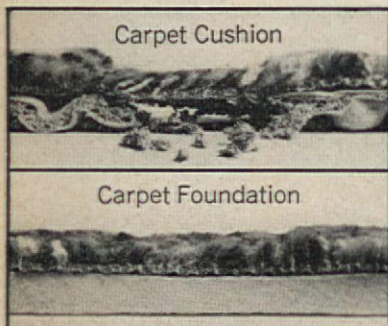
In small bowl, blend Lipton Onion Cup-a-Soup with sour cream. Makes about 1 cup dip. Serve with potato chips or assorted crackers.

Quick Tomato Onion Dip

1 envelope Lipton Onion Cup-a-Soup
1 envelope Lipton Tomato Cup-a-Soup
1 cup dairy sour cream
2 tablespoons milk
4 drops Worcestershire sauce
4 drops Tabasco

In small bowl, blend Lipton Onion Cup-a-Soup and Lipton Tomato Cup-a-Soup with sour cream, milk, Worcestershire, and Tabasco. Makes about 1½ cups dip. Serve with potato chips and assorted crackers.

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*Produced under patented process, Olin U.S. Patent No. 3506600.

GLORIOUS DESSERTS continued

CHOCOLATE RUM CHIFFON CAKE (pictured on page 71)

Makes 12 servings.
Each serving: 407 cal.; 6.5 gms. P.;
14.8 gms. F.; 64.4 gms. C.

- 1/2 cup hot water
- 1/3 cup unsweetened cocoa
- 1/4 cup dark rum
- 1 3/4 cups sifted cake flour
- 1 1/3 cups sugar
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 1/2 cup pure vegetable oil
- 7 eggs, separated
- 1 teaspoon vanilla
- 1/2 teaspoon cream of tartar
- 1/3 cup sugar

Seven-Minute Frosting (recipe below) Chocolate Glaze (recipe below)

Heat oven to 325°. Blend hot water and cocoa; set aside to cool; stir in rum. Sift together flour, 1 1/3 cups sugar, baking soda and salt into bowl. Make a well in center; add in order oil, egg yolks, vanilla and cooled rum mixture. Beat until smooth. Beat egg whites and cream of tartar in large bowl of electric mixer until foamy. Add 1/3 cup sugar gradually, beating well after each addition. Continue beating until meringue forms stiff, glossy peaks. Pour chocolate mixture over meringue; gently fold in. Pour into ungreased 10x4-inch tube pan. Bake 55 minutes. Increase heat to 350°. Bake 10 to 15 minutes or until cake tests done. Invert pan; cool. Remove from pan. Frost with Seven-Minute Frosting; drizzle with Chocolate Glaze.

SEVEN-MINUTE FROSTING

- 3 egg whites
- 1 cup sugar
- 1/3 cup light corn syrup
- 3 tablespoons water
- 1/4 teaspoon cream of tartar
- 1 teaspoon vanilla

Blend egg whites, sugar, corn syrup, water and cream of tartar in top of double boiler. Beat rapidly with rotary beater over boiling water until mixture stands in stiff peaks. Remove from heat; beat in vanilla.

CHOCOLATE GLAZE

- 2 squares (1 ounce each) semi-sweet chocolate
 - 2 tablespoons light corn syrup
- Melt chocolate and corn syrup over hot water; cool.

APRICOT SOUFFLÉ

Makes 6 servings.
Each serving made with half-and-half—258 cal.; 6 gms. P.; 8.8 gms. F.; 42 gms. C. Made with light cream—265 cal.; 6 gms. P.; 9.7 gms. F.; 42 gms. C. Both are sources of vitamins A and C.

- 1 1/4 cups dried apricots (1/2 of 11-ounce package)
- 1 1/4 cups water
- 1 1/2 tablespoons sugar
- 4 egg whites
- 1/8 teaspoon cream of tartar
- 1/3 cup sugar

Custard Sauce (recipe follows)

Combine apricots and water in saucepan; simmer, covered, 30 minutes or until very tender. Press apricots and juice through strainer or food mill to make a puree (1 1/4 cups); reserve. Heat oven to 325°. Butter a 6-cup melon mold generously; sprinkle with 1 1/2 tablespoons sugar, rotating mold to coat sides evenly. Beat egg whites and cream of tartar until foamy in large bowl of electric mixer; add 1/3 cup sugar, 1 tablespoon at a time, beating well after each addition. Continue to beat until meringue forms soft peaks. (It is important not to overbeat meringue.) Fold apricot puree gently into meringue; turn into mold; cover loosely with a piece of buttered aluminum foil or wax paper. Set mold in baking pan; pour in hot water to depth of 1 inch. Bake 1 hour 15 to 20 minutes or until soufflé is set in center. Remove wax paper; loosen edges; turn out onto serving platter. Serve at once with Custard Sauce.

CUSTARD SAUCE

- 2 tablespoons butter or margarine
- 1/4 cup sugar
- 2 tablespoons grated orange peel
- 1 cup orange juice
- 1 tablespoon lemon juice
- 4 egg yolks
- 1/4 cup half-and-half or light cream

Melt butter or margarine in top of double boiler; add sugar, orange peel, orange and lemon juices. Cook over hot water, stirring constantly, 1 minute; remove from heat. Beat egg yolks in small bowl; blend in half-and-half or cream. Stir in hot juice mixture slowly; return mixture to top of double boiler. Cook over hot water, stirring constantly, 5 minutes or until sauce thickens and coats a metal spoon. Serve hot or warm.

APPLE CUSTARD PIE

Makes 6 servings.
Each serving made with fresh eggs—414 cal.; 6.4 gms. P.; 19.6 gms. F.; 56 gms. C. Made with frozen egg substitute—426 cal.; 6.5 gms. P.; 20.8 gms. F.; 56.9 gms. C.

- 1 cup canned fine-sieved applesauce
- 3 tablespoons lemon juice
- 1 cup sugar
- 4 eggs, slightly beaten, or 1 container (8 ounces) frozen egg substitute
- 2 tablespoons melted butter or margarine
- 1/2 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1 unbaked 9-inch pastry crust

Heat oven to 450°. Combine all ingredients except pastry crust; blend thoroughly. Pour into pastry shell. Bake 15 minutes; reduce oven temperature to 325°. Bake 30 to 40 minutes longer or until knife inserted 1 inch from edge of filling comes out clean. Cool.

continued



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GLORIOUS DESSERTS continued

CARAMEL CUSTARD (pictured on page 70)

Makes 10 servings.
Each serving: 358 cal.; 8.86 gms. P.; 25.3 gms. F.; 25 gms. C. Source of vitamin A.

- 1/3 cup sugar
- 1/4 cup water
- 8 eggs
- 2/3 cup sugar
- 1/4 teaspoon salt
- 1 tablespoon vanilla
- 2 cups (1 pint) heavy cream
- 3 cups milk

