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PERRY L. RUSTON, CHAIRMAN



On the cover: House \& TOM YEE super kitchen is designed to help keep a house running smoothly with minimal exertion, maximal pleasure. In it, the cook can cook surrounded by a sweep of counterspace she can reach by doing little more than rotating. She also has a sewing center with a flip-up sewing machine, a desk with a filing cabinet, andbehind sliding doors-a laundry. If she doesn't have a dining room, it doesn't matter: the kitchen has its own dining area, its own buffet-a cabinet that rolls out from the cooking center. Another cabinet, also mobile, pulls out to become a bar, and there is a sofa to make cocktailing as comfortable as napping. Since one whole wall of the kitchen is a greenhouse, the room is always bright with sunshine, foliage, and flowers. To ease the tending of this garden, there is a special cabinet for everything from seeds to trowels. And along with being planned for a concentration of activities, the kitchen is as handsome as kitchens come. For all its inner workings, see page 56 .

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MARY JANE POOL


Très sheik. A tent-full of rich velour jacquard towels by Burlington House ... in the most seductive colors and designs since Rudolph Valentino. And draped on the lovely maiden is "Shadows" with an appliqued embroidered border, and it's by Vera from the 1 (uxurious Burlington Presidential Collection. Stay dry and beautiful in magnificent fashion with Burlington,

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# Tow to choose furniture to live with 

BY BILLY BALDWIN

TThe quality that makes furniture design durable, whether you're talking about a Louis XV armoire or a modern upholstered chair, is its absolute suitability. It must do its job effectively, comfortably, and beautifully. Sometimes the piece of furniture that would be exactly suitable just doesn't exist. To fill these voids is the reason most good furniture is designed.

## Afamous room born out <br> of need

The open tubular-brass bookshelves I designed for Cole Porter's library-a room that has since become famous-were born out of just such a need. To begin with, in that room, the vast collection of books was so outstanding that it outshone everything else. There were books on art and architecture and rare volumes on Chinese porcelains, sculpture, and painting. Books by Maugham, D. H. Lawrence, and other contemporaries of the Porters were each charmingly inscribed. There were beautiful travel books, and a dictionary in every conceivable language, which Cole used when he was composing the lyrics to his songs. There in the library Cole would sit, literally surrounded by books, quietly notating his melodies before taking them to the piano in the next room (he preferred this commuting arrangement to composing at the keyboard).

My problem, then, was what to do with all those books. I thought at first of installing old wood paneling, with sections devoted to the books. But that just seemed too simple for a vital and creative man like Cole. Then my eyes fell on a simple brass Directoire étagère that I had brought in for his sheet music. How wonderful that would be as a bookcase, I thought aloud. Cole's response stunned me: "Why don't you build a whole room out of it?" We did, and it turned out to be a perfect setting for Cole as well as a personal thrill for me.

## Movable, variable, less expensive

 At that time there was simply no such thing as a contemporary brass bookcase. And the shelves had several advantages that have kept them popular right up until today. They cost far less than builtin bookcases in antique panels. And they are not permanent installations, which makes it a simple matter to move them around the room or even out the door. IContinued on page 12

# Ceramictilemakesalotofsense inalotof rooms besides the bath. 

A lot of people wouldn't think of a bathroom without ceramic tile.

And yet the same people have never thought of using it anyplace else.

But, as you can see, ceramic tile is very practical for other rooms.

And much too beautiful to be hidden in a place few people ever see.

Just consider your living room.
You probably think of a carpet when you think of the floor.

But think about this a moment.
The best carpet money can buy will wear out eventually. But ceramic tile will last longer than a lifetime.

Every year or so, carpet needs a professional cleaning. But all tile ever needs is a little soap and water.

Carpet gives rooms wall-to-wall sameness in both color and texture.

But with ceramic tile floors, you can have a mixture of patterns, colors, textures and designs.

Just think of the spectacular effect you could get by using ceramic tile on your living room floor.

Or think of the dramatic look you can get in a hallway or in your foyer.

And youill never have to worry about the heavy traffic in these areas, because the natural finish of ceramic tile never has to be polished.

And, as strange as it may seem, the older it gets, the better it looks.

Now, if ceramic tile makes a lot of sense on floors, just consider it for the kitchen. Onthe walls. Countertops. And on splash backs.

Not only are they a loteasier to clean, but they're virtually waterproof. Fireproof. Stainproof. And cutproof.

Yet with all of these advantages, ceramic tile is sensibly priced.

The glazed decorator tiles used to remodel the fireplace shown above cost just $\$ 149.40$. Which shows what a little tile and a little money can do to warm up a room.

But these ideas don't have to be just pretty pictures in a magazine.

You can create the same kind of excitement right in your own home.

In your dining room, with one accent wall of sculptured tile.

In a family room, with an inlaid game board on the floor.


Or in the bedroom, with a wall mural from floor to ceiling instead of a headboard for your bed.

And, of course, inthe bathroom. With tiled vanity tops and cabinet tops, a tub alcove, walls and floors.

As you can see fromour picture, the most beautiful bathrooms are still made with ceramic tile.

Because all of the materials that try to look like ours, end uplooking like what they are: cheap imitations.

But there is still another place for ceramic tile: the great outdoors.

When it comes to exterior walls, patios, porches and pool areas, itworks better and looks better than any other material under the sun.

And every penny you put into it is really a good investment.

Because if you ever have to sell, ceramic tile can make your home look like it's worth more than other houses in the same price range.

There are still lots of other ways you can use ceramic tile. Onthe inside. And the outside.

And wed like to tell you about them in our new book.

It's filled with color pictures to show you the stunning effects you can create with ceramic tile.Effectsthatcan turn your home into a showplace.

You'll also learn where to find ceramic tile, and what it costs.

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[^1]Just concentrate on your recipe, the Caloric gas range will take care of the cooking and the cleaning. All you do is set the controls to "Clean", and the lower oven cleans itself. Slip out the upper oven panels, place them in the lower oven and they'll clean, too And Caloric makes cooking just as easy as cleaning with the Waist-High Infra-Red Broiler, Automatic Timed Cook and Keep Warm Ovens, and Thermo-Set ${ }^{\oplus}$ Burner-with-a-Brain* that maintains pre-set heat automatically. Plus the instant on-off control that great chefs demand, and only gas gives.

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## CHOOSE FURNITURE continued from page 8

have since had the very same design made up in iron and in steel with gilded bronze fittings. The shelves in Cole's bookcases were of ebony; today they can be anything: lacquer, glass, Formica, even bronze Plexiglas. My shelves have been copied by everyone under the sun. People often ask me, in fact, if it bothers me that other designers copy my designs. My answer is a quote from Ruby Ross Wood: "It's when they stop copying you that it's time to worry."

Later I developed another bookcase, a frame of thick square lengths of wood wrapped with strips of willow and inset shelves of Formica-topped wood. The inspiration came from a wonderful raffia-wrapped chair by the great decorator and furniture designer Jean Michele Frank. I liked the bookcases so much that I adapted the idea for tables and benches that resemble the famous Parsons table with legs and apron of wrapped willow and tops of any suitable material. I have two in my own apartment: one a low narrow bench topped with padded leather, the other a big writing table with a flush top of bronze glass lined with black-painted wood.

> Upholstered furniture with musele and character

When it comes to upholstered furniture, I have always preferred big, modern, fully upholstered sofas, love seats, and chairs to the wood-framed and leggy period ones, simply because they give the room muscle and character and are infinitely more comfortable. Of course there are degrees of comfort even in upholstered furniture. For instance, the most comfortable love seats never measure less than $41 / 2$ feet between the arms. Otherwise you find yourself sitting as if you were in a last-class airplane seat, knees straight ahead of you. The most comfortable filling for loose sofa cushions is not exclusively down, as has long been held, but a core of foam rubber sandwiched between two outer layers of down. The foam gives the cushion bounce and body, so as you sit you don't get that uneasy, characteristic-of-down sensation that you might go all the way to the floor. And having the foam in the middle makes the cushion reversible.

When I moved into my studio apartment, I had to think of some kind of bed that would serve equally comfortably and beautifully as a sofa. First, I got myself a very good standard twin sized mattress and put it on a frame. Then I added upholstered head- and footboards that became high arms with fat loose cushions, slipcovered with upholstery fabric, leaning against them. To reduce the depth of the bed by day and make it look and "sit" more like a sofa, three more downfilled cushions were placed against the wall. I made absolutely certain the design would enable me to keep the bed perpetually made up with sheets and blankets. The bedspread is nothing

Continued on page 16

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No two tables exactly the same be achieved in ing any two tables in a room, u... they're a pair, exactly the same height. In my apartment, I have a very old Portuguese table 30 inches high, another table 28 inches high that I use as a bar, a very big writing table, and for contrast, two coffee tables. The coffee tables are unusually low, and some people find them inconvenient, but that's the way they came, and I think they fit the room perfectly. In general, however, 15 inches is the best coffee-table height.
Tome years back it occurred to me that it might be a good idea to try to combine into one design the comfort of a fully upholstered chair with the portability of a stool or lightweight wooden side chair. In the nineteen thirties, when I was working for Ruby Ross Wood, we developed from the popular long-armed Lawson sofa a big armless chair, so massive that one person could relax on it quite luxuriously and it could easily seat two at a cocktail party. Using this armless Lawson as a jumping-off point, I pared it down, experimented by trial and error with the pitch of the back, and finally produced what is now known as the Lawson slipper chair. It is a small, low, armless chair, but with remarkable versatility. Small women and football linebackers find it equally comfortable. It can be covered in anything from leather for a man's study to pink flowered chintz for a lady's bathroom and still look good. Several of them can be used in one room and not make it look the least bit like a movie house. In my own tiny living room I have no fewer than four, all slipcovered to the floor with perfectly flat, fitted, pleatless skirts. I think they are my favorite chairs of all. They are light as a feather, and people find it easy to drag them about. Those little chairs have a way of making everyone feel at home.

This is an excerpt from the new House \& Garden book Billy Baldwin Decorates published by Holt, Rinehart and Winston.


CHOOSE FURNITURE continued from page 12
more elaborate than upholstery fabric stitched up like a slipcover with a flap that tucks under the mattress.

> Pretty protection from marlss

In all the time I have been planning rooms with lots of modern upholstered furniture, only one annoyance has cropped up: Inevitably, especially with white or pale-colored upholstery, a line of dark scuff marks appears about 2 inches from the floor. This is unavoidable even when yours are the most considerate of guests. One way to prevent the unsightly marks is to sew a broad strip of dark braid all around the furniture 2 inches from the bottom.

Although a period settee can never replace an upholstered sofa or love seat as the foundation of a room, please don't outlaw them. A beautiful thing of the past, or even a good reproduction, seems to complement a room with modern furniture, giving it a sense of warmth and establishment as well as charming and often necessary visual variety.

## No tuvo tables exactly the

same
The same kind of visual variety can also be achieved in another way-by not having any two tables in a room, unless they're a pair, exactly the same height. In my apartment, I have a very old Portuguese table 30 inches high, another table 28 inches high that I use as a bar, a very big writing table, and for contrast, two coffee tables. The coffee tables are unusually low, and some people find them inconvenient, but that's the way they came, and I think they fit the room perfectly. In general, however, 15 inches is the best coffee-table height.

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## The Mutschler Assembly Line

We could speed things up a bit if we made Mutschler kitchen cabinetry on a high-speed assembly line.

But, we still make custom kitchens. That takes time. And care.

And since you spend a large portion of your life in the kitchen, we think it should be functionally planned to the way you prepare meals. And reflect your personality.

Maybe you're the Mediterranean type. Or possibly Country French or Traditional. Whatever, your Mutschler dealer will show you more styles than you can shake a ladle at. And he'll design your kitchen around you.