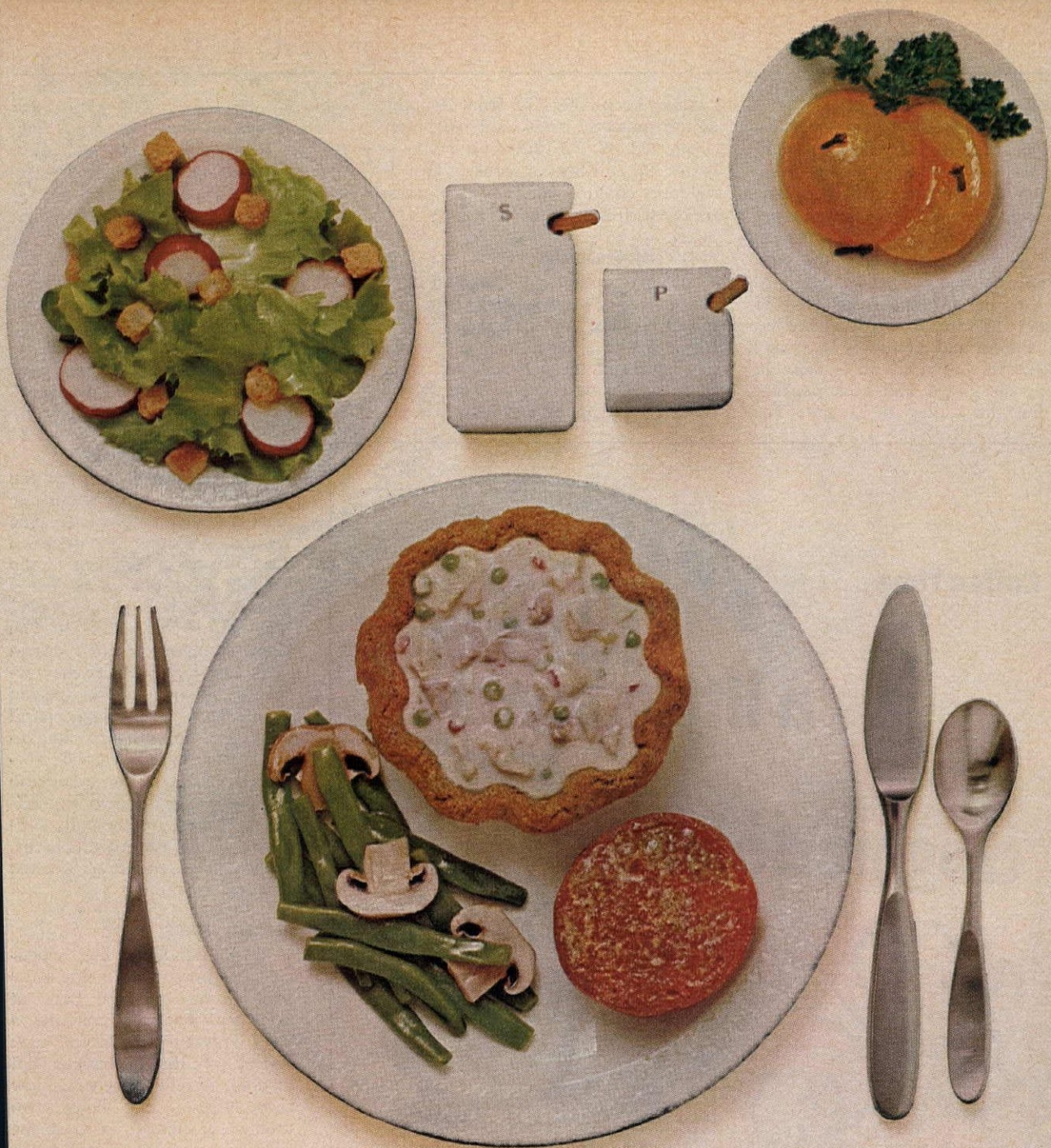
Melt 1/3 cup sugar in large, heavy skillet over medium heat until golden and caramelized. Stir water in very slowly, being careful not to be burned by steam. Heat slowly until caramel is entirely dissolved in water. Pour caramel into 8-cup mold; rotate mold to coat all surfaces as caramel thickens and cools. Heat oven to 300°. Beat eggs, 2/3 cup sugar, salt and vanilla until blended; add cream and milk; stir. Carefully ladle custard over caramel layer in mold. Set mold in larger pan; pour hot water into larger pan so level of water is even with level of custard. Bake 1 hour 50 minutes or until thin-bladed knife inserted 1 inch from edge of custard comes out clean. Cool; chill well. Loosen custard around rim; unmold; caramel will form sauce. Serve plain or with sweetened strawberries, peaches or pears.

GLAZED COOKIE BARS

Makes 4 1/2 dozen.
Each cookie made with fresh eggs—75 cal.; 1.5 gms. P.; 1.85 gms. F.; 13.4 gms. C. Made with frozen egg substitute—76 cal.; 1.5 gms. P.; 1.98 gms. F.; 13.5 gms. C.

- 4 eggs or 1 container (8 ounces) frozen egg substitute
- 1 package (1 pound) dark brown sugar
- 2 1/2 cups all-purpose flour
- 1 teaspoon cinnamon
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 1 cup chopped walnuts
- 1/4 cup confectioners' sugar
- 1 tablespoon water
- 1 teaspoon grated lemon peel
- 1 tablespoon lemon juice

Heat oven to 375°. Grease 15x10x-1-inch jelly-roll pan lightly. Combine eggs and brown sugar in large bowl of electric mixer; beat on medium speed until creamy. Add flour, spices and salt; beat on low speed until blended. Stir in nuts; spread mixture in prepared pan. Bake 20 minutes or until cake tester inserted in center comes out clean. Combine confectioners' sugar, water, lemon peel and juice; blend. Brush mixture lightly over top of cookies to glaze. Cut into bars. Cool.



For people who can't leave well enough alone, look what you can do with Banquet® Chicken à la King.

Chicken à la King Cookin' Bag® entree. Banquet makes it a fast no-nonsense feast for kings, but when you want it to look like a royal occasion, try this tempting recipe:

Take one Banquet Chicken à la King from your freezer and follow package directions. Remove from bag and add 1/8 tsp. sweet basil or thyme, 2 tbsps. finely chopped celery, and seasoned salt to taste. Pour into patty shell made from your favorite pie crust recipe to which you have added 1/4 cup Parmesan cheese.

Banquet. When you start with great food you end with a great meal.

Banquet Foods Corporation, St. Louis, Missouri 63101



OUR FOOD EDITOR REPORTS

BIRD ON THE SPIT

Armour's small-size rotisserie turkey, a favorite for alfresco meal planning, will be seen in a different guise this summer. Not only will it come in a newly designed wrapper, but more important, the turkey will now be injected with butter instead of the corn oil that was used previously. The bird comes frozen in sizes from 5 to 11 pounds. The forepart of each wing has been clipped, and the turkey is already trussed. All you need do is thaw it, remove the giblets and neck package and put the turkey on a spit. The

trussing keeps the bird from flopping as the rotisserie turns, and the butter—injected at 32 different points—bastes the bird as it cooks. This is outdoor cooking at its best: moist turkey with little work for the cook.

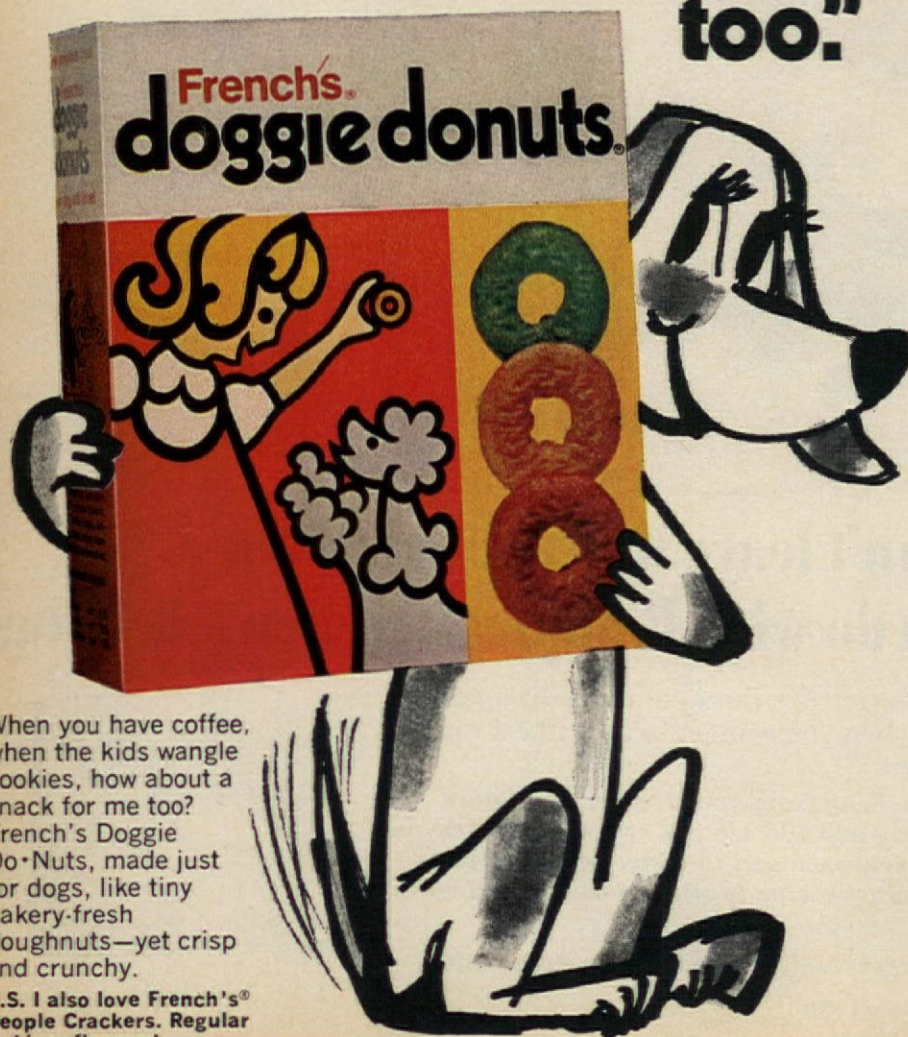
FOOD FOR THOUGHT

Surveys continue to show that most Americans are not eating properly. Hopefully, the current interest in nutrition is a true indication that people, now aware of the problem, will want to do something about it. For anyone seeking information and help, we rec-

ommend a 32-page booklet titled *Food Is More Than Just Something to Eat*. It is published as part of a nationwide education program sponsored by the U.S. Departments of Agriculture and Health, Education and Welfare, the National Academy of Sciences and the Grocery Manufacturers of America. Colorfully illustrated, the booklet describes the nutritive contents of food, cites foods that are the best sources of various nutrients and tells how to create a balanced diet. You can obtain a free copy from: Nutrition, Pueblo, Colo. 81009.

Coffee Time...

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P.S. I also love French's® People Crackers. Regular or Liver-flavored.

FOOT-SAVING KITCHEN

Every woman dreams of the perfect kitchen. How about one that is fully automated? The Whirlpool Corp. has designed the ultimate, a "Kitchen in the Round," to display at Expo '74 World's Fair in Spokane, Wash., May 4 to November 3. The kitchen's unique circular design saves footsteps with its easy access to appliances and its specific counter-top work areas. And there are ultramodern innovations—computerized food storage compartments, an automatic menu selector, microwave cooking and an environmentally controlled garden for growing herbs. What more could a kitchen dreamer ask?

INFANT TRAVEL EASE

A young mother's busy schedule sometimes means being away from home with the baby at mealtime. Thermos now has a Tot's Travel Tote you can pack and be sure the food is kept hot or cold. A pink, blue or yellow zipper-topped bag holds two urethane-insulated jars just the right size for the baby's meal. And there's room for a spoon and bib. It's \$5.50 in supermarkets and drug stores.

OUR COOKS SUGGEST

• When a recipe calls for sliced, chopped or cut-up chocolate, you'll find these jobs easier if the chocolate is at room temperature.

• Your pantry shelf can supply the makings for this quick dish. Serve it for breakfast, brunch or supper. Spread canned deviled ham on hot pancake (made from a mix) and top them with heated canned apple slices.

—Frances M. Crawford



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STRETCH YOUR BUILDING DOLLAR

It's a risky business to try and cut corners when buying or contracting for a house. But there *are* ways to shave your building expenses. The following tips, adapted from our popular *American Home* house-plans book, can help you reduce costs without reducing quality—of either materials or workmanship.

- The closer a plan comes to a square, the lower the cost per square foot of living space. A two-story house provides more space for the money than a ranch. The straighter the foundation and the exterior (that is, the fewer jogs in the wall), the lower the cost. The same principle applies to a roof—fewer hips and valleys mean money saved.

- A simple contemporary house uses fewer non-functioning pieces—such as shutters, cupolas and fancy trim—than a traditional. In a custom-designed house, an architect can get a lot of living into every square foot. Engage a professional who's accustomed to working with home builders. He might even turn a low-cost "problem" building site into an aesthetic delight.

- Leave some rooms unfinished—such as den, attic, one or two bedrooms—and finish them yourself later. By all means, use your attic space for functioning rooms, as in a Cape Cod. In some areas a boldly mansarded roof enclosing a major living area will cut your cost per square foot. A basement adds low-cost workshop, utility and storage space, and with proper heat and lighting can later be finished into a recreation or family room.

- Design your house so it can be extended later, if you wish, without major revisions to plumbing or heating. This is partly a matter of these units' location, partly of their capacity. In some cases it is much less expensive to rough-in future connections when you first build.

- Centrally located heating and plumbing put the hot pipe and duct runs in a stack arrangement. For economy, locate bathrooms and kitchen close to stack.

- To pare future heating and cooling costs, install full-thickness insulation and good weatherstripping, and purchase good grades of windows and doors that have a tight seal, and do not permit air to infiltrate. Higher initial costs for quality materials will be more than offset by future savings.

- Where codes permit, studs spaced 24 inches apart give you as much support as you need, and they work just as well as those spaced 16 inches apart.

- Quality double-glazed window units save the cost of storm-screen combinations and are also easy to clean. Consider less expensive fixed-pane windows in locations where windows do not need the open-and-shut capability. If you plan to install wall-to-wall carpeting, don't put expensive flooring underneath. Use low-priced grades instead, or put down plywood as underlayment.

- Open shelves often provide decorative storage space at a lower cost than cabinets and closets that require much fitting of doors and trim. An open stairway, without risers, gives an attractive contemporary feeling—and so costs less.

- The closet door that runs the full height and width of a closet not only saves on framing and wall costs, but also makes shelves and storage space more accessible.

Other dollar-stretching building hints can be found in the *American Home* house-plans book, which also includes a catalog of 52 AH house plans—contemporary designs, colonials, vacation homes, award winners. For your copy, send 50 cents to: American Home House Plans, Dept. 2923, 4500 N.W. 13th St., Miami, Fla. 33154. Ask for catalog #31000.



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A PAEAN TO THE BEAN

**Its easy growability and nutritive wallop
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"Jack and the Beanstalk" is probably the best-known story about the bean. And there have been many—tales of beans that laughed till their sides ached, spanked wrongdoers and performed feats of magic.

In reality, with no magic involved, the bean *does* perform incredible feats. It contributes more to feeding the peoples of the world than any other legume. In places where little or no meat is eaten, the bean is an essential source of protein.

Beans in some form have been with us 5,000 years. They have been found in Bronze Age deposits unearthed in Europe. They were grown by the ancient Egyptians, Greeks and Romans. And according to records, merchants sold bean relishes in China in the 1st century A.D.

Dried beans are the oldest type being consumed today. And as in times past, they are pantry staples. Here are the varieties of dried beans you can find on supermarket shelves:

Black or turtle beans are oval in shape and slightly smaller than red kidney beans (below). The skin is off-black, the inside whitish. They are used extensively in the South, where they grow, and in South America.

Blackeye or yelloweye beans, oval-shaped with either a black or yellow spot, are called "peas" in the South and Southwest.

Chick peas, also known as garbanzo or ceci beans, are irregular in shape with a firm texture and nutlike flavor. They are used in many Spanish and Italian dishes.

Cranberry beans, sometimes called Roman beans or shellouts, are plump, with pink markings. They have a sweet, strong flavor and are popular in New England.

Lima beans, both large and small, are flat and kidney-shaped. In southern states, a large lima that is mottled with purple is called a "calico" or "speckled butter bean."

Pinto and pink beans, though they do not resemble each other, are related and can be used in recipes interchangeably. Pintos are pale pink, speckled with brown; pink beans are smoother and more brownish-red than pink. Both types will turn red-brown during cooking.

Red beans, darker red than pink beans, are also known as Mexican chili beans and are a favorite in Spanish dishes.

Red kidney beans, red-purple in color and strongly flavored, are the favored ones for chili con carne and are frequently added to soups and salads.

Soybeans, processed in many parts of the world for food and for cooking oil, are pea-sized and they may have a yellow, green, brown, black or bicolored skin. They are high in nutritive value, but are not popular as a food product because of their bitter taste.

White beans come in four varieties:

1. *Marrow beans* are the largest and roundest.
2. *Great Northern beans*, a favorite in many baked bean dishes, are nearly as large, with a delicate flavor.
3. *Navy beans*, somewhat smaller than the Great Northern, are also used extensively for baked beans and are the ones most often found in canned baked bean products.

4. *Pea beans*, the smallest, are most common to the East, particularly New England, as the base for Boston Baked Beans.

—Frances M. Crawford

Thirty years before we developed new Peak Toothpaste, you probably used our secret ingredient.



It's baking soda.

Baking soda: the natural cleanser and sweetener that people used to brush with.

Baking soda: the natural cleanser and sweetener that dentists recommend now as they did then. Both for cleaning teeth and as a soothing rinse for mouth and gums.

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Be prepared. Peak leaves your whole mouth—not just teeth and breath, but even mouth tissues and gums—feeling different. Naturally cleansed and sweetened. Naturally refreshed.

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Watch the Colgate-Dinah Shore Winners Circle Golf Championship—the richest in history—from Mission Hills Country Club, Palm Springs, California—April 20 and 21 on ABC-TV.

This is what little girls are made of.

Every minute, three billion cells in a little girls' body are being replaced by new ones.

The material for each new cell comes from the nutrients in the food she eats. What these nutrients do once they reach her body, and what they do with each other will make her different from every other little girl.

Her life depends on nutrition. She'll grow to live life well or ill because of it. We study nutrition. And we've learned that although poverty is the chief cause of malnutrition, it isn't the only cause.

Almost half of us are under-nourished. And through nothing more than a lack of knowledge about the food we eat.