For the name of your nearest Mutschler dealer, and your kitchen planning books, write: Mutschler
Mutschler Kitchens
$302-358$ South Madison St.
Nappanee, Indiana 46550
Name
Address
City
State
$\square$ Mutschler Kitchen Album, \$1.00
$\square$ Kitchen Portfolio (with album),
\$3.00
Amish Cookbook, \$1.00

## COMPANIES THAT COOPERATED IN PLANNING, BUILDING AND EQUIPPING THE 1973 HOUSE \& GARDEN SUPER KITCHEN AND SUPER BATH

## Super Kitchen

AMERICAN GAS ASSOCIATION Utilities
CALCINATOR CORP.
Gas incinerator
CALORIC CORP.
Gas built-in oven, gas cooktop
DELTA FAUCET CO.
Faucets
EDISON BUILDING PRODUCTS DIVISION
$\mathrm{McGraw}-E d i s o n ~ C o . ~$
Hot food server, toaster
ELKAY MANUFACTURING CO.
Stainless steel sink
EXPANKO CORK CO., INC.
Cork wall covering
FORMICA CORP.
Cabinet surfaces
FOUNDERS FURNITURE, INC.
Love seat, cube, chairs
GENERAL ELECTRIC
Washer, gas dryer
HONEYWELL
Environmental control center
H-P PRODUCTS, INC.
Built-in vacuum system
KITCHENAID DIVISION
Hobart Manufacturing Co.
Dishwasher, hot-water dispenser, food waste disposer
LADY SEYMOUR
Ironing board
LIGHTOLIER, INC.
Lighting
LORD AND BURNHAM
Greenhouse
MUTSCHLER
Spectra III Kitchen Cabinets
NUTONE DIVISION
Scovill Mfg. Co.
Intercom system
RHEEM MANUFACTURING CO.
Gas water heater
RONSON CORP.
Food preparation center
SCOTSMAN
Queen Products Division
King-Seeley Thermos Co. lce maker

## SETH THOMAS DIVISION

General Time Corp.
Clock, barometer
SINGER CO.
Sewing machine
SUB-ZERO FREEZER CO., INC.
Refrigerator/freezer
TILE COUNCIL OF AMERICA
Flooring
TRU-TEST PAINT
Paint
WASTE KING UNIVERSAL
Gas grill
WATER REFINING CO., INC.
Water refiner

## Super Bath

CANNON MILLS, INC.
Towels
JVC AMERICA, INC.
Television
KOHLER CO.
Bathtub, lavatory, bidet, toilet, shower
LIGHTOLIER, INC.
Lighting fixtures
PAPIER PEINTS
Vinyl wallcovering
RUSSELL-MILLS, INC.
Fabric on slipper chair, chaise longue, curtains TIFFANY \& CO.

Accessories
TILE COUNCIL OF AMERICA
Ceramic tile
TRU-TEST PAINT
Paint

For more ideas on how you can incorporate new concepts into your own remodeling or rebuilding plans, we invite you to see the advertisements of the following companies participating in this issue.

Andersen Corp. Lord \& Burnham Division
E. L. Bruce Flooring Co., Inc. of Burnham Corp.

Samuel Cabot, Inc. Mutschler Brothers Co.
Caloric Corp. Rheem Manufacturing Co.
Cotter \& Co.
Delta Faucet Co. Edison Building Products Georgia-Pacific Corp. H-P Products, Inc.

Rolscreen Co.
Sub-Zero Freezer Co., Inc.
Thermador Division of Norris Industries
Tile Council of America
The Hobart Manufacturing Co. Waste King Universal Lady Seymour Housewares Water Refining Co., Inc.

For further details about other products featured in Super Kitchen and Super Bath, check the Shopping Information pages.

## Betty told Marilyn, Marilyn told Vickie, Vickie told Kathy Kathy told Pat. And we sold fourdishwashers. <br> 

The best salesmen we have are KitchenAid dishwasher owners.

People who know from experience that KitchenAid is reliable, hard-working, and does a beautiful job on all their dishes.

People who, when they find out how good their KitchenAid really is, tell their friends about it. And it's interesting what they say.
"Never, never have I enjoyed anything more than my KitchenAid."
"In $161 / 2$ years I've never had a service call."

Pretty convincing statements, rinse water up to 180 degrees aren't they? And they haven't even touched on some other good reasons for buying a KitchenAid dishwasher.

Like our motor, the most powerful in any home dishwasher. And our exclusive Flo-Thru Drying that gently dries and sanitizes dishes, instead of baking them.

Then there's our exclusive Soak Cycle, that cleans the pots and pans you used to have to scrub by hand. And our SaniCycle, that heats the final
for extra health protection.

With all these reasons, doesn't it make sense to talk to your KitchenAid dealer about a KitchenAid dishwasher of your own?

Okay? Louise, Jackie, Becky, Sandra, Gloria...

See your KitchenAid dealer. He's listed in the Yellow Pages. Or write KitchenAid Division, The Hobart Manufacturing Company, Dept. 3DAl, Troy, Ohio KitchenAid 45373. Dishwashers. Trash Compactors Disposers • Hot-water Dispensers

# The whole world is carpeted. Why don't you be different. 

It might surprise you to know that we agree there are lots of places where wall-to-wall carpeting is nice. But gracious, it's awfully overdone. Apartment after apartment after subdivision after motel is carpeted. Why don't you be different. Be yourself.

Beautiful hardwood flooring says something about its owner. Adds substance to a house. Because it's real. Not just another designy cover-up. There's nothing false or showy about broad oak timbers that are the floor; not a floor cover ing. Bruce Old English Plank is a perfect example. Wide antiqued planks of solid oak. With genuine wrought iron nails. You'll swear it's 100 years old. This is Mellow Brown shade. It also comes in Ebony shade. And it's as easy to care for as any floor in the house. Vacuuming and occasional waxing should do it.

Old English Plank is just one of many beautiful real oak floors by Bruce. It will run about $\$ 3.10$ per square foot installed. This may vary depending on location and size of the job. Bruce Floors start at about \$1 a foot installed

Bruce Flooring
Memphis, Tennessee 38101
Ci Division of Cook Industries, Inc.
I've had it with look-alikes.
Here's $25 ¢$ for your color booklet.
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Bruce Hardwood Floors

## New Yorkers

## who want

something nicer than wall-to-wall

## carpet can

## see all

the distinctive
Bruce, Harris and WoodMosaic Floors in America's most complete hardwood flooring showroom.

## HOBOKEN WOOD FLOORS

100 Willow Street
East Rutherford, New Jersey Call (211) 933-9700
or (212) 556-6818


## NOTES OF A



## BY MARY ELIZABETH FALTEI

We're into the heart of winter now, and all the excitement of the holidays has disappeared with the last bit of tinsel and holly. I always like the peace of the clean quiet house right after New Year's. But after a few quiet days I get restless, and restlessness usually means a project is about to be born.

Now is a fine time to get the jump on spring cleaning by doing all the things you hate to do when the weather is good. Tom has started to prowl the house looking for things that need attention. Last Sunday he cleaned up all the porch furniture that's stored in the basement and next Sunday we'll paint some of the older pieces.

Besides cleaning all the drawers and closets and the attic and cellar, we rewax the furniture and check out things like the summer screens. I have time during the winter to shop for household replacements-new lampshades, sheets, towels. Later on I'll have the curtains and slipcovers cleaned, and I certainly will not wait until late May to have the air conditioners serviced. We failed to do this early enough last year and had to wait weeks for the repairman to come.

At last there's a new metal polish that cleans and polishes any metal. Happich Simichrome Polish is a German import that's beginning to appear in better hardware stores and houseware departments. It's not necessary to use very much Simichrome paste to produce sparkling results. We cleaned the brass student lamp, always a ticklish job, in record time, and it's never looked more beautiful. Simichrome is a real cleaner, unlike many polishes that shine but do not remove streaks and mars on the metal itself. After the cleaning, Simichrome quickly comes up to a brilliant shine that also provides a protective film, so tarnishing is retarded. You can use it on chrome, copper, brass, or silver.

Most very salty foods are improved by rinsing with water. Just put anchovy fillets, green olives, or sauerkraut, for example, in a colander or strainer and slowly turn with a fork as the cool water flows through. Drain thoroughly. I pour off half the brine or juice in a bottle of green olives and replace it with water. It gives the olives a more delicate taste.

I found a great use for a lovely old penny-candy jar that I bought in an antique shop the other day. It's in unusually good condition without a nick or a scratch, and I wanted to think of something special to use it for. At the market I saw a particularly lush display of fruit and the answer came to me. I filled the jar with shiny lemons and limes and put it on the bar where they'd be handy to use with our drinks. The ground-glass stopper and neck of the jar make it airtight and keep the fruit from drying out and losing its flavorful oils. Continued on page 95


> Kahlóá Splash. What a fresh idea.

An ounce of Kahlúa, a splash of soda, a squeeze of lime on the rooks. No simpler way to give the cocktail a whole new twist. Do send for the Kahlua Recipe Book. Our treat. Because you deserve something nice.

[^2]116 No. Robertson Blvd., Los Angeles, Calif. 90048


## Still living with a Dark Age water heater?

## Welcome to the Age of Saturn



Every ordinary gas water heater has a pilot light. You light it with a match and hope it stays lit. Because bad things can happen to an ordinary pilot light. A sudden burnp could be fatal to its flicker. Or a gust of wind might blow it out. Or condensation could form, drowning the flame. Then, completely without warning, your house is without hot water. Maybe for hours.
But now Rheem makes an extraordinary water heater that has no pilot light. Instead, it features the exclusive new Saturn Burner. A precision stainless steel burner that uses a unique circle of fire for ignition-twenty separate flames that consume no more fuel than an ordinary pilot-but, for all practical purposes they are virtually inextinguishable.
The Saturn Burner not only offers superior resistance to wind and moisture, but also has a completely enclosed safety shut-off system that can't be jarred or accidentally moved out of position. You light it once, like your old pilot light. Then you forget it.
Ask your plumbing contractor about the new Rheem water heaters with the Saturn Burner. He's listed in the yellow pages.
Rheem water heaters with Saturn Burners-our latest proof that all water heaters are not alike.

Rheem Manufacturing Company
Water Heating Products Division 7600 South Kedzie Avenue Chicago, Illinois 60652

## QUESTIDNS \& NSWEIBS: ntiques

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WELSH CUPBOARD
I would like any information you can supply about this Welsh dresser. J.L.G.-South Plainfield, N.J. Cupboards, such as yours, of the tridarn type (three stages) were made in large numbers for all classes in British rural communities. They were often given as wedding presents. Your cupboard probably dates from the beginning of the 18th century.


## CAST-IRON TOY

My father bought this piece at auction 25 years ago. It has no marks. Can you tell me what it was used for and about how old it might be?
M.B.-Van Nuys, Calif.

You have a cast-iron toy of American manufacture, dating about the latter part of the 19th century. The team of oxen, as on your toy, is relatively rare as horses or circus animals were usually favored because they were more familiar to the children.

VICTORIAN ROCKER This sleigh rocker has been in our family for years. Can you date it? W.P.-Santa Maria, Calif. Your rocking chair, a remarkable example of Victorian workmanship, was probably made in America about the 1870s.


## ART NOUVEAU LIGHT

We recently acquired this newel post from a friend. The figure is copper and the label reads "Abeille Par J. Caussé (Statuaire)." Can you tell me more about it?

> S.A.-Erie, Pa.

Your lighting device for a newel post is a fine example of Art Nouveau. The bronze figure "Abeille" or "The Bee" was cast from a work by French sculptor Julien Caussé whose forte was creating mythological figures.

## ROCOCO MIRROR

In what style is our carved and gilt wood English mirror? M.A.H.-Allenhurst, N.J.

The asymmetrical cartouche-shaped frame and fanciful C-scrolls and foliage indicate your mirror is an example of rococo art dating around the 1760 s. Chippendale, through his publication The Director 1754, helped establish the fashion for rococo in England.


## RENAISSANCE TABLE

My husband had this table for many years. Can you tell me its age and origin?
E.M.R.-Oak Lawn, Ill. The marked simplicity of your 16th. century Italian Renaissance table suggests that it may have been made in Tuscany. Do have an expert look at it to be sure of its age, as many ingenious copies were made in the 19th century to meet the demand for Renaissance furniture.

What is this silver and bone device used for? The small piece on the side screws to loosen or tighten it.
G.H.M.-Oak Park, Mich.

You have a device used to hold a leg of lamb secure while it is being carved. As it was much favored by the French, it is generally called a "gigot." Yours is probably of late 19th-century French manufacture.


## ENGLISH CLOCK

My grandfather clock has a steel dial with an enameled surface; the hands are brass. The name on the dial is "John Noakes" and underneath in script "burnask." Can you tell when and where it was made? J. McK.-Derby, Kans.
Your grandfather clock was made by the Eng. lish clockmaker John Noakes who was working at Burwash, Sussex in the early 19th century. The tall case is a regional interpretation of late 18th-century classicism.

## ANIMAL SCULPTURE

 Can you identify my bronze statue of a stag and doe? The name "Heizler" is engraved on it. J.D.L.-Halifax, Pa.Your sculpture was cast from an original work by the French sculptor Hippolyte Heizler (1828-1871), who specialized in animals. For the Empress Eugénie, for instance, he modeled a group of dogs belonging to the Russian czar.


EDITOR'S NOTE: THE 19TH ANNUAL WINTER ANTIQUES SHOW WILL BE HELD JANUARY 19-29 AT THE 7TH REGIMENT ARMORY, PARK AVE. AT 66TH ST., NEW YORK, N.Y., 10021.

## House your problem?



> Make it feel great with Rheem central heating and cooling.

Your house. Is it chilly all winter? Stuffy in summer?
Rheem central heating and air conditioning can take the seasonal "highs" and "lows" out of your home life. Here's why.

With Rheem, you just set your thermostat at the temperature you like for living-and leave it there for even, whole-house gas, oil or electric heating.
But that's only half the story. Next summer you'll be set for equally comfortable air conditioning. (Both heating and cooling are transported through the very same ductwork.)
Rheem makes heating and cooling systems for houses of all types and sizes. With a good many options available for a homeowner's special comfort concerns.


Why not see your Rheem heating and air conditioning dealer this week for a free-ofcharge estimate? Of course, he's listed in the yellow pages.

## Rheem Manufacturing Company

Heating and Air Conditioning Division 5600 Old Greenwood Road Fort Smith, Ark. 72901
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A BUILIDING BULLETIN BY WHL MOREIS

Precision prefabricated. All aluminum construction. Easily assembled. Little or no maintenance required.


Enjoy the excitement and beauty of flowers and plants growing year round, regardless of weather outdoors.


Everlite's 90 models...priced as low as $\$ 229$ freight paid are complete greenhouses All accessories available from one source.


An Everlite adds beauty, increases the value of your home!

Write for Free Catalog Price List HG-31

## Aluminum Greenhouses, Inc.

14615 Lorain Avenue Cleveland, Ohio 44111

Today's new epoxies, silicones, and other wonder-working adhesives make home repairs easy. A whole fam ily of them, nonflammable, nontoxic, nonsniffable includes an instant bonding contact cement, a superstrong glue that substitutes for nails or screws, a four-minute epoxy glue, a wood filler, a metal mender that fills and seals, a nondrying caulking compound for tilework and tubs. The Weldwood Home Safe Menders, Chemware Group, Champion International.

New Franklin stoves, meeding only a flue and a masonry or metal base for installation, provide an instant full-fledged fireplace. Of cast iron, this Dlympic Franklin model has double folding doors, a deep hearth, and brass foot rail, a vent and easily remocable ash dramer below it. Acailable in five sizes, ranging from 30 to $151 / 2$ inches wide and $201 / 2$ to $271 / 4$ inches deep, there are also other models with oldtime charm to warm the heart as well as the body. Washington Stove Worlis, Everett, Wash.


The city of Nashville, Tenn., has come up with a method of ings. Community refuse can be converted into steam an of major buildings and eventually residential structures increasing nationwide problems of waste accumulation, air would be disposed of without land filling, air pollution incinerators, and steam would require less electrical const


For security against intrualers (and who isn't aware of this need today? ), a neat little wedge and alarm siren slips under the door. It impedes foreing the door and sets off a strident alarm. Hloc-Alarm by Common Marliet Industries.

If you are adding air conditioning to your house, an electronic air-cleaning unit should be part of it. Installed in the ductwork of the heating-cooling system, it captures the minute particles of smoke and pollen circulating around the house through the ducts. It is operated by a simple onoff switch and the electronic cells and screens, in their drawer-like case, can be washed. By Honeywell.

A handsome, left, provides drain, soap ali stallation. If inches high, in Hy Vniversal-
The hand-held $\bar{f}$ can use while y tub used to be fe tries. Now you standard tub, $r$ adaptor that ati to the water easily handled children or the hard white vin and yields a fir man Company


ROSES plus.
BERRIES, VEGETABLES, FRUIT FLOWERING TREES, FLOWERC
and a FREE HOME GARDEN GUIDE with every orde

The yen for old barms continues unabated and house hunters track them down relentlessly for conversion into homes. Cnalerstandably the supply of originals is limited. Hut Yankee Ibarn Momes in Massachusetts manufactures brand-new "old" barns. They have roof-high living areas, loft balconies, exposed timber framing, and are as-


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．SOIUOZO！












## "Imagine! Paneling with an antique look, antique look, and a bargain hunter's price."

"I knew I wanted something special for my living room wall.

Something with the character and charm of the funny old things I collect.

But I didn't want to spend a lot of money.

Wishful thinking?


I thought so. 'Til my building materials dealer showed me Georgia-Pacific's Renaissance. It's perfect! Flecked and shadowed like a well-worn piece of furniture.

And the finish! It looks almost hand-rubbed, with a deep, warm glow, just like the old bookshelves I refinished.

Renaissance is made of real hardwood, too.
But I spent less than $\$ 30$ to panel my whole wall.* Found just the right paint and carpeting colors to use with Renaissance, too. At Georgia-Pacific's Imagination Center, at my building materials dealer.

Now my room is finished. And looks just the
 way I wanted it.

Thanks to Renaissance. And a little imagination."

TO FIND THE NAME OF YOUR
NEAREST DEALER, CALL FREE: 800-243-6000. IN CONNECTICUT, CALL 1-800-882-6500.
*Comes in six shades of real hardwood face veneer from $\$ 9.95$ per $4^{\prime} \times 8^{\prime}$ panel.

## RENAISSANCE



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H-P PRODUCTS, INC., Louisville, Ohio 44641
Find out more about how VACUFLO can bring your house up to its full potential. Write for our free booklet. Now
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Opperti
§unlamps seven Sperti Drive. Ft. Mitchenl, ky. 41017 Telephone (AC 606) 331-0800

GOOD LOOKS \& HEALTH continued from page 32
to put over, human nature being so perverse. So parents who would like to bring up children who won't make terrible faces at the mention of $\mathrm{H}_{2} \mathrm{O}$ have taken to getting in bottled water, to change water's image. Mountain Valley, from the celebrated caves and Hot Springs of Arkansas, is a handy one with offices in all fifty states. It has a grand flavor though technically tasteless and it can be brought to you in sizes from splits for the bar to gallon jugs for lapping up.

Good Table Talk, which involves putting down the fork a lot, is one of the most effective, inadvertent thinning measures. In 1597, Sir Francis Bacon laid down some suggestions for it. "It is good to vary and mix speech at the present occasion with arguments, tales with reasons, askings of questions with tellings of opinions, and jest with earnest."

For those that have yearned for a Sauna but may not have room for one, the Luzier people have cleverly put the soul of sauna into a package. The set is called Nordenelle to suggest all those northern countries of Europe who sauna so much. There are two moves, the first a liquid, smelling like perfumed hot tar, heats up under a terry cloth bathrobe and sends you tingling, fiery warm into the bathtub. The second -after you're through-is like a splurge of water from a cold mountain stream with the added exhilarating effect of Continental smelling salts. Call the Luzier people to bring you this interesting entertainment and pick-me-up for everyone. It's $\$ 10$.

A deeply Victorian habit The Rest is being revived -so that instead of hanging around feeling languid, people go to their rooms for a quick Forty Winks-the kind of nap that has always kept cats going smoothly through their nine lives.

Instead of suffering from cracked, bleeding, and hideously unbecoming chapped lips, whole families are Sartinizing. This is as much a point of view as a product, an idea that the famous Janet Sartin who has saved so many famous faces, dreamt up to take care of the plight of her own young son. The child was in agony with an exaggerated case of split lip so serious that it kept him from eating. So Janet worked out a smoother with remarkable healers and gleamers in it too. Some of the people who send for Sartinizer use it for pure lure. It's \$5 at Janet Sartin, 667 Madison Avenue.

Walking, because it's so unstructured, impromptu, and natural, is the most modern family exercise, though as long ago as 1786 Jefferson pointed out, "Of all exercises, walking is the Best." The Hindus say, "W alk much for long life," and the Spanish caution, "Walk until the blood appears on the cheek but not the sweat on the brow." And one wise old American, asked his recipe for continuing health, answered, "I have two doctors, my left leg and my right."

The essential angle in this family Beauty Foundation is to dramatize it with some wonders larger than life and underline the feeling of great plenty. There should be something truly heroic like Jean Natés gallon-size of Friction pour le Bain. This pale green freshener is a marvelous way for anyone to smell-like a breeze that has passed through a mysterious forest where all the trees have pungent leaves. Makes a quart seem like a pygmy and is $\$ 17.50$.


Sibverware, dishes and glasses are spot free! n
$7 / 1$

Install the refiner anywhere. Paundry room, bavement, or garage. tater using appliances main scale-free (3) 2 , theing sewrice calls.

# super appliance 

This revolutionary new appliance, the Waterfine water refiner, turns ordinary tap water into clear, refreshing "Spring-like quality" refined water from every tap in your home, automatically . . . helps other water-using appliances work better, last longer. Find out more about this unbelievable new appliance . . . call your local Miracle Water or Servisoft dealer.
Waterfine is available through participating
macely wran and (SERvisoft dealers.

# OPEN LETTER TO THE READERS OF HOUSE d GARDEN 

Magazines are uniquely designed to provide the American people with information essential to living today. Their pages reflect the cultural and technological advances occurring in our society. Out of the articles that appear, readers can sift ideas that make them better educated, healthier, more productive, more secure. And what is more important, because of their deliberate selectivity, magazines are able to perform at an optimum service level whether their readers' focus of interest is fashion or the home, religion or the arts, the life-styles of the young or the problems of the aged.
In light of this, it is regrettable that many publications in this country are being placed in jeopardy by the action of the recently reorganized U. S. Postal Service. During a period when the President has instituted a freeze on prices in an effort to slow the inflationary spiral, the U. S. Postal Service has announced an increase in the cost of delivering magazines and newspapers amounting to $127 \%$ over the next 5 years. It is especially ironic that this action being taken by a quasi-public corporation is being directed against an industry dedicated to the widest possible dissemination of information and ideas to the public.
When the new Postal Act was passed in 1970, it was with the hope that the restructuring of the Postal Service would make it more efficient and bring into better balance its expenditures and income. Publishers expected magazine mailing costs to increase. What they were not prepared for was an increase that could prove ruinous to many of the finest and most respected magazines in this country. Furthermore, to contend that what the Postal Service is doing is wiping out massive hidden subsidies is to infer that publications are being given illicit privileges that should be done away with.
In point of fact, when two centuries ago Congress set up special second-class rates, it was with the intent that these be considered a public subsidy to extend the areas of education and cultural development throughout the country. In the years that have passed, the need to perform these services has not diminished. Rather, it has increased constantly as our society has grown ever more complex and demanded more responsible guidance and clarification.
To maintain the flow of magazine service to the American public, we, along with other publishers in this country, have little alternative except to absorb the rising mailing costs for as long as is economically possible. However, we will continue to mount an opposition to the increase via an appeal to Congress for a review of the Postal Reorganization Act of 1970 . What we ask is that the $127 \%$ increase be replaced by a more realistic and reasonable schedule of second-class rate increases until the Postal Service solves its reorganization problems and is able to advance toward its promised level of operating efficiency. A bill to this effect was introduced by Congressman Morris K. Udall in the House of Representatives and by Senator Edward M. Kennedy in the Senate in the last session of Congress and is scheduled to be re-introduced early in 1973.
Since ultimately this increase in cost is directed against you, the reader, won't you join us in urging Congress to review the Postal Act of 1970. For without this review, many of the magazines you, your family and your friends value may have to reduce the scope of their services. Some may not survive at all. A note to your Representative and Senators stating your opinion, your support of this bill, or an endorsement on this very page, would be of immeasurable assistance.


THE CONDÉ NAST PUBLICATIONS INC.

## Giowth by Henny Sibson

## Want to spread beauty

 Wherever you look? Plant seeds you'll be proud of-The ones in Park's Book!

Dianthus Orchid Lace


Marigold Honey Moon


## Park's Frue

 1973Flower Book

More glorious flowers than you ever thought existed splash its pages with their glowing color. What's more, it tells all you need to know about them-how, where and when each grows best, how to plan and plant a garden that blooms all season. Whether you have a little apartment window garden, or a big country estate-or even a greenhouse full of ribbons -there's inspiration and gardening know-how aplenty.
Shown are only three of Park's many new varieties among the 3,000 flower and vegetables contained. $\mathrm{F}_{1}$ Dianthus Orchid Lace is unusual because it has attributes not common to Dianthus, heat and weather tolerance along with resistance to disease. Orchid-colored, $11 / 2$ inch flowers form a dense hedge atop neat, compact, 12 inch plants. $\mathrm{F}_{1}$ Marigold Honey Moon is the first clear yellow in dwarf crested types. Large, $11 / 2$ inch blooms cover neat, well rounded, 14 inch plants. Portulaca Sunkiss enables color plantings for the first time with this variety. $\mathrm{F}_{1}$ Hybrid breeding has produced 7 clear and separate colors on exceptionally dwarf, 2 foot plants. Send us the coupon today for your FREE copy of Park's 1973 Flower Book and see for yourself the beauty and joy in gardening.
A donation has been made in Mr. Gibson's name to the Environ-
mental Defense Fund, East Setauket, New York 11733

## 

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Please rush Park's Flower Book, free and postpaid


# fine arts 

# $\boldsymbol{H}_{\text {elax }}$ mad enjoy the new freedom in living 

"Free play of the mind, the body, and the feelings-in other words, free play of our whole being, which can only take place when we are at leisure -is an essential and natural phase of every creative process."

in our work-ethic culture, we have been conditioned to believe that relaxation always has to be earned. Now we are faced with changing times. Within ten years, economists forecast, many people will be on a twenty-twohour week, a twenty-seven-week year, and retiring at thirty-seven, or thereabout. Modern technology is liberating us from tasks that took hours to perform-at work and at home. Life today offers a new freedom, more spare time, more leisure. Will we be able to use this freedom creatively and enjoy it fully?