Every day we're learning more. You should learn more too.

To give you some basic information and valuable guides to preparing meals and diets, we've put together a book entitled "Food Is More Than Just Something to Eat."

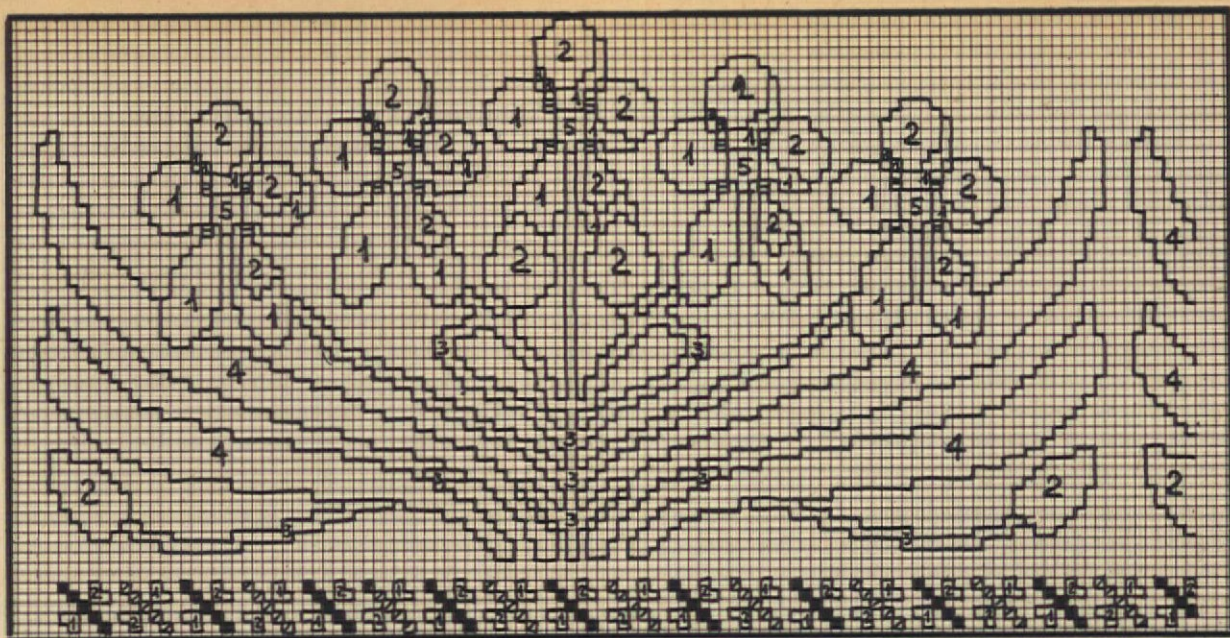
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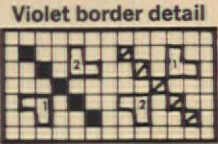


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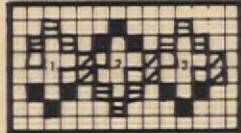


VIOLET
 Star Embroidery Floss Art. 50
 1 994 Heliotrope
 2 992 Light Heliotrope
 3 1014 Hunter Green
 4 904 Dark Spring Green
 5 1007 Deep Yellow
 / 1014 Hunter Green
 ■ 904 Dark Spring Green
 — 1007 Deep Yellow



CLOVER
 Star Embroidery Floss Art. 50

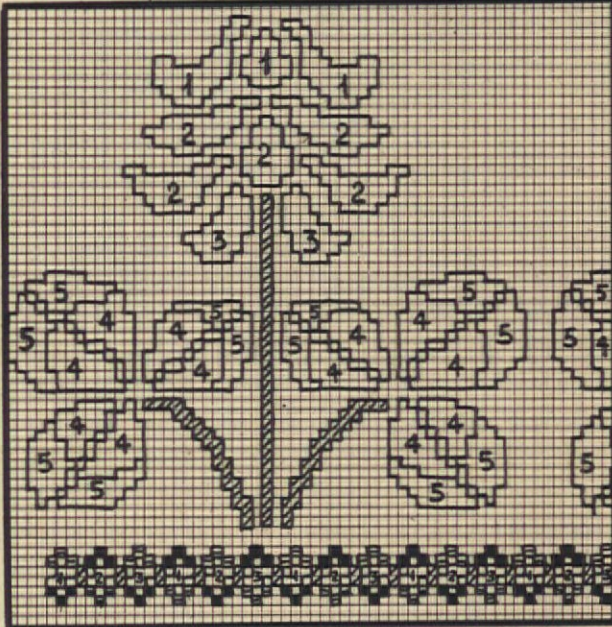
- 1 1009 Dark Orange
- 2 1008 Orange
- 3 1006 Medium Yellow
- 4 1014 Hunter Green
- 5 904 Dark Spring Green
- / 1013 Green
- 1014 Hunter Green
- 904 Dark Spring Green



Clover border detail

WATER LILY
 Star Embroidery Floss Art. 50

- 1 904 Dark Spring Green
- 2 1040-A Flame Red
- 3 1029 Peach
- 4 1105-A Bright Pink
- 5 1013 Green
- 1040-A Flame Red
- / 1013 Green
- 1009 Dark Orange



Water lily border detail



HOW TO STITCH UP SOME SPRINGTIME



What good does a funeral do...really?

Today, there are those who find themselves asking this question.

Certainly the funeral can do nothing for the person whose life has ended beyond providing the dignity of a proper burial.

But no matter where, when, or under what circumstances death may occur, there are needs that must be met—for the bereaved family; their friends; their close circle in the community.

The funeral helps meet those needs. It helps those who grieve accept the reality of death. They know it happened. But a part of their mind rejects it, runs away from it.

The funeral takes them gently by the shoulders and turns them to face it. And having faced it, having viewed it, things are easier.

Things continue to be easier (though it may not seem so at the time) as arrangements have them talking with sympathetic friends, reflecting upon moments shared, giving testimony to the life that was lived on earth.

Another thing the funeral does—whether the choice is made for a traditional, a contemporary or a humanist service—is to reaffirm the faith, the creed, or philosophy by which one's life was guided.

As the poet John Donne said: "No man is an island . . ." His death touches his world. A funeral considers the feelings of all those who shared his life. It is a moment when grief shared is grief diminished.

It is truly a unique moment of sharing . . . for the family . . . for friends . . . for society.

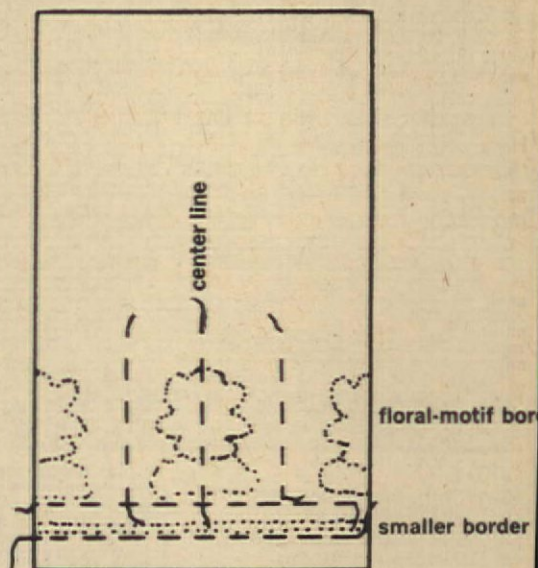


WRITE FOR FREE COPY OF 32-PAGE BOOKLET, "MY DUTY". Its 32 pages answer many questions, tell you "what to do" when you are asked to take charge. Tells how to write sympathy notes. Contains many beautiful and consoling poems. Millions of copies distributed. Write: The Clark Grave Vault Company, Department AH 44 Columbus, Ohio 43201.



STITCH UP SOME SPRINGTIME continued

Here's how you can cross-stitch our colorful floral borders in almost no time.



Use a thread framework for counted-thread method.

Materials: You can stitch these floral borders onto any ready-made cotton waffle weave or linen tea towels. Or, if you prefer, border any household linens—sheets and pillowcases, tablecloths and napkins—with the pretty floral designs. You stitch the borders with American Thread Star six-strand cotton floss in the colors specified in our color keys, page 87.

Procedure: Work the border design with three strands of floss. You may use either the counted-thread method (if the weave of your fabric is quite visible and easy to count) or the auxiliary-canvas method (if the weave is very fine and hard to count).