Psychologists and psychiatrists have been absorbed with this question for some years, as they have observed ever-increasing numbers of people with "Sunday neu-rosis"-a compulsion to work rather than recreate-or psychosomatic vacationers who "fall ill" on holiday, both states being caused by fear of relaxation and leisure. One expert with extensive experience in this field is Dr. Alexander Reid Martin, former Chairman, Committee on Leisure of the American Psychiatric Association. We turned to him for clues on how to approach the changing lifestyle psychologically.

As a beginning, he suggests thinking of recreation in its original word meaning, re-create. "We overlook the indispensable and complementary part that leisure and relaxation play in the creative process," he says. "The flash of insight only occurs when conscious efforts are relaxed, when work has been abandoned and attention absorbed by some irrelevant distraction, in a completely unrelated context. You are part of some natural earthy situation-however apocryphal it may be, Newton was under the apple tree when he acquired sudden profound insight into work that had been occupying him
for years. This sudden grasp, 'Oh, I've got it!' so often happens when we are not trying particularly hard and frequently when we have stopped trying. Free play of the mind, the body, and the feelings-in other words, free play of our whole being, which can only take place when we are at leisure-is an essential and natural phase of every creative process. While growth of awareness, great insight, and creativity are not achieved through leisure alone, they are impossible without it."

So we can stop feeling that we are wasting time when we enjoy ourselves. But nevertheless, as we all know, that longed for feeling of restfulness does not inevitably follow spare time, a holiday weekend, or vacation. Sometimes we are left, if not guilty about taking time out to do nothing in particular except have fun, feeling so exhausted that we talk of taking another holiday to get over the holiday. More insight from Dr. Martin on this: "It isn't what you do with your leisure, but why or how you do it. Playing golf becomes a strain if you are as tensely competitive at the game as you are on the job. You're doing the right thing but not for the right reason. Many people approach their leisure compulsively, which is another source of trouble. 'I must learn to ski because all my friends do.' 'I must spend more time with my family because we should do things together.' 'I must take a cruise because I ought to travel more, there's so much of the world to see.' Who can enjoy leisure doing things that must be done? Relaxation is defeated unless you have a feeling of being free to do exactly what you want, read a book, play a game, work a crossword puzzle, refinish a chair, plant a vegetable garden." To develop this innate capacity for healthy leisure, Dr. Martin sets down some creative guidelines:

$\sqrt{\text { ea }}$eave time for happy surprises. Don't over-organize and fill up every spare second. Allow for things to happen spontaneously, on impulse. Very often the odd, unplanned moments-listening to music, reading poetry, looking at flowers, having an absorbing discussion with a friend-will bring you the most peaceful feelings. Being relaxed is a receptive mental state, an opening up of the personality to outward and inward thoughts and ideas. Playing with and listening to children, particularly listening to the child in oneself, develops an appreciation for the beginning of things. Delight in solitude, doing things on your own, taking time to think things out, wondering, marveling, contemplating, and meditating. Having a greater respect for the immeasurable and intangible widens the consciousness.
In this way you have a sense of enrichment and greater awareness of the potential in life. Enjoy things here and now. So many of us live our leisure in the future, the theatre tickets for next month, the party two weeks ahead, the holiday next year. Roll back your way of approaching free time-return to childhood when you had no program and enjoyed things as they came, Scoop up as much pleasure as possible from the immediate present-for a sense of perpetual exhilaration. Why not start today? Don't put anything off by setting artificial conditions or limits. "When I've finished landscaping the garden, I'll start learning to play the piano." Or, "I'll get down to reading all the books I want to when the children don't need so much of my time." What is to prevent you starting now-and reveling in the sense of achievement? We've put together an issue with emphasis on ways to entertain, to decorate, to build, to garden, to cook for an easy life. Whatever your leisure lifestyle, whatever activities you prefer to follow in your spare time, we hope it will be an inspiration to relax and enjoy them all the more.

## in living

How many people who long to be back in touch with themselves try to tho just that onty to find nobody: at home. No peaceful feelings, creativity, or contentment. Eoh many the cure lies in learning to waste time, to relax at something completely iryelevant. On the next ten pages is a series of houses buily to accommodate the simple rural pleasures and priorities of a life in fresh country air where mill comes straight from the dairy,-and on bright, sunny days after a big snow fall, mosklocal people go skiing or skating instead of to work. This snow life, long the preserve of people who could afford to hive in another place in the winter, is now the playground of young architects and young famities antid single people who, by building only to suit basic priorities and by banding togother to pay for them have managed to swing into a new year-round weekend life that's just the opposite of what they d6 duining the week.



The new freedom in living


?he event in this house is not the house but the view," says architect Drexel Rohde. "It's a house that falls away from the entrance the way a trail does from the top of the chairlift-all downhill." The only thing traditional about this snow house are the materials-traditional Vermont pine siding indoors and out, with a metal roof like neighboring barns. From a parking area on the hilltop, most of the house is still out of sight. Walking to the edge of the hill, crossing a River Kwai foot bridge, one enters the top of a house that shimmies down the hillside in a welter of levels and glass and stairs. Next in importance after the view was how the place worked-to sleep and feed fourteen people on weekends where the upstairs maid is a very pretty ski bum. In decorating for so much activity, the most important ideas were durability, color, comfort. Drexel Rohde worked to combine visual drama, natural materials, low cost while still exploring fully the psychological effects of space. "The stair tower is the only enclosed space in the house-you go into it and come out again on another of the seven levels looking at another angle of the valley." The practical aspects of a brutal Vermont winter and the desire of the owners to have a house that was ready to go on a Friday night without a full-time caretaker simplified decisions.

House plan, BeLow, shows divisions of living space


IOP LEFT: Bunk room for six-organiz around the principle that ski house bedrooms are only places to sleep. то center: Outside view of the house on the east. The biggest maintenance pro is to keep the big windows clean: a choice of professional window washer. windows that swing 180 degrees. The reverse of an ordinary house, the top level is a "mud room" or decontamina center where all skis, boots, parkas $g$ stowed. Descending a level, a sleeping balcony looks out and down feet to the living room-dining levels. ABOVE: A crow's nest shot of the
living room where indoor-outdoor carp in turquoise and inflatable chairs in stretch fabric make durable makeshif for no-fuss living. center left: The dining room in the foreground and kit (right but not shown) are above the living area. Chairs, Gaetano Pesce for Atelier International; china, Bonn Inc.; accessories, Design Research.


One of the oldest ski resorts in the U.S. is California's Sugar Bowl. What looks like an Austrian village has no roads, a ban on cars, and a special appeal to children. Part of the Austrian feeling are snow graphicsthe chevrons on the balcony doorway of the Thomas Witters' chalet, ABOVE; and all-over fantasy, the dancing goats painted for the Howard Hickingbothams by Franz V anderbroek, Left. A snow picnic near Stratton Mountain, below, perfect for cross-country ski lunches for the Emo Henrichs and their friends. A station wagon meets them with rugs and a lunch.


Tips for winter weekends: How to runa a WEEKEND HOUSE without having it run you
IIc. es. sme of the theo we've come across in talking to people who had to make a science of the mechanics of weekend living in order, in turn, to make the most of its pleasures. A house planned with two entrances-one, a skis, boots, and parkas entry, in addition to a conventional front door, simplifies a lot of housekeeping. All outdoor clothing and gear stays in this mud room, even to be cleaned if it's where you put the washer-dryer. When the mud stays in the mud room, many ski-house owners find it's easier to run a vacuum cleaner over wall-to-wall carpeting than it is to wax and buff bare floors. Another thing to consider is maid service-however expensive. It can make all the difference, if you've had a long trip or are arriving with a houseful of guests, to have the linen changed, the bathrooms clean, and the floors vacuumed. Local real estate agents can usually arrange anything from routine clean-up to rug shampooing, stripping and waxing floors. It's also nice to have a full refrigerator when you arrive. Lots of people at Sugar Bowl call in their grocery lists to a super market close to the resort in order to have them delivered before they arrive. Almost every weekend hostess we know has a great big deep freeze. Couldn't live without it. One takes a day every month to cook and lay in casseroles. Another stocks hers with an assortment of game, steaks, interesting breads she buys in town and takes to the country. All the labor-saving appliances mean a lot more in the country where it's hard to get kitchen help -large refrigerators with icemakers, self-cleaning ovens, an indoor charcoal grill, or a gas barbecue, and above all a good big washer and dryer. The sleeping bag is a one-step solution to weekend linenlaundry. In one household we know, where guest rooms for children run short, the playroom becomes a big


What begins for many people as a weekend snow house can quickly become the year-round base for a reverse commute to the city. The view of the Mad River Plateau from the mountaintop where the Harvey Sibleys chose to build a house of juts and angles was the first consideration as the house was designed. It works like a Cinerama movie theatre where they enjoy the show year round. What's covered with snow in winter makes good terrain in summer for dirt bikes and back-packing. The Mad River, slowed to freezing sluggishness in winter, bursts out into occasional white water in spring and summer for canoeing and kayaking. Harvey Sibley also finds snow country a good place to paint, and his studio triangles out from the body of the house. His wife has impromptu entertaining down to a system of big cooked-ahead casseroles served with salad and cheese. Designed by William Rienecke and David Sellars, the house is both pared down and geared up. Affording the luxury of living in a dramatic space, they created a living place where furnishings come second and the atmosphere is picnic, not dinner party.
> $T$
> he fun of living in a house that's pared down and geared up

The new freedom in living
opposite page: One end of the juts-and-angles living room, TOP, has a circular ceramic stove and metal flue. The far wall is walnut, the other is wallboard painted in a high gloss white acrylic easy to wipe down. Painting by Harvey Sibley; game boards set up for the days when the mountain's snowed in. LeFt: Another angle of the living room. A simple ladder stairway leads to a bunkroom level. Panels of glass span levels. Right : Staircase tower that's the core of the five-level house. Circular cutouts allow a see-through to the landscape and the living room beneath. Plan, right.


dormitory of sleeping bags all in a row-cotton ones, so that the whole "bed" simply goes from time to time into the washing machine. One family-living in a rural area where they can't get help to come in during the week to change the beds-decided that sleeping bags on top of all the beds throughout the house were better than bed pads, sheets, and blankets.

Tips for winter weekends: Had weather GAMES, good weather FUN
1 hat to do when the weather turns bad has always provoked lots of monopoly and gin rummy and crossword puzzles. Now even the perennial picture puzzle reissues itself in more tantalizing ways-enormous Abstract Expressionist and contemporary color field paintings reproduced for putting back together on a card table in front of a fire. Knowing that it's hard for some people to watch television or listen to music without doing something with their hands, one friend of ours keeps simple needlepoint kits on hand for days when everyone's trapped. Cooking makes a wonderful bad day project, but for many guests it's always fun. Another girl we know bought a $\$ 20$ electric ice-cream freezer with a see-through plastic top and enlists everyone's help in making up fruit ice creams according to what's in season at the time-strawberries, blackberries, peaches in summer-apples or oranges in the winter. What adds to the fun is going to the local berry patches or orchards that advertise, all you can pick for 75 c . For many city guests on a country weekend, there's nothing more fun than local shopping. One friend we know is amazed at the number of guests who love to run errands with her on a Saturday afternoon when the last thing they'd want to do in town is go shopping. There's something about tiny shops, a farmer's market, local crafts that's relaxing. A local art show, a barn sale, a crafts fair offer an atmosphere as well as

promise of a bargain, a new bit ocal lore, a story to tell at city ner parties. This same friend kes a point of filling her guest ns with maps of the area, pamts on historic houses close by, books on pretty villages, bird ctuaries, and nature preserves ny of which might make an afoon's excursion. In the fall she the house with things from the ounding woods and fieldsd dock, milkweed pods, black$d$ Susan centers. And at the end the weekend she sends her sts home with armfuls of leaves, ses, bittersweet, or forsythia.

## os for winter weekends:

## m Sawyer

 ores that
## HIILREN ve

That to do with children over a weekend calls for as h ingenuity as it does to keep parents entertained. Why not up certain chores they'd like cking radishes or berries for er, filling a bird feeder. Or ing, on winter mornings after ow fall, for tracks in the snow ir deer or a raccoon or even the hborhood dog and cat. Espey appealing to teen-agers who aren't old enough to have a r's license is the chance to run actor mower, snowblower, or machine vaguely like an autoile. After they have a license, pe the handyman's job again.

## for winter weekends:

## iday might

 ategies for
## OOD AND RINK

more-than-makeshift dinner for Friday nights when most le get to the country long after ertime takes shape with a little nization. First of all, try an d'oeuvre picnic to eat in the ind bring a casserole that only $s$ to be heated up when you e. Or Friday is the perfect time ave pasta-the makings can been on the pantry shelf since weekend before. Add salad,


## A

## condominium that

## looks and acts like home

One of the most popular ways to have a weekend snow house without all the bother is to buy a condominium. It often comes furnished with maid and meal service and can be tended in your absence. Mr. Ralph Falk wanted his to look like home for his two daughters who come to Snow Bird, Utah for vacations. Interior design, Parish-Hadley.
wine, fruit. The best drink they've found for those late Friday night dinners is vodka on the rocks with a piece of lemon and big wedge of cucumber used as a stirrer. Or, on very cold nights, Bourbon with a big clump of applemint. For lots of people, weekend breakfasts are the most appealing meal of the week. Try bagels and cream cheese and smoked salmon with grapes or pears. Often a meal like this will hold people until dinner with a midafternoon trip to the refrigerator for cheese, fruit, sliced meats. It also saves the hostess from a whole day in the kitchen.

## Tips for winter weekends:

## Cold weather pienies, snacles for

## on the go

FIor weekends where people are very active, experienced hostesses keep high-energy foods on hand for snacks as well as regular meals. Nuts, dried fruits, squares of chocolate, wedges of cheese are easy to zip into a parka pocket, and are often the staples of a ski picnic that veteran skiers like to keep simple. One way to do it is to take a ruck-sack to the top of the lift in the morning, pick it up at noon, and ski down to where you want to eat-sitting on skis and parkas. Steak tartare-packed in individual plastic refrigerator con-tainers-makes another high-energy snow picnic idea. A hot drink that's popular among skaters and skiers and easy to keep in a thermos is a steamy mixture of hot chocolate and coffee. Mrs. Emo Henrich, see page 89, always includes a hot soup in her ski lunches -one because it's warm, and two because any bouillon broth is very high in protein with raw eggs and cubes of ham beaten into it. Maybe the only nonpicnic lunch of the weekend is on Sunday-a soufflé or fondue and a salad give a gala finish before everyone starts for home. Perhaps tea with scones and local honey makes a half meal for those leaving at five or six. And then there's the ultimate hostess who sends her guests home with a picnic to eat in the car.


Banquettes, covered in a woven jute fabric, Portuguese rugs, and rustic looking early period antiques fill in a library-sitting room tucked under a balcony, top richt. Bowling alley, adjoining the living room, Center, has red felt walls, knotty pine paneling, and painted panels of winter sports by Robert W alker. There's a bar next to the alley plus a wall of banquettes. A guest room, RIGHT. IV alls are covered in a cotton print, the beds in red linen with short canopies and twisted wood columns. Brabant chest between the beds. II hite linen chaise longue and lots of closets for guests who arrive with ski and evening clothes. Pine wood moldings piped in blue and white, pale oak furniture, cottons, linens, a bed in a niche cocooned with an embroidered Swiss cotton over blue taffeta-a bedroom, opposite page, that never saw a ski boot but still has an alpine feeling. Bath-dressing room, TOP, opens off bedroom - also paneled in knotty pine and painted with Swiss wild flowers. Framed iridescent blue Brazilian butterflies over dressing table.


## e new freedom in living he pleasures of a traditional chalet

Roughing it is not the whole point of winter sports. Entertaining and wonderful parties in a traditional setting are as much a part of the fun as the outdoor life. Intent on having a traditional Swiss chalet be a place with wide margins for parties, Mrs. Ernest Kanstler asked architectural designer Valerian Rybar to do something warm, deluxe but alpine, with more than a bunk room for guests. The chalet, opposite page, top left, has its own bowl-

${ }^{66}$ Art can affect your environment just as much as environment can affect your art 99




In mudtime, summertime, leaf-fall or snow-fall, the flowery greenhouse, added like a back porch on the driveway side of the 1860 s farmhouse, makes a welcoming entry, above, for Mr. Noland's family and friends. His favorite time is winter evenings when the lighted greenhouse tints the snow and the room is fragrant with jasmine. Next to the greenhouse is a redwood lath house to filter summer sun for plants that like an airing but do not want to bake. The greenhouse was made of painted redwood by a local carpen ter, stays at about $65^{\circ}$; in winter an electric heater helps. Hose and drain make watering easy, and plants are fed every ten days (with Rapid-Gro). When a water softener, containing salt, was added to the new plumbing system in the house, the greenhouse was bypassed as a precautionary measure. A ready supply of potting mix is kept stashed in big plastic trash containers under the benches. Most of the house plants thrive on a formula of 1 bushel each of loam, peat moss, and perlite; 4 ounces each of superphosphate and lime. "I like grow ing things," Mr. Noland says, "but credit for the flowers goes to Jim Wolfe who is here all the time." Outdoor gardening is kept sim-ple-mostly open fields of wild flowers and meadow grasses. Not at all the orderly bands of color one might have expected of this painter.

RIGHT: The north meadow at the front of the house provides open space for viewing sculpture Noland and his friends create here, and sometimes recreate. "It's good to make sculpture outdoors. You keep checking its fitness against the fitness of nature." Noland also says, "I don't think of color when I'm doing sculpture. I think of color when I paint." A massive structure, made of oak beams, Cor-Ten steel, stainless steel, and bronze, has evolved near the front porch, with the Green Mountains as backdrop. (For a closer view, please turn page.) Linear sculpture at right is by James Wolfe. "EnNeth NOLAND:
"Every room has a view-
into the greenhouse
or out to sculpture,
fields, and mountains" "EnNeth NOLAND:
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LEFT: Noland's spare, serene dining room opens to the front porch and to the greenhouse back porch. Octagonal table set with pottery from Oaxaca and a centerpiece of apples and dry sedum blossoms is on other occasions a poker table, a gift from painter and neighbor Jules Olitski.
BELOW LEFT: The inviting kitchen has a view of the greenhouse and a topiary tree of rosemary at one end; art, at the other.
Metal sculpture by
Anthony Caro stands near the corner cupboard. Small sculpture by Michael
Fried caps a utility closet; one by David Annesley
stands on oak cabinet.


ABOVE: Towering sculpture by the late
David Smith gleams on a rise overlooking pond and valley. "I like having it there."


## "The country sharpens the eyeyou get a fresh feeling about color and color combinations"

BELow: The spring-fed ponds stocked with fish replace a once stagnant pond and a swampy place. The land-shaping was done with a backhoe. воттом: A Noland sculpture is framed by hanging plants on the front porch and a low stone wall and dooryard garden of hosta, daylilies, blackeyed Susans at summer's peak.


UZ e play lots of games up here, listen to a lot of music." In the living room, above, Mr. Noland surrounds himelf with paintings, much as he surrounds the house with sculpture. Paintings by Clement Greenberg and Helen Frankenthaler flank a Noland canvas above the fireplace. The painting near a favorite big chair ("the owner has priority but anyone can sit in it") is by Mark Rothko. "This room has the closed-in feeling people liked when the hearth was the only source of heat," he says. Yet here, too, are views and improvements-oilfurnace heat, new wiring, hi-fi cabinet, and, for the pine plank floor, a coat of Fabulon to make polishing unnecessary. Knowledgeable about building techniques and materials, the artist also likes to select furnishings, to poke around old shops, finding a clock here, a chair there, "seeing how and why people made things the way they did." His greatest pride is his barn. It was a shell with a partially dirt floor when he came. "We jacked it up, put in new pilings, poured concrete for a new foundation and floor. We gave it good batt insulation, new siding and roof. It's four times the size of the house, but it stays warmer and uses less oil. With an old house you can't remodel as thoroughly." His greatest pleasure is "the feeling of space and distance. Vermont sharpens the eye. In winter you have a whole range of whites, and blues that are cool and intense. In spring you have mud and earthy kinds of color and a lot of gray values. In summer you get a hazy milky light and atmospheric tints. In fall, the most intense colors of all. You see color differently here.


lese, calcium, magnesium, sodium, po tum, carbonate, bicarbonate, sulphate, rride, fluoride, nitrate. But there is a - list of sometimers including arsenic, mium, lead, mercury, zinc, copper, and mic substances. As the water seeps $g$ underground, it picks them up from rocks, coal fields, gypsum beds, limee deposits, and other natural sources. Are these chemicals harmful? Wella can form a scale in boilers; iron stains dry, plumbing fixtures, and cooking sils; manganese deposits on food durcooking produce unpleasant tastes; or with a high concentration of magam has a laxative effect on people who not used to it; continued consumption admium has caused decalcification of bones; lead is particularly toxic to the g; trace amounts of organic sulphur pounds produce bad odors. Still this othing to get uptight about because y substances that are toxic in large unts are positively beneficial in small unts. So you can't divide the foreign ents in water into the good guys and bad guys. Fluoride is a good example. m people start early in life drinking r containing a moderate amount of ide, the danger of dental caries is red by almost 60 percent. But a higher of fluoride causes mottled teeth.
Recent discoveries of mercury in water started a lot of argument. But mercury been controversial for close to 2,000 5, fluctuating in medical esteem from on to valuable medicine to poison and
back again. One reason we are more aware of mercury today is that recent refinements in analytical technology have made it possible to detect mercury in tiny amounts that would have gone undiscovered as recently as ten years ago. Scientists are also concerned because of the increasing amount of organic wastes in polluted streams and rivers that can combine with inorganic mer-cury-generally considered harmless-to form organic compounds that are extremely dangerous. But usually the concentration of mercury in water is very low.

According to a study by the U. S. Geological Survey, the chemical constituents in natural water-including the sparkling stuff that gushes from mountain springs-vary in amount from too much for one purpose to too little for another. "As a result," it concludes, "water generally has to be treated before it can be used."

Water treatment involves the removal of harmful or nuisance elements, and it also involves additives. The most familiar are chlorine and fluoride. Chlorine is added to kill bacteria. But if you get a strong smell of chlorine when you turn on the faucet, that is not because too much has been added. It is because the process didn't go far enough. The most sophisticated treatment includes a final step called dechlorination that neutralizes the chlorine, by combining it with other substances, after its bacteria-killing job has been done. (Actually a chemical like chlorine usually exists in combination with other chemicals and it is the particular combination that determines the taste. In Phila-
delphia they found out that if yo drink chlorinated water from a glass that he eenk
washed with detergent but not thore washed with detergent but not thore $l y$
rinsed, the traces of chlorine will corl with the traces of detergent to produ taste you will not care for.)

Fluoride is added today to the wa consumed by 56 percent of the populatio Studies comparing the health of people wh have lived all their lives in places where the water contains fluoride naturally with that of people living where it contains little or none have revealed that it is not only good for children's teeth but also for older people's bones.

One medical researcher has suggested three other substances that might be added to water to reduce the incidence of cardiovascular disease-copper, zinc, and vanadium. Another speculates on the benefits of adding very, very small amounts of selenium, molybdenum, or even arsenic. Water additives have also been mentioned as possible ways of tranquilizing consumers, improving virility, or controlling population growth. The last two would seem to call for His and Hers faucets. (Continued on page 92)

> YOU CANT LIVE WITHOUT WATER BUT HOW GOOD IS THE WATER YOU LIVE WITH?