Counted-thread method: Divide the area to be embroidered by making a framework of colored threads. This is done by running a thread alternately under and over 10 threads in your fabric, breaking up the area both horizontally and vertically and providing a rough gauge to stitch by. For each central motif of your border, run a vertical line of thread up the fabric to represent the *motif's* center (see illustration, above). The cross-stitch motif is then worked outward from this line toward the edges. The size of each cross-stitch and ultimately each motif will depend on the closeness of the fabric weave.

Auxiliary-canvas method: Use a fine mono-mesh (not interlocked) canvas over the fabric to work the design. Baste the canvas into place on the area of fabric to be worked. After you finish stitching the design, pull out the canvas threads one by one. With this method, you can use even fine handkerchief linen as a background for your border.

Design placement: Position the smaller border 2 inches above the hem of your fabric; the row of floral motifs should be placed 2 inches above this.

Now, a blunt promise by an eminent dermatologist:

You can make your face look as though time was running backwards!

Revealed by an eminent dermatologist (see his word-by-word statement below): How, with the proper scientific instruction, you can literally stop the biological "clocks" in your skin . . . actually look ten to twenty years younger than your real age . . . erase wrinkles, blemishes and coarseness . . . and do it all using nothing more than such simple ingredients as water, soap, and (especially) salt!

This is, quite frankly, a vital message about what is perhaps the most revolutionary home-medical-guide ever published on facial care . . . facial beauty . . . renewed facial youth. Its results are so spectacular, its documentation is so overwhelming, and its methods are so vital to your future life that we must repeat, in full, two more quotes from its pages:

"We have only recently acquired the ability to really do something about the more serious changes in appearance that accompany aging . . .

"In the past, the average person stood very little chance of being able to look younger. Without wealth or the right genes, there was very little hope. The advent of modern skin care has changed all this. Now it is no longer necessary to pamper yourself or be born with good skin. The idle rich no longer have any advantage . . . the genes you inherit are no longer a limiting factor, because we can now compensate for even delicate, age-prone skin . . . Thanks to modern research, we now know what causes many of the unattractive problems that appear with age. With this kind of knowledge, we have been able to develop methods that are effective in combating or solving these problems.

"The practical application of these methods can produce spectacular results. A person can easily look ten to twenty years younger than his or her actual age, and this can be achieved with a minimum of effort. My own interest in this subject was first stimulated by an eminent dermatologist who was one of my first teachers. He was not only an early advocate of these new methods, but he practiced them himself. The results were truly impressive. At almost eighty years of age, he appeared to be in his early fifties."

This, Then, Is The Startling New Promise That Lies Right At Your Fingertips! And Here Are The Discoveries That Are Going To Give It To You!

For example—
Age is no longer a barrier to a flawless complexion, because the outer layer of your skin never stops growing! And, if you learn the right way to utilize that growth, you may actually reverse the dreaded aging process, and grow younger-looking, not older.

The ultimate moisturizer! How it can eliminate moisture loss instantly, and actually repair the ravages caused by years of facial dryness.

The three insidious structural changes that create "old" skin, and how to stop each at its source.

For example, master this simple technique of protecting the all-important "inner layer" of skin from damage, and you will never need the services of a plastic surgeon.

How your kitchen stove can make you look old, old, old—unless you learn how to use it—like this.

How certain household aids (that you use every day) actually poison your skin. Get rid of them—now.

How to keep the sun from turning your face into a wrinkled prune.

How to protect your skin against air pollution. (Otherwise, if you live in a big city, be prepared to have people guess you're ten years older than you really are.)

How to banish blocked pores and blackheads—for good.

The Number One Rule for protecting your face

ABOUT THE AUTHOR

BEDFORD SHELMIER, JR. graduated from the University of Chicago School of Medicine. He is a former staff member of the American Hospital in Paris and the Columbia-Presbyterian Hospital in New York. Dr. Shelmire is a diplomate of the American Board of Dermatology, a member of the American Academy of Dermatology, and currently Assistant Professor of Dermatology at the Southwestern Medical School of Texas.

against all the hazards of the environment. Follow it faithfully (see page 36), and when your friends look as old as Methuselah, you'll hardly have changed at all.

Indisputable Proof That It Would Take A Century For Your Face To Look Old, If You Didn't Abuse It Like This . . .

How to "quick-clean" your face, so thoroughly, and so fast, that you take years off it, rather than put them on.

Invisible sources of skin inflammations and allergies, that may be ruining your complexion right now. In other words, how to practice modern acne therapy, right in your own home.

Why you may never have to spend a cent on commercial face-care products again. For two reasons: Because most of them are actually harmful to your skin (see list on page 67). And because none of them could ever do as much for that skin as the almost-costless preparations given to you on page 71.

For example, the best daytime base in the world (and you should wear it every minute of every day, to keep the youth-force sealed in your skin) costs only 84¢ for a six-month supply. And the best night cream you can buy costs slightly more—about 91¢ for a six-month supply.

And the best face mask in the world costs 9¢ a treatment. And the best skin freshener probably costs a penny a day.

And not one of them contains a single ingredient that will unknowingly age your face, or dry out your face, or irritate your face. All they do is pull filth out of that face, at the same time they seal in youth.

But What About The Old Skin That's Marring Your Face Right Now? What Do You Do About It? THIS—

Here, on page 72, is (in our opinion at least) the really startling breakthrough in facial care in this generation. It is called, "Skin Thinning". It takes about two minutes of your time a week, and it costs about 3¢ a treatment. Its basic ingredient is salt. Plain ordinary table salt. But used in such a way that it almost instantly cuts down wrinkles. Opens clogged pores. Helps prevent age spots and whiteheads. May actually have your husband cooing with delight the very first day you use it.

And there's still more—much more—like this: How the wrong vitamins can poison your skin. And the right vitamin therapy cause spectacular changes overnight. (See page 108.)

How dry, scaly skin can often be eliminated by a simple change in your diet. (See page 107.)

The "Young-Face Style of Life". Or how to erase ten years from the look of your skin, simply by adjusting the way you work, play and sleep. (See page 112.)

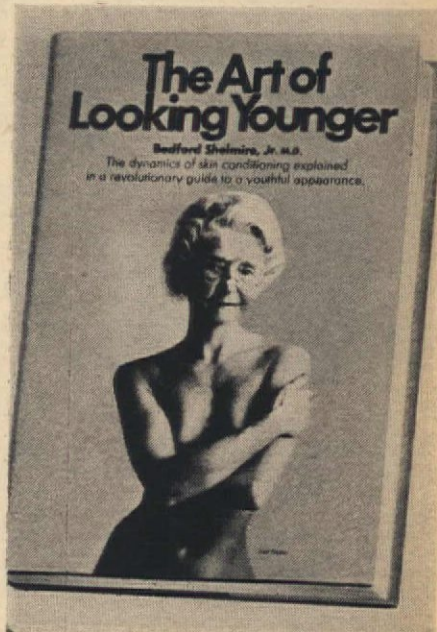
How your skin can warn you of the insidious

PLUS THESE THREE THRILLING BONUS SECTIONS!

Break through all that misinformation and hocus-pocus surrounding the use of such ridiculously high-priced cosmetic additives as: royal jelly, placenta, hormones, cucumber, proteins, seaweed and all those countless other "miracle ingredients" that are simply causing you to squander your hard-earned dollars!

Correct structural changes that cause visible skin problems, prevent cellular build-up, dry, scaly patches, blackheads and blocked pores—forever—all without resorting to the services of a professional!

Learn the hidden dangers of sunlamps, crash-dieting, hot combs and curlers, bleach creams, silicone injections!



development of diseases of the heart, circulatory system, lungs, blood, thyroid, pancreas, sex glands, liver, kidneys and much more, all by simply knowing how to read the danger signals it sends out. (See page 105.)

Two easy solutions to hand and nail problems. (See page 140.)

How to save your hair. Why you must not over-brush it. The one overlooked cause of 99 per cent of all severe-hair damage. A simple immediate test that tells you for sure, the rate of hair loss. Why the wrong use of vitamins may be causing that loss. Medical methods (your husband will bless you when you show them to him) of really compensating for that ugly loss.

At Last All You Need To Never Look Your Age Again! AND WE PROVE IT WITHOUT YOUR RISKING A PENNY!

Remember! Nothing else gives you such a high return for such a small investment! But, YOU MUST BEGIN NOW! The effects of long neglect can NEVER BE COMPLETELY REVERSED! You owe it to yourself—and to that special man in your life—to return the No-Risk Coupon—TODAY!