NEW REEDOM IN DECORATING
Ongreat livable space for a new way of life
a very nice house before, but it was rather conventional with four reception rooms," Mr. and Mrs. Anthon Jacobs explained. "We found we hardly ever used the drawing room, and we felt this wasn't the way we wante to live." To resolve the situation, the Jacobses called in interior designer François Catroux to devise a floor pla that was utterly different for their new duplex. Tearing down interior walls, Mr. Catroux created a great open pla vironment, all in cream and brown, bringing together many luxurious textures. It is built around a spectacular staircase with a silver uscade of steel cables and lights, opposite page, above and lower left. Tweed seating, below, around a lacquer table. Beyond greener a painting by Morris Louis. Carpeted platform by windows, opposite page, lower right, works as seating, hides heating and air conditionin



CW FREEDOM IN DECORATING
Modern, but not in the sense of hard, cold surfaces, a soft, smooth, comfortable place to be
| $=$
Winirt inntury maif wham nitio rut hum- rimineniver:




We love modern art, but we had nowhere suitable for it in our last house," Mr. and Mrs. Jacobs went on. "This was hother reason why we want to go modern, but ot in the sense of hard, cold surfaces. It had be a livable, comfortable place to be." hey like collecting both paintings and sculpre. A Noguchi bronze is by the windows in e living room, opposite page; a Vasarely inting near the bookshelves. In the dining oom", lower left, with an extendable chrome d travertine marble table designed by Mr. atroux and Mies van der Rohe chairs, an abact by Kenneth Noland is set against a brown all, a stainless steel sculpture by Erich Hauser tween the windows. For a sense of separaon here, and in other parts of the big, open livg space, false ceilings float above, with a ght pyramid shape creating a tent-like effect. e glass-balustraded stairway, above, leads to e master bed-bath-dressing room, one continus environment in gray, silver, and mirror. cause the Jacobses appreciate every facet of dern technology, they asked their designer to ild in every possible useful invention. From nsoles on each side of their bed, above right, t in a gray flannel recess, they can open nd\$ at all six floor-to-ceiling windows, which an the distance from bed to bath, lower right. 's so different from what we had before that disposed of everything and started all over ain. Furniture had to be large scale, even tails, like vases," the Jacobses declared. "It as a big gamble, but it works fantastically."
 not have wanted. When Thomas Chippendale designed a chair, it stayed that way. He made no attempt to make it simpler, more comfortable, or less expensive. He had created a style, and he stuck to it. Modernists head in exactly the opposite direction. They believe in change, and this year their work is notable for the increased attractiveness of three qualities: softness, which means greater comfort; a flowing line, as opposed to the hard edge; and the use of natural materials-actually, or as inspiration. Here, from Italy, France, Scandinavia, and America are some very good examples of how change can spur creativity. IT The color and pattern of rock maple butcher block reproduced in Formica. Handsome natural look for wall covering and countertop surfacing. Not for cutting or chopping, but an excellent surface (lacking a marble slab) for pastry making. Available through lumberyards and building contractors. 2\& A molded fiberglass desk with the sleek contours of a Henry Moore sculpture. Lots of leg room, interesting drawers. By Jansen, in Paris and New York. $\mathbf{3}$ "Gondol," an assemble-it-yourself chair of tubular steel with a striped cotton sling and the lazy appeal of a hammock. Designed by Janeric Bengtsson for Scapa. At Scandia House, Philadelphia. 4 From Paris, four lamps, all the same, of Styrofoam, a quite inexpensive material turned into what looks like the buds of huge exotic VII flowers. Cluster them, use them singly. By Design M. At Bloomingdale's. 5 "Vivaldi," an armchair of canvas and $\square$ as smoothly as a swan. From Copenhagen, where it cause it is sizable, it moves about on casters as smoothly as a swan. From Copenhagen, where it NEW
DESIGN
NATURFT,
FLOWING

## -

DESIGN

$\qquad$

ese are night tables with built-in light domes. Two small platforms with indented tops work as a table or a bench. One moves on casters, the other does not tom yef window wall is filled with shelves (plywood covered in laminated plastic) clamped to wires at intervals to accommodate the various sizes of books or trea-es-in this case, shells and minerals. Room and furniture designed by Marc Held. Distributed in the United States by Paris Collections, the furniture is at omingdale's. Hemp matting from Bamboo \& Rattan Works; Dacron and cotton no-iron sheets by Martex; quilts from America Hurrah; shells and minerals from e Collector's Cabinet. Stereo turntable by Sanyo; mattress by Simmons; baskets from Bonniers and Terrestris. For shopping information, turn to page 125.







NEW FREEDOM IN LIVING

## A PLACE ON THE BEACH WHERE THREE GENERATIONS CAN ENJOY FAMILY LIFE TOGETHER

When you have two married sons and four grandchildren in the family, and a host of friends visiting from all over the world, a beach house alone is not enough. An independent guest cottage with its own kitchen, a children's dorm, space for the mother's help, can make summer much more pleasurable. In this instance, architects Robert Stern and John Hagmann designed an integrated complex of three buildings, left, winding down a 60 foot cliff to a beach cabana.

hree generation beach house


Full of sunshine and light, the guest cottage, designed particularly for visiting children, has a big kitchen-living room, opposite pag two bedrooms, a children's dorm with four bunk beds and AstroTurf ("fun and relatively destruction proof") on the floor, plus tv bathrooms. A wooden slatted awning, below, gives the house a big scale and shades the deck in the middle of the day. Inside, wick furn ture reflects both the architects' and owners' ideas about textures and colors in a beach house. "We didn't want to transport tl city to the country," said architects Robert Stern and John Hagmann, who designed all the interiors as well. "The owners tried to ker everything wood, earthy, and natural on the outside. Inside, even the painted surfaces have a sand finish to give them a beach texture
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FOR GUESTS



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> QUICK IDEAS FOR WINTER WEEKENDS TO PLAN AHEAD, CDOK AHEAID, OR PUT TOGETHER IN TUICK TIME

The food that is good in winter-hearty casseroles, soups, and delicious desserts-is also the kind that can be prepared in advance, often frozen, and actually improves with a day or two of ripening in the refrigerator. This kind of food is especially good for weekend houses where advance preparation, freezing ahead, and quick-to-assemble foods can save many hours in the kitchen.

A heated anchovy sauce from the Italian Piedmont region, Bagna Cauda, makes a good warm winter dip for fresh raw vegetables. Emalee Chapman, famous for her winter picnics in San Francisco, makes it by warming a half cup each of butter and olive oil with 6 thinly sliced garlic cloves for 15 minutes in a chafing dish. Adds 22 -ounce cans of anchovy fillets, chopped, 2 drops of Tabasco, and heats for 5 minutes more. Serve warm with any eat-with-the-fingers fresh vegetables such as radishes, zucchini spears, cherry tomatoes, celery, fennel, or green onions. Will keep for days in the refrigerator.

A flat wicker hamper holds the picnic. Everything is visible in glass screw-topped jars, everything edible.

For a winter lunch, Mrs. Chapman makes spinach gnocchi-small ovals of chopped and squeezed spinach, ricotta, egg, and a little flour poached in simmering water and packed in a single layer in a baking dish, then gratinéed with Parmesan and Pecorino cheeses.

For an Italian winter dessert, she makes stuffed winter pears to be served hot or cold: Peel halfway and core 4 not too ripe winter pears. Combine a generous $1 / 3$ cup brown sugar, 6 crumbled macaroons, 1 teaspoon grated orange zest, and moisten with a little orange juice. Spoon a portion of this mixture into each cavity, packing well. Arrange pears in a casserole and pour a little orange juice around them, and some honey over them. Grate 1 teaspoon lemon or orange zest over pears. Bake in a $350^{\circ}$ oven for 50 minutes, basting often. Add orange juice as needed, and baste also with $1 / 2$ cup white wine if desired.

Another good wintery dessert is Charles Masson's Bread and Butter Pudding: Toast about 5 slices of white bread lightly, then remove crusts and carefully split bread in half horizontally. Cut these very thin pieces in half. Mix together $31 / 2$ cups milk, the seeds scraped from $1 / 2$ vanilla bean or $1 / 2$ teaspoon extract (or pudding could be flavored with rum, kirsch, or cognac), 5 egg yolks, $1 / 2$ cup sugar, and salt to taste. Pour this into an oval baking dish about 12 inches long and 2 inches deep (or any suitably sized dish). Arrange the pieces of toast, toasted side up, close together in 1 layer on the custard mixture, and sprinkle with $1 / 2$ cup raisins. Push the pieces down into the dish until they begin to absorb custard. Cut $1 / 4$ pound butter into small pieces and put on top. Bake in a $350^{\circ}$ oven until just set, but not too firm-it should be creamy. Serve warm with Crème Anglaise. Continued on page 90

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## WINTER WEEKENIDS COOK BOOK

assembling the timbale: There should be about 2 cups of each filling. If not, add Mornay sauce.

Lightly butter a \#20 charlotte mold and cut the large crêpes in half. Line the mold with overlapping crêpe halves so that their points meet at bottom center. Be sure their best side is toward the mold so their appearance will be best when unmolded. Put 1 small crêpe in bottom over lining crêpes. All the small crêpes will cup up slightly on the sides if they are the right size. Spread about 3 heaping tablespoonfuls of shrimp filling evenly over the crêpe. Judge the amount so as to have enough to cover 6 crêpes. Lay on next small crêpe, working out any trapped air, then 3 more spoonfuls of shrimp filling, and continue until you have used 6 crêpes and all the shrimp filling. Do not alternate fillings. Continue with one until it is used up so there are distinct layers and tastes of
each flavor in finished timbale. Do the mushroom and cheese layers next and then the spinach layers. Lay a crêpe over the last layer of filling and fold the ends of the lining crêpes over it. Set in a shallow pan of boiling water in a $350^{\circ}$ oven for 45 min utes. Remove from oven and set on a cool surface for 5 minutes. Gently run a dull knife around side of mold, put buttered serving dish over the mold, carefully invert, and unmold.
note: This recipe is designed for a \# 20 charlotte mold, but by adjusting the size of the crêpes any suitable container that holds 3 quarts can be used. Slanted sides make a more attractive finished timbale and make unmolding much easier.

## Baked Cherry Tomatoes

Roll cherry tomatoes in a small amount of olive oil and bake in a $350^{\circ}$ oven for 10 minutes. Sprinkle with salt and freshly
ground pepper. A 1 -pint basket serves 4.

WEEKEND SUPPER

* Bolliti misti
(A NORTHERN ITALIAN DISH OF BOILED MEATS)
*TOMATO SAUCE green sauce BOILED WHITE BEAN WITH OLIVE OIL AND CHOPPED PARSLEY
FRESH SPINACH GARNISHED WITH SIEVED
HARD-COOKED EGG YOLKS *CHESTNUT SOUFFLÉ, WHIPPED CREAM SAUCE

This is a favorite winter supper of Emalee Chapman, one of San Francisco's best cooks, who runs a school, "Creative Cooking," in San Francisco and Beverly Hills. The Bolliti Misti should be prepared the day of serving, but as it involves several hours of simmering, it can be started earlier in the day. The tomato sauce can be prepared in advance and frozen, but the green sauce is best prepared just several hours before serving. The chestnut purée and the base for the souffle can be made in advance and kept warm. The whipped cream sauce can also be made in advance.

## Bolliti Misti

A large piece of lean beef (rump, chuck, or brisket) or a fillet of veal or both
3 -pound beef tongue, if desired
Tops from 1 bunch of celery Parsley
$1-2$ bay leaves
Sea salt
Black peppercorns
1 onion
1 capon, quartered, or a small turkey
1 veal knuckle
1 cotechino (an Italian pork sausage)
Fresh rosemary
Put the beef (and veal, if using it) and tongue in a large kettle and cover completely with cold water. Bring to a boil, lower heat, partially cover kettle, and simmer for about 3 hours.

Skim off any scum that rises, and after about 1 hour of cooking, add the celery tops, sev-
eral sprigs of parsley, bay leaf salt to taste, several peppercorns and the onion. Add the caponit will take about 2 hours. (I using turkey, it should begir cooking with the beef as it take: about 3 hours.) Add the vea knuckle 30 minutes later-i takes about $11 / 2$ hours. After an other hour of cooking, add the cotechino-cooking time will be about 1 hour.

When the meats are cooked first skin the tongue with a shar knife and cut away the fat. bones, and gristle. Trim the oth er meats, then slice them all and arrange on a large hot platter Garnish the platter with lots of fresh rosemary. Serve guests a slice of each meat. Serves 12 .

## Tomato Sauce

2 tablespoons olive oil $1 / 2$ cup finely chopped onions 2 cups coarsely chopped fresh tomatoes, or canned Italian plum tomatoes, with juice 1 tablespoon finely chopped fresh basil, or 1 teaspoon dried
Salt, freshly ground black peppen
Heat the olive oil in a heavy saucepan, add onions, and cook gently until they are soft, but not browned. Add tomatoes, bas il, and salt and pepper to taste Reduce heat to low and simmes for about 40 minutes, until thick ened. Pass through a food mil or sieve. Makes about $11 / 2 \mathrm{cups}$
note: If desired, season the sauce with $1 / 2$ cup red wine vine. gar and 1 teaspoon mustarc seeds, omitting the basil.

## Green Samee

4.6 anchovy fillets, drained and chopped
2 cloves garlic, finely chopped
$1 / 2$ cup finely chopped parsley, more if needed
3 tablespoons capers, washed, drained, and chopped
$1 / 2$ cup olive oil
3 tablespoons lemon juice
Salt, freshly ground black peppe
Combine the anchovies, garlic parsley, and capers in a bowl anc mix. Add the olive oil and lemor juice, mix well, and season t taste with salt and pepper. Sauc should be tart and rather thick-
add more lemon and parsley if necessary.

## Chestmut Souffié <br> Candied chestnuts <br> Butter, sugar <br> 2 tablespoons butter <br> 2 tablespoons flour <br> 1 cup hot milk <br> 1 teaspoon vanilla <br> 5 egg yolks, well beaten <br> 7 egg whites

Put enough drained, candied chestnuts through a fine sieve to make 1 cup purée. Butter a 2 quart souffle dish and then coat it with sugar. Preheat oven to $400^{\circ}$.

Melt butter in a heavy saucepan, add flour, and mix well. Add hot milk and cook until smooth and thick, stirring constantly. Add vanilla and chestnut purée. Cool slightly, then stir in egg yolks. Beat whites until they form stiff peaks. Stir $1 / 4$ of the whites into the chestnut mixture, then gently fold in the remaining whites. Pour the mixture into the prepared soufflé dish and bake for about $25-30$ minutes. Serve with Whipped Cream Sauce. Serves 6.

## Whipped Cream Sauce

Flavor whipped cream with coarsely chopped candied chestnuts and their syrup.

## WINTER LUNCH

## ${ }^{\text {* PEPPERPOT SOUP }}$

 green salad Cheeses, bread COLD RUM SOUFFLÉElisabeth Ortiz, who is the author of the Complete Book of Caribbean Cooking, to be published this spring by M. Evans, prepares the Pepperpot Soup up to the point of adding the shrimps and coconut milk $2-3$ days in advance and refrigerated (or further ahead and frozen). Mrs. Ortiz suggests bringing the soup to room temperature, then reheating it slowly before adding the final ingredients.

## Pepperpot Soup

1 pound shin of beef, cubed
$1 / 2$ pound corned beef or salt pork, cubed
8 cups beef stock
1 pound kale or collard greens, chopped
1 pound spinach, chopped
1 large onion, chopped
1 clove garlic, chopped
4 scallions, both white and green parts, chopped
$1 / 2$ teaspoon thyme
1 fresh hot green pepper, seeded and chopped
1 pound potatoes, peeled and sliced (see note)
Salt, freshly ground pepper
1 tablespoon unsalted butter
1 dozen okras, sliced
$1 / 4$ pound small shrimps, cooked 1 cup coconut milk
Carrot Dumplings, optional (see recipe below)

Put the meat and stock in a large saucepan or soup kettle and simmer, covered, for 1 hour. Add the kale, spinach, onion, garlic, scallions, thyme, hot pepper, and potatoes. Season to taste with salt and pepper. Cover and simmer for another hour, or until meats are tender.

Heat butter in a small skillet and sauté the okras until lightly browned. Add to the soup with the shrimps and coconut milk and simmer for 5 minutes longer. Carrot Dumplings may be added to the soup during the last 15 minutes of cooking, if desired. Serves 6.
note: In Jamaica, $1 / 2$ pound each of yams (the island type, not to be confused with the Louisiana yam or sweet potato) and cocos, one of the taro group of root vegetables, would be used in place of potatoes.

## Carrot Dumplings

$2 / 3$ cup all-purpose flour
$1 / 2$ teaspoon salt
1 teaspoon baking powder
3 tablespoons unsalted butter, chilled
$1 / 2$ cup finely grated carrots
Sift the flour, salt, and baking powder into a bowl. Rub in the butter with the fingertips until mixture is crumbly. Add the car-

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rots and just enough cold water to make a fairly stiff dough. Turn out onto a floured board and knead lightly. Form into 12 small balls. Drop into the soup and simmer for 15 minutes.

## PICNIC IN THE SNOW ON STRATTON MOUNTAIN

crudités
*onion mayonnaise Hot Tomatoed bouillon WITH EGG DROPS, CROUTONS POACHED CHICKEN WITH CURRIED SAUCE

* Homemade pâté

FRESHLY BAKED
french bread
CheEses, frut
HOMEMADE COOKIES
Wine: iced henkell
TROCKEN
(AN EXTRA DRY CHAMPAGNE)

Mrs. Emo Henrich, whose picnic in the snow appears on page 43, prepares the crudités and puts in ice water to crisp a day in advance, and the mayonnaise (and sauce for the chicken) 1-2
days in advance. Poach the chicken and clarify the stock for the soup a day in advance. The pâté may be prepared 2 days in advance. Prepare the soup just before putting in thermos.

## Onion Mayomnaise

Purée 1 medium onion with a little water in blender, then mix with 1 cup homemade mayonnaise until smooth. Flavor with a dash of cognac.

## Homemade Pâté

$1 / 2$ pound whole chicken livers $3 / 4$ cup Madeira
Thin slices of bacon or pork fat 1 onion, chopped

## Butter

$1 / 2$ pound each ground pork, veal, and chicken livers
$1 / 2$ pound ground pork fat
2 eggs, beaten
Salt, freshly ground pepper
Thyme, allspice
1 bay leaf
Put chicken livers in $1 / 4$ cup Madeira to marinate. Line bottom and sides of a 6-8-cup terrine with slices of bacon or pork fat.

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Sauté onion in a little butter until soft and golden. Mix ground pork, veal, chicken livers, and pork fat, then eggs and remaining Madeira. Season to taste with salt, pepper, and pinches of thyme and allspice. Beat vigorously with onion.

Drain chicken livers and reserve marinade. Arrange layers of ground meat mixture and
chicken livers. Cover with bacon or pork fat, put bay leaf on top, and finally pour the reserved Madeira over the pâté.

Cover terrine and set it in a larger pan. Pour in hot water up to the $2 / 3$ level of the terrine. Bake in a $400^{\circ}$ oven about $11 / 2$ hours, until the pâté shrinks slightly from the sides of terrine and juices are clear.

## QUICK IDEAS continued from page 84

Kenneth Noland believes in serving a hearty breakfast late on Sunday mornings in winter. He likes topping his homemade buttermilk biscuits with creamed chipped beef and sliding a fried egg on top for "really hearty-type people." This is served with plenty of freshly squeezed orange juice.

For skiers, Mrs. Harvey Sibley likes to serve a filling breakfast, perhaps Eggs Lorraine, cooked and served in the same dish. Top a slice of French bread with a slice each of ham and Swiss cheese, then break a raw egg on top and bake in a $400^{\circ}$ oven for 5 minutes. Top with a dab of sour cream.

Kidney Stew is a favorite winter Sunday breakfast at the Clark Cliffords'. They serve it with fruit, cornbread, scrambled eggs, bacon, and coffee. Mrs. Clifford, who has recently written Marny Clifford's Washington Cookbook (E. P. Dutton), makes the stew herself and freezes it in advance. To make the stew, put 8 veal kidneys in a heavy saucepan with water to cover, a peeled and quartered onion, and 4 stalks of celery, cut up. Bring to a boil and simmer until kidneys are tender. Take kidneys from pan and remove cartilage; cut into $1 / 2$-inch cubes and reserve. Strain stock, return to saucepan, and boil until reduced to 2 cups. Keep warm. Melt 4 tablespoons butter in a small skillet. Remove from heat and stir in 4 tablespoons flour. Heat stock, then gradually stir butter paste into stock. Stir until thickened and smooth. Add kidneys and $1 / 4$ cup sherry. Season to taste with salt and pepper. Serves 8.

A quick, warming pick-up after a winter sortie is hot honey lemonade suggests Hazel Berto in Cooking with Honey (Crown): 2 tablespoons honey and 2 tablespoons lemon juice are mixed with a cup of water (spring preferably) and heated until boiling.

And for an old-fashioned winter soup Eleanor Lowenstein, who runs the Corner Book Shop in Manhattan and who has published a Bibliography of American Cookery Books, 1742-1860, picks this Chestnut Soup from Miss Leslie's New Cookery Book, originally published in 1857 by T. B. Peterson. "Make, in the best manner, a soup of the lean of fresh beef, mutton, or venison (seasoned with cayenne and a little salt), allowing rather less than a quart of water to each pound of meat, skimming and boiling it well, till the meat is all in rags and drops from the bone. Strain it, and put it into a clean pot. Have ready a quart or more of large chestnuts, boiled and peeled. If roasted, they will be still better. Put the chestnuts into the soup, with some small bits of fresh butter rolled in flour. Boil the soup ten minutes longer, before it goes to table."

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TOM YEE
Behind the scenes: three great appliances that help put the super in our super kitchen on pages 56 to 61.

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## WATER continued from page 67

Whether water is altered by subtraction or addition, today's goal is not pure water in the chemical sense nor pristine water in the natural sense, but water of the highest man-made "quality." For the quality of our water affects almost every part of our lives.

To begin with the most mundane: We need quality water for the care of our possessions -to assure them esthetic as well as hygienic cleanliness plus long life. For washing dishes, quality means soft water, the hotter the better. Hard water often leaves chemical deposits on the machinery of dishwashers, which considerably shortens their lives. Hard water is also responsible for the visible spots that show up on glasses, china, and silver-usually they are deposits of chemicals left after drops of water have evaporated and they make good breeding places for bacteria. Hot water is the key to thorough sani-tizing-most restaurant dishwashers are designed for a final rinse of $180^{\circ} \mathrm{F}$. Water that hot flowing from your kitchen faucet might be rather a problem, but some
makes of dishwashers have builtin heaters that boost the water temperature higher than you would be likely to want for anything else.

The U. S. Department of Agriculture once made a series of dishwashing experiments in which the variables-degree of water hardness, temperature, and amount of detergent-were combined in several different ways. Soft water proved definitely more efficient than the hard, and when soft water was tested at five different temperatures, the dishes got cleaner as the heat went up. But when only the concentration of the detergent was varied, it turned out that doubling the amount did almost nothing to improve results (going to show that if a little is good, a lot is not necessarily better).

The same kind of watersoft and hot-is what's needed for washing clothes. Most commercial laundries, who should be experts in the matter, have their own water softeners and heat the water to $160^{\circ}-180^{\circ} \mathrm{F}$. for white clothes, $110^{\circ}-120^{\circ}$ for colored. But they admit that pampering
the colors means the clothes don't get quite as clean.

You can't talk about water for washing these days without getting into the detergent-versussoap controversy. Dr. Mary E. Purchase, associate professor at the New York State College of Human Ecology at Cornell says most nonphosphate detergents now on the market contain sodium carbonate (washing soda), which in hard water poses problems similar to those caused by soap: Dirt removed from one spot is likely to settle on another, especially on synthetic fibers like polyester and nylon, and when the fabric is dried it is stiff and harsh. But you won't have these problems with soft or softened water, she says.

A spokesman for the Maytag Company, which makes both dishwashers and clothes washers, states flatly that dishwashers will not give satisfactory results with soap. (He reminds us that although dishwashers were on the market before World War I, they were never really accepted until synthetic detergents were developed for them after World War II.) But he sees no reason why clothes washers in use today cannot work with natural soap "provided both the hot and cold water supplies are truly soft and that means less than 3 grains hardness." In many communities with softening plants, however, he claims the water comes out of the tap at from 5 to 8 grains hardness, too hard for soap unless it is further softened by home equipment.

How clean do clothes really need to be? Dr. Theodore F. Wetzler, Jr., assistant professor of microbiology at Colorado State University, gives some of the answers. Sterility, or total absence of microbes, is seldom mandatory even in hospitals, he says, although for such things as bed linens, table linens, towels, and diapers it is still a desirable goal. But hygienic cleanliness, he claims, differs only slightly from simple visual cleanliness-"'we expect microscopic as well as other soil to be removed." In commercial laundering it usually is, according to research at Colorado State, but home laundering often leaves something to be desired. Most bacteria cannot thrive on damp, clean linens, Dr. Wetzler explains, but to certain species, insoluble soap residues on home laundered clothes offer "superb nutrition."

Testimony to the merits of soft water for bathing and shampooing is the centuries-old practice of collecting rain water. (Today it may not be so soft in localities where it picks up foreign elements from polluted air.) Dr. Jay G. Barnett, a dermatologist with the Orentreich Medical Group in New York City, points out that with hard water it is much harder to rinse soap completely from the skin. That slick, smooth, clean feeling rapidly changes to stickiness because of precipitated soap curds. And hard water soap curds can entrap and hold live bacteria on the skin just as they do on dishes and fabrics.

In hair care, water quality is very important, says Dr. Barnett. With soft water, hair washed with soap is cleaner, more manageable, softer, more lustrous and better looking than hair washed with detergent. But with hard water it's just the opposite-soap curds are as bad for hair as for anything else. Experienced hairdressers say hard water also creates problems with permanent wave solutions and hair coloring -makes curls look less natural and colors uneven or off key.