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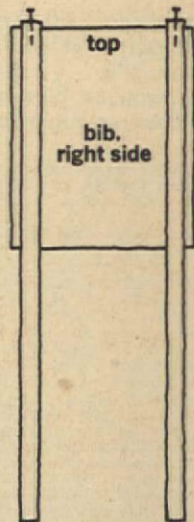
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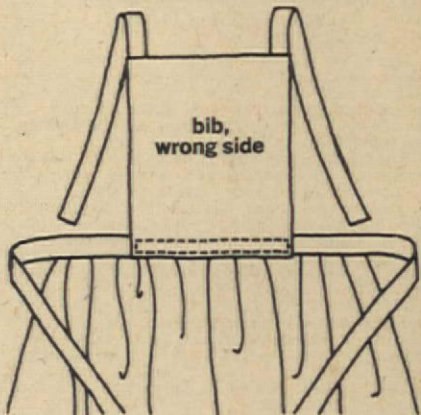
on wrong side of waistline $\frac{1}{2}$ inch. Slipstitch to skirt.

Make two bib ties: Fold each tie in half lengthwise, right sides facing. Stitch one long edge and one end. Turn to right side; press. Place ties over bib with unstitched tie ends extending $\frac{1}{2}$ inch above bib top; these ties should be $\frac{1}{2}$ inch in from bib sides. Pin (illustration 3).



3. Pin ties to bib.

Cut a backing section the same size as bib; place over bib, right sides facing. Stitch sides and top edge. Turn to right side; press. Lap lower edge of bib over wrong side of skirt waistband, turning under raw edge at bottom of bib; pin and stitch (illustration 4).



4. Join bib to apron.

STITCH UP SOME SPRINGTIME continued

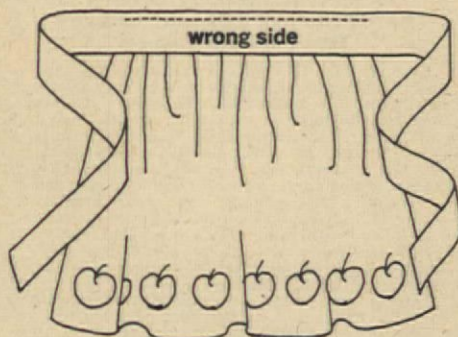
Make the two charming apple aprons shown on page 62.

Materials: "Farmer's Almanac-and-Apple" is 100 percent cotton broadcloth, 44 inches wide; we used about 3 yards of it to make the two aprons. You can order the fabric from J. Jill Ltd., Stockbridge Rd., Great Barrington, Mass. 01230. Minimum order is 2 yards. Fabric costs \$3.95 a yard postpaid; send money order or check.

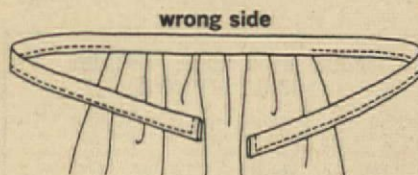
Procedure: Make all seams $\frac{1}{2}$ inch wide.

Mother's apron: Measure, mark and cut the following sections: skirt—54 by 29 inches (cut with one long edge on the lengthwise fabric edge; the apples form a border at hem); bib—cut one of the almanac pages to measure $9\frac{1}{2}$ by 11 inches; waistband and ties—cut a 3-inch-wide strip 72 inches long; bib ties—cut two 3-inch-wide strips 19 inches long.

Finish sides of skirt in a narrow hem. Finish lower edge (apple edge) in a 2-inch hem. At top edge, machine-baste two gathering lines $\frac{1}{4}$ and $\frac{1}{2}$ inch from edge. Gather edge so it is 18 inches long; pin to right side of one edge of waistline tie, centering it on



1. Stitch on the waistband.



2. Finish off the ties.

tie edge. Distribute gathers evenly; pin and stitch (illustration 1).

Fold ties in half lengthwise, right sides together, edges and ends matching; pin and stitch (illustration 2).

Trim ends and corners. Turn ties to right side. Press. Turn under free edge

Daughter's apron: Measurements given here are sized for a six-year-old. Cut sections and construct apron following above directions: skirt—22 by $16\frac{1}{2}$ inches; bib—8 by 8 inches; waistband and ties—3 by 46 inches; bib ties—3 by 23 inches.

If desired, cut out one of the apples, back and stuff it, and tack to waistband of the smaller apron. For even more fun, cut and back apple pockets and attach them to the bib or skirt of either mother's or daughter's apron.

FOOD QUESTIONS YOU ASK

What can I do to prevent the weeping and shrinking of meringue on my custard pies?

F. T. Reese
Ormond Beach, Fla.

First, make sure you don't overbeat the meringue. Second, be sure to spread it over a hot filling, and spread it properly: With a narrow spatula, push meringue gently against the pie crust's inner edge, sealing well to prevent shrinkage. Third, bake pie immediately. Remember, do not refrigerate pie until it has cooled to room temperature.

Why is it I can bake pound cake only in a loaf or tube pan, not in a layer-cake pan?

S. Jacobson
Troy, N.Y.

Pound-cake batter, being thick and dense, takes a long time to bake through to the center. A layer-cake pan is shallow and exposes so much surface area that the outside of the pound cake would be overbaked before the inside was completely done. A loaf or tube pan, which is both narrow and deep, is designed with the perfect dimensions for pound cake baking.

How can I keep raisins from falling to the bottom of my cakes and muffins? I've tried flouring them, but they still sink.

(Mrs.) C. Keller
Bennington, Vt.

Most batters are too thin to support raisins, nuts or other dried fruits. Unless the batter you're working with is thick, try chopping the raisins coarsely. This will help to reduce the chance of their sinking.

Since changing from my old metal bakeware to oven-proof glass pans, I find that my baked products either brown too quickly or burn. Can you please tell me what causes this?

(Mrs.) G. Dexter
Arco, Ga.

Glass pans absorb and hold oven heat, and therefore will cause your cakes to brown faster than metal. We suggest lowering the oven temperature specified in your recipes by 25°, but baking time will stay the same.

Is it possible to bake more than one sheet of cookies in the oven at the same time and still be assured of good results?

Mary Lawrence
Milton, Ind.

Cookies bake best one sheet at a time. But if you need to make a large batch quickly, you can bake two at once. Place first sheet on rack in upper third of oven; make sure you place second sheet on a rack close to the first one. Partway through baking, reverse the sheets, putting the top one on the bottom rack and vice versa, for more even browning.

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

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★ **BALDING?** Hair Transplant information. \$1.00. Guideline, Box 1221, Nashville, Tenn. 37202.

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DEAR AMERICAN HOME

WATT WATCHER

I was fascinated by the February article "How Do Watts Become Dollars?" and plan to refer to it every time I use one of my appliances. One thing I'd be interested in seeing is a listing of various electric rates from all parts of the country. We are presently buying our power from Connecticut Light and Power Company, and must be on the high point on the Electric Energy Association's scale.

(Mrs.) Lucille A. Richmond
Pawcatuck, Conn.

There are two publications you can write for that may prove helpful: The National Electric Rate Book consists of 50 separate pamphlets (45 cents each), giving electric rates for each state; Typical Electric Bills (\$1.90) contains average monthly residential electric bills for each state in the country. Both may be obtained from: The Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

FOOD FANS

Baking and trying new recipes is a hobby of mine. The February issue of your publication featuring "Coffee Cakes" was outstanding. Not only did I receive compliments galore from my neighbors when I served them the Sunburst Pear Cake, but I was besieged for the recipe. Thanks for recipes that are not only creative but also have plenty of "eye appeal."

(Mrs.) Valerie Fletcher
West Medway, Mass.

Your article "Meat Cut Names Go National" (February AH) was great. Luckily I was looking through your magazine that night, for I had a test in Home Economics the next day on the various cuts of beef and how to cook them. Your article was such a help—I got an A on the test. Thanks!

Lori Berti
Ferndale, Calif.

HOME BUYING HELP

I note in your article on "The Guaranteed House" (January AH) that the program will be available in several regions of the country. Who do we contact to find out which regions?

(Mrs.) Madelyne L. Howell
Fulton Chamber of Commerce
Fulton, N.Y.

The best place to direct all questions on the Guaranteed House is: National Association of Home Builders 1625 L Street, N.W. Washington, D.C. 20036

INSPIRED REMODELER

I have just finished the January issue and had to jot a note to say how much we enjoyed "Living With Style." It has become something of a hobby to redo old homes with a "mix of old and new," as we have just completed our sixth. Your articles keep giving us the inspiration to go on!

(Mrs.) Wendy Stuedle
South Haven, Mich.

RESPONSIVE ENERGY SAVERS

I was pleased with your February issue—particularly with the excellent articles on energy-conserving ideas for the home. I will be using them in my teachings. I have one complaint: Why don't you print on each page that it is AH, along with the month and year. It would certainly help us "heavy" clippers.

(Mrs.) Louise R. Hassenplug
Rock Hill, S.C.

Duly noted. Thanks!

I truly do enjoy your magazine so much. I believe it details the spirit of Americans in their everyday living. Ingenuity and resourcefulness are expressed in page after page. Your articles on energy conservation are really good. It's nice to read something on the energy crisis that offers us hope, alternatives and concrete ways to help instead of a lot of complaining and politics, etc. With you, we will come out of this crisis a stronger people.

Chris Tassell
Lima, Ohio

Address all letters to the editors to: Dear American Home, 641 Lexington Ave., New York, N.Y. 10022.

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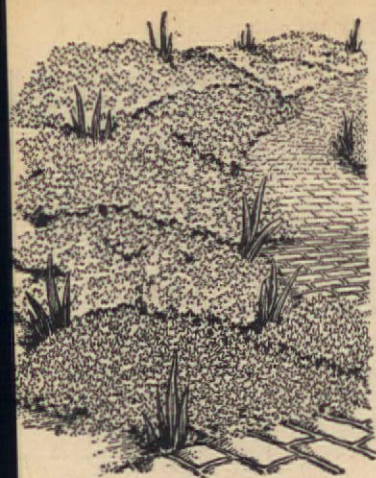
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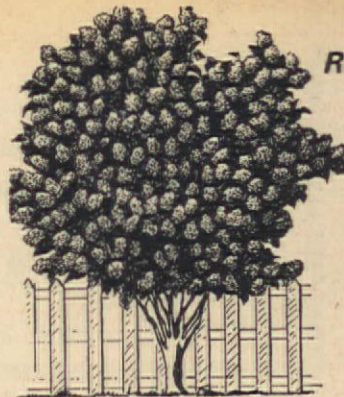
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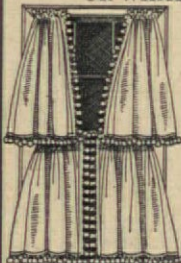
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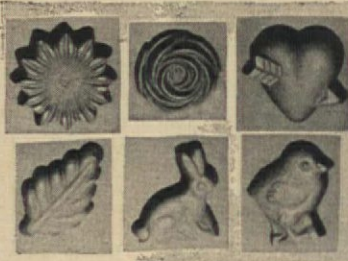


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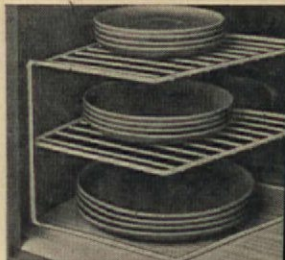


LYNN HEADLEY—Editor

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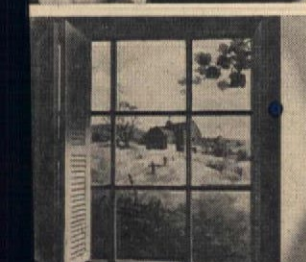
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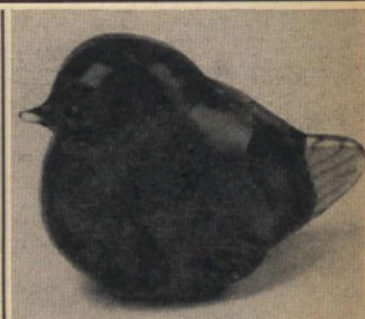
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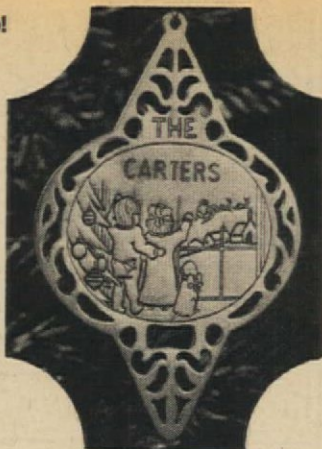
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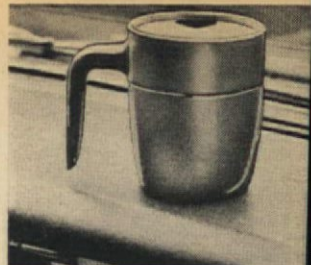
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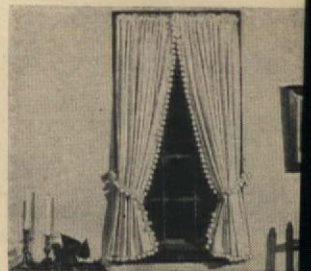
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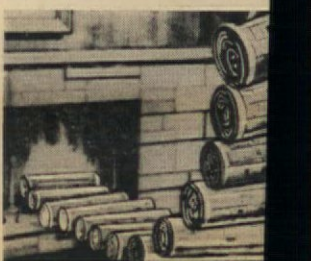
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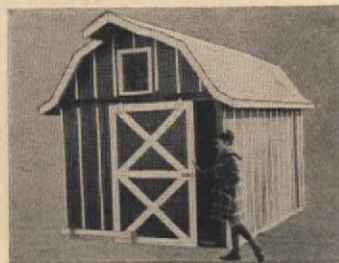
out, sports lovers!

American Lover plaque whimsi- mixes praise for "him" with a wifely woe for the stranded- sports woman and sportsminded. Solid New England pine, ed in All-American colors. 5 1/2 x Great hint gift for the hopeful! \$ plus 50¢ hdg. Vernon, Dept. 510 So. Fulton Ave., Mt. Ver- NY 10550.



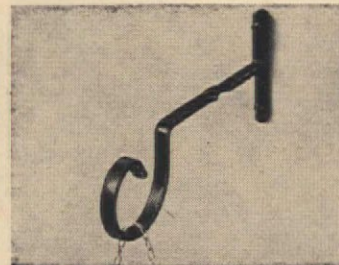
Country charm

Enjoy a Little Red Barn in yard to use for storage or as a house for children. Quick-build; mostly tools. 8'x12'x9' with 4' door. Simple plans and mail- list, \$2.50. Petite size, 6'x8'x8' butch doors, \$2.50. Both plans. Hammond Barns, Dept. AH4, 84, New Castle, IN 47362.



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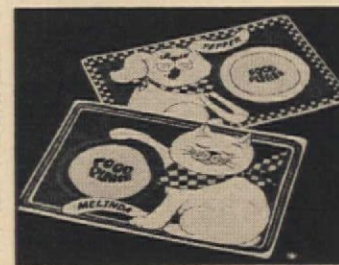
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le" Contour Pillow can be a p in relieving pain caused by he, tension, etc. Clever de- performs the miracle—fits per- to the contour of your neck to te pressure to sensitive areas. n sweet comfort. 12x14" poly- Removable satin cover. \$5.98. Drake, AH53 Drake Bldg., o Springs, CO 80940.



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ats for Fido or Feline are convenient for them and you! l wipe-clean plastic, pet's s hand-painted. Place chow n "food please", of course! 1/2". Laminated to foam. Spe- g or cat mat; print name. each. 2 for \$4.50. Add 35¢ rnon, Dept. A41, 510 S. Ful- ., Mt. Vernon, NY 10550.



o spruce up!

o Blue Spruce planted your home and property ar around landscaping beau- rdy, Maine-grown 4-yr.-old ants 4" to 8" tall. 10 for \$3; \$5. (West of Miss. River or f N.C., Tenn., add 50¢ per Evergreen selection guide rthern Maine Forest Nursery, H44-E, Fryeburg, ME 04037.



n it

n a pair of spiked sandals have an instant foot lawn Step lively to loosen turf let air and water reach and pots. Ideal while mowing o lawn! Each non-skid sole replaceable steel spikes. buckles on heavy duty Pair, \$8.98 plus 50¢ hdg. Gifts, Dept. 604-B, Wheat- O 80033.



Lady Plugs In Zoysia Grass Saves Time Work & Money

SPECIAL INTRODUCTORY OFFER! ORDER NOW GET UP TO 200 PLUGS FREE!



By Mike Senkiw, Agronomist

Every year I watch people pour time and money into lawns that fall them just when they want their lawns the most.

I see them reseed, feed, water, weed and mow, mow, mow! When it turns to hay in midsummer, I feel like calling out, "For Heaven's sake, when are you going to stop throwing money away and switch to Zoysia Grass."

In comparison, I'm always happy to get letters from people who have plugged in my Zoysia Grass, because they write to tell me how beautiful their lawns are even in midsummer heat and drought.

Amazoy is the Trade Mark Registered U.S. Patent Office for our Meyer Z-52 Zoysia Grass.

"MOWED IT 2 TIMES," WRITES WOMAN

For example, Mrs. M. R. Mitter writes me how her lawn "... is the envy of all who see it. When everybody's lawns around here are brown from drought ours just stays as green as ever. I've never watered it, only when I put the plugs in. . . . Last summer we had it mowed (2) times. Another thing, we never have to pull any weeds—it's just wonderful!"

Wonderful? Yes, Zoysia Grass IS wonderful! Plant it now and like Mrs. Mitter you'll cut mowing by 2/3 . . . never have another weed problem all summer long the rest of your life!

And from Iowa came word that the state's largest Men's Garden Club of Des Moines picked a Zoysia lawn as the area's "top lawn—nearly perfect." Yet this lawn had been watered only but once all summer up to August!

CUTS YOUR WORK, SAVES YOU MONEY

Your deep-rooted, established Amazoy lawn saves you time and money in many ways. It never needs replacement . . . ends re-seeding forever. Fertilizing and watering (water costs money, too) are rarely if ever needed. It ends the need for crabgrass killers permanently. It cuts pushing a noisy mower in the blistering sun by 2/3.

CHOKES OUT CRABGRASS

Thick, rich luxurious Amazoy grows into a carpet of grass that chokes out crabgrass and weeds all summer long: Won't winter kill. Goes off its green color after killing frost, regains fresh new beauty every Spring—a true perennial!

PERFECT FOR SLOPES

If slopes are a problem, Amazoy is your answer. Just plug it in, let it establish grass that ends erosion, or plug it into hard-to-cover spots, play-worn areas, etc.

Order now for Bonus Plugs and prompt delivery for fullest growing season. Orders are shipped same day taken from soil, shipping charge collect, via most economical means.

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PLUG AMAZOY INTO OLD LAWN, NEW GROUND OR NURSERY AREA

Just set Amazoy plugs into holes in ground like a cork in a bottle. Plant 1 foot apart, checkerboard style. Every plug 3 sq. inches.

When planted in existing lawn areas plugs will spread to drive out old, unwanted growth, including weeds. Easy planting instructions with order.

NO NEED TO RIP OUT PRESENT GRASS

Now's the time to order your Zoysia plugs—to get started on a lawn that will choke out crabgrass and weeds all summer long and year after year.

Plug it into an entire lawn or limited "problem areas." Plug it into poor soil, "builder's soil", clay or sandy soils—even salty, beach areas, and—

EVERY PLUG GUARANTEED TO GROW

IN YOUR AREA • IN YOUR SOIL

• WON'T WINTER KILL—has survived temperatures 30° below zero!

• WON'T HEAT KILL—when other grasses burn out, Amazoy remains green and lovely!

Every plug must grow within 45 days or we replace it free. Since we're hardly in business for the fun of it, you know we have to be sure of our product.

YOUR OWN SUPPLY OF PLUG TRANSPLANTS

Your established turf provides you with Zoysia plugs for other areas as you may desire.

FREE Patented Step-On Plugger Comes Free with Larger Orders of 600 Plugs or more

A growth-producing 2-way plugger that saves bending, time, work. Cuts away competing growth at same time it digs holes for plugs. Invaluable for transplanting. Rugged yet so light a woman can use it.

FREE UP TO 200 TO PLUGS

Millions of Amazoy plugs are sold every year at nationally advertised prices so Bonus Plugs represent clear savings.

This special offer will not be repeated here this year, so order and save now!

Meyer Z-52 Zoysia Grass was perfected by U.S. Govt., Approved by U.S. Golf Assoc.

To: Mr. Mike Senkiw, Zoysia Farms Dept. 472 Our 19th Year. General offices and store 6414 Reisterstown Rd., Baltimore, Md. 21215

<input type="checkbox"/> Full Size Plugger \$4.95	<input type="checkbox"/> 200 Plugs and Plugger plus bonus of 25 FREE. TOTAL \$13.75
<input type="checkbox"/> 100 Plugs plus bonus of 10. TOTAL \$6.95	<input type="checkbox"/> 300 Plugs and Plugger plus bonus of 50 PLUGS FREE. TOTAL \$17.75
<input type="checkbox"/> 100 Plugs and Plugger plus bonus of 20 FREE. TOTAL \$9.95	<input type="checkbox"/> 600 Plugs and Plugger plus bonus of 100 PLUGS FREE. TOTAL \$27.95
<input type="checkbox"/> 200 Plugs plus bonus of 20 FREE. TOTAL \$11.20	<input type="checkbox"/> 1100 Plugs & Plugger plus bonus of 200 PLUGS FREE. TOTAL \$39.95

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The days when you had to suffer the pain of varicose veins or case your legs in elastic stockings that look like bandages are no more.

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It's the kind of compression you can feel right away, the kind that doesn't give out as the day wears on. Even more important, it's *graduated compression*—firmest at the ankles, lighter at the calf, and still lighter above the knees.

This permits better circulation as it assures a better fit.

Bauer & Black Elastic Panty Hose help your varicose veins with *more compression—graduated compression*. Leading drug stores have 'em.

FREE: For your illustrated copy of "Therapy for Varicose Veins," write: Bauer & Black, Dept. AH-44, The Kendall Company, Box 5007, Chicago, Illinois 60606.

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Division of The Kendall Company

SHOPPING INFORMATION

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

BEST-QUALITY DESIGN

Page 24: Rug, Greek Island Ltd., East Hampton, N.Y.; Parsons tables, vase, basket heart sculpture, wall hanging, ceramic pitcher, plastic salad bowl and server, wood handled cutlery, pillows, deck furniture. Bailey/Huebner Inc., Southampton, N.Y.

25 TOP DECORATING IDEAS

Page 53: Wall drapery fabric, "The Hurricane Toile," Brunswick & Fils, Inc., N.Y. All sources Los Angeles, Calif.: Antique cupboard, plates, Judy Wilder Interiors.

Page 54. Top: Rug, lamp, stool, Kneeder Fauchere, Los Angeles, Calif.; painting, Raymond & Keith; pillows, The Linen Tree. Bottom: Wall, drapery and cushion fabric "The Greenwich Plaid," C.W. Stockwell Co., N.Y.C. All sources Los Angeles, Calif.: Pillows, Raymond & Keith; wicker trunk, Judy Wilder Interiors.

Page 55: Wallpaper, "Chinese Lattice," Louis W. Bowen, Inc., N.Y.C. All sources Los Angeles, Calif.: Rocking chair, tiered shelves, pillows, Raymond & Keith; headboard, Kneeder Fauchere; bedspread, The Linen Tree.

Pages 56-57. All sources Los Angeles, Calif.: Pillows, Raymond & Keith; antique accessories, Judy Wilder Interiors.

6 GREAT POOLS

Page 58. Top: Builder, Ed Keil Pools, Stuyvesant Falls, N.Y.; manufacturer, Heritage Pools by Bicknell, Inc., Framingham, Mass.

Page 59. Top: Builder, Buster Craft Pools of Newburgh, Inc., Newburgh, N.Y.; manufacturer, Cascade Industries, Inc., Edison, N.J.

Pages 58-59: Builder, Buster Craft Pools by Prince Hill Pools, Inc., Danbury, Conn.; manufacturer, Cascade Industries, Edison, N.J.

Page 60: Builder, Sun Valley Pools, Madison, Wis.; manufacturer, National Pool Builders, Inc., Green Brook, N.J.

Page 61. Top: Builder/manufacturer, Medallion Pool Corp., Lindenhurst, N.Y. Bottom: Builder (custom design), Medallion Aquatic Pools, Inc., Phoenix, Ariz.

THE JOHNNY CARSONS' KITCHEN

Pages 66-67: Wallpaper, Kirk-Brum Associates, Inc., N.Y.C.; flooring, Herby Bright, Ltd., N.Y.C.; gas range, Chamberlain Corp., Oxford, Miss.; wall ovens, microwave oven, Thermador Div., Norris Thermador Corp., Los Angeles, Calif.; Counter Cooks, Corning Glass Works, Corning, N.Y.; gas grill, Waste King Universal, Los Angeles, Calif.; refrigerator, refrigerator-freezer, Zero Freezer Co., Inc., Madison, Wis.; dishwasher, KitchenAid, Hobart Mfg. Co., Troy, Ohio; sink, Elkay Mfg. Co., Broadview, Ohio; cabinets, counter tops, Formica Corp., Cincinnati, Ohio; Toast-R-Oven, GE, Bridgeport, Conn.; Ronson Food Center, Ronson Co., Woodbridge, N.J.; coffee maker, Brewco Co., Los Angeles, Calif.; custom exhaust hood, Bavarian Art Metal Works, Los Angeles, Calif.

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