Water quality is even a factor in simple hygiene. Dr. William E. Homan, senior physician at White Plains, N.Y., Pediatric Center, who claims that most hand-washing is a farce ("I have often been able to culture more disease germs from a child's hands immediately after washing than before"), says that washing rids the hands of germs more by removing them than by killing them. "Thus the type of water used is significant. Soft water is far more detergent than hard, and therefore more efficient in ridding the hands of oils, dirt, dead cells, and germs."

Keeping clean is not the only reason for bathing. Hot baths increase the metabolic rate, have a definite sedative effect, diminish pain caused by disorders of the joints. Exercising under water strengthens the muscles. And splashing around in water is just plain fun. Dr. Anna Kara, assistant professor of physical medicine at Cornell Medical College, corrobcrates the theory that swimming is the best of all exercises. "Perhaps the reason so many people enjoy it," she adds, "is because it permits us to defy, to a certain extent, the law of gravity. Swimming is the nearest thing to flying in air, and you can do it without any machines."

Asked if the chlorine added to the water of community swimming pools is bad for the skin, Dr. Kara replies that she has rarely come across a case of skin irritation caused by the highly chlorinated therapeutic pools in hospitals. But she always advises patients to shower well after they come out of the pool as well as before they go in. Hair-care experts add that women who let their hair get wet in a chlorinated pool should be careful to rinse it thoroughly when they come out.

Whether water is an actual ingredient in cooking or simply used in preparation, its quality has a pronounced effect on the appearance, texture, and flavor of food and beverages. You may not be aware of this if you have grown used to the water that comes from your tap. But commercial food processors are very much aware of it and go to surprising lengths to see that their plants are supplied with justright water. Which kind of water is just right can be very tricky. Bakers find that too soft water is apt to make their dough too sticky, while hard water makes it too stiff. Canners know that hard water makes peas and clingstone peaches too hard, even though it helps to firm up tomatoes and certain fruits. Cooking water that is very alkaline (hard) may give a yellowish tinge to rice, cauliflower, potatoes, and white onions while it will make most green vegetables go greener. Sulphates in high concentration can also cause discoloration, and phenols can react with chlorine in water to form chlorophenol, which gives food a medicinal flavor. In your own kitchen you don't have to be too concerned about most of these reactionsdissolved chemicals from the food itself will help to neutralize them. But they underline the fact that the better your water, the better your cooking will be.

Most important of all is the water we drink. It is the only use of water for which we have a national criterion of quality: the U. S. Public Health Service Drinking Water Standards. And fifty years of effort by local health boards to make community water supplies measure up to these have brought about a dramatic decrease in water-borne diseases. There are still a few standouts like the infectious hepatitis that immobilized the Holy Cross football team in the fall of 1969 and the 1965 outbreak of salmonellosis in Riverside, Calif. In both
cases, things that might have been done to the water supply had not been. But today we ask for-and can get-a good deal more from drinking water than safety from communicable and virus diseases. Researchers are constantly looking for ways in which water can make healthy people healthier.

Theoretically, water is a nutrient. Although it has neither calories nor vitamins, it contains trace elements essential to life. But the amounts are microscopic compared to those in food. Dr. Henry A. Schroeder, professor emeritus of physiology at Dartmouth Medical School, says water contributes only .5 to 6.5 percent of the trace elements found in food, and except in extreme cases will not make up the difference between deficiency and adequacy. Fluoride is the big exception. Zinc, according to one authority, may be another.

So why should we drink water? To replenish what the body loses. When you add up the average daily water loss in urine, perspiration, expired air, and "insensible" perspiration from your skin, then subtract the average daily input in the way of beverages and food (bread is 33 percent water; lean steak is 70 percent), you are left with a deficit of about a quart. That is what you need to drink, straight, to even the tally. A few extra glasses won't hurt, especially in the case of prolonged perspiration from exercise or tropical temperatures. At such times, if you suddenly feel you are about to fall flat on your face, a glass of water will prove a quicker picker-upper than a shot of $\mathrm{B}_{12}$. That faint feeling is the body's way of making you restore the water balance. (It also indicates loss of salt, which likewise needs to be replenished.)

Physicians also advise that you take aspirin or any other tablet or capsule with a full glass of water-not merely enough to get the pill down. This may help to make the medicine work faster (since the water facilitates its getting into the blood stream) and also helps to avoid the stomach irritation so many medicines are guilty of.

There is lots of argument among medical researchers over the role that water quality plays in protection against non-communicable diseases like heart disease. Several studies in the U. S. and other countries have turned up statistical evidence that fewer people die from heart disease in

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hard water areas. One scientist actively involved in the subjectDr. Terence W. Anderson, associate professor of epidemiology and biometries at the University of Toronto-says "I am 90 percent sure that there is a cause-and-effect relationship between water composition and heart disease, but I have to admit that I am not absolutely certain. And at this time I really have no idea whether it is hardness that is important, or whether it is something else in the water that happens to run parallel to hardness."

His account of the search for "factor ' x '" reads like a whodunit. "Assuming that ' $x$ ' really exists, it follows that it is either a harmful element present in naturally soft water, or a beneficial element present in naturally hard water. If the former, then it must be a trace element, since naturally soft water almost always has a very low mineral content. If the latter, calcium and magnesium would appear to be the most obvious candidates since they are, after all, the two elements mainly responsible for the hardness of water. However, our food contains relatively large quantities of calcium. . . . Another possible explanation of the difficulty we are
having in pinpointing ' $x$ ' is that the effect of water composition may be indirect rather than direct. Our factor ' $x$ ' could be either hindering or facilitating the absorption of something in our diet or it could be influencing the bacterial composition of our large bowel."

Dr. Henry Schroeder, who first drew attention to the correlation between water hardness and heart disease, recently came up with the theory that "factor ' $x$ " is cadmium, which naturally soft water, he says, picks up as it travels through the pipes, not only galvanized iron pipes, but copper pipes and plastic pipes. "It is clear that cadmium is a factor in human high blood pressure," he reasons, "and about half the people who suffer heart attacks have high blood pressure." The chemical experts of the American Water Works Association take issue with Dr. Schroeder's hypothesis, but if you suspect you have corrosive water, it wouldn't hurt to heed his advice: Before you draw water for your morning coffee, let the water run to flush out what has been standing in the pipes overnight. And since hot water is more corrosive than cold, try not

Continued on the next page

## WATER continued from the preceding page

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have been greeted as scandalous, but that practice is not as fraudulent as it may sound as long as the products are not labeled "spring water." Different brands of water vary considerably in taste, ranging anywhere from the blandness of distilled water to the oomph of mineral laden spring water. Try them. You may or may not like them-or be happy to pay the price.

One whole school of water technologists today is dedicated to what they call "new" water, which may mean salt, saline, or brackish water made fit to drink. Or it may mean recycled water, which strictly speaking is nothing new. Scientists assure us that not one drop of water has been added or subtracted from the earth's supply since the world began. The glass of water you just drank, they'll tell you, went through the body of an American Indian 300 years ago-or more glamorously, through Cleopatra as she floated down the Nile. But as more and more of us tend to congregate in metropolitan areas, it may become necessary to recycle water on a shorter term basis. Technologically, this is no
problem. It has even been demonstrated that complete recycling of water at home is feasible, though not yet economical. Currently the General Dynamics Corporation is conducting, under the sponsorship of the U. S. Environmental Protection Agency, a partial recycling program in eight households. Only nonsewage waste is being reused and its uses are limited to toilet flushing and lawn irrigation. This domestic variation of the "dual" system advocated by many water experts is based on the sensible premise that you don't really need drinkable water for scrubbing the kitchen floor.

Water treatment, of course, is not a substitute for sewage treatment or any other method of preventing the pollution of lakes and rivers-the two should go hand in hand. Water treatment can give you water that will work for you, build you up, protect you from illness, improve your looks. As one scientist told a water quality symposium, "Water is a sporty, joyous source of things and it should be used in this way." Man can make it beautiful in spite of the witch.

## HAPPY HOUSEKEEPER continued from page 23

Our Ping-Pong table is used for almost everything but Ping. Pong because it makes such a wonderful worktable. I use it regularly for folding the laundry and wrapping packages, and, of course, it's a busy place at Christmastime when we wrap all the presents and address cards. I keep my sewing machine in a nearby cupboard and set it up on one end of the table so I'll have plenty of room for my sewing basket and scissors and all the other things I use. Naturally the big flat table is perfect for cutting out patterns. Tom uses the table when he's paying the monthly bills, and the children use it for all their projects-painting and drawing, model making, game playing. To protect the family vision, we've had an overhead fluorescent light installed. The table may take up most of the room, but we think it's certainly worth it.

## I found $a$ handy gadget to keep fat from splattering out

 of a pan. Called a Splatter Screen, it's a round aluminum frame holding fine meshed aluminum streening. It lets the steam escape so sautéed foods stay crisp. You can add water or oil while you're cooking (pour it right through the screen), and you can watch the food as it cooks. The Splatter Screen becomes an efficient strainer when you want to pour off fat or cooking liquids. And if it is put over boiling water, it turns into a steamer-great for reheating vegetables or melting butter without burning it. Ronco's Splatter Screen, a cinch to clean, is about the size of an average skillet. I got mine at our hardware store.

Margaret was found in a back lane of Calcutta, lying in her doorway, unconscious from hunger. Inside, her mother had just died in childbirth.
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The Famous Superdiet - Dr. Atkins' Diet Revolution reveals in full the recently discovered weight loss secret.
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en to his story:
ly 10 years out of medical school I was already a fat 40 pounds overweight, with 3 chins! Yet I have no power - even the idea of hunger scares me. I knew I d not follow a low-calorie diet for even a single day." ead about FMH, and by using his own body as a ratory, discovered that he could command it to make miracle hormone whenever he wished. The FMH ched his body engine over to a different "fuel" - it ed to burn fat. He continued to eat all he wanted ever felt hungry, and at the end of six weeks, he had 28 pounds! And the diet revolution was born.

## Why the Diet Revolution works.

Atkins found a simple test that would tell him when ody engine was burning fat. And 65 employees at T agreed to try it. Every single one lost as much ht as he wanted - yet not a single one was hungry! the news got out - and thousands, many of whom $50-100$ pounds overweight, flocked to Dr. Atkins' e for treatment.
any wonder celebrities like Roberta Peters, Buddy kett and David Susskind have told the world about miracles this diet works? Is it any wonder his diet nade news in magazines like Vogue, Town \& Country, nopolitan, and Woman's Day?

## Read these

incredible true stories!
size 18 to size 8 ! Beatrice G had been taking diet since she was a fat 9 -year old! Yet when she came to Atkins, she still weighed 166 pounds and wore size Now she's size 8 and still losing! "The best part is ow I'll never have to go hungry again!" she says.
s 85 pounds in 17 weeks. Herb W weighed 367 ds at the age of 32 . He had tried diet pills and

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## WHICH OF THESE DIETING MISTAKES DO YOU MAKE?

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2. Do you skip lunch entirely and nibble a tiny box of raisins? "WRONG," says Dr. Atkins. "Have some chicken kiev dripping with melted butter!'
3. When you eat out, do you go off your diet? "No need to," says Dr. Atkins, and tells you how to enjoy Chinese food, French food, Italian food right from the menu.
started and quit Weightwatchers several times. After four months of Dr. Atkins' diet, he had lost 85 pounds - yet he was never hungry. I'm losing, but I'm not on a diet. I'm eating up a storm," he says happily. "It's
fantastic!" fantastic!"

## Why Dr. Atkins' <br> diet will work for you.

1. Unlike any other diet - you control your own body chemistry to burn off unwanted fat and keep it off (You're different from everybody else on earth, so Dr. Atkins' simple test, which you make every day, lets you know it's working, and lets you regulate your weight precisely.)
2. Unlike other methods - there are no pills to take, no calories to count, no strenuous exercises, and not a single hunger pang to suffer through! (You'll probably eat better than you ever have - and feel better too because you can lose while enjoying such luxuries as berries with whipped cream, bacon, cheeseburgers, butter, fried foods, all kinds of meats, poultry and seafood - even asparagus with real hollandaise sauce!)

> The Diet Revolution tells you everything you need to know.

Why diet pills are bad news (p. 88)
How to start your body producing (FMH) - the fat mobilizing hormone that flushes out and burns up your excess weight (p.16)
How to test yourself and regulate your rate of weight loss (p. 126-130)
How to tell if brand name foods and diet drinks are okay - and which to beware of (p.163)
Why calorie counting and starvation diets are a hoax (p. 94)

The 4 simple things you do to start (p. 123)
and 94 pages packed full of luscious meal plans, food lists and recipes - and you can eat every one!
If you read and follow Dr. Atkins' advice, four beautiful things will happen to you.

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Now baby eats with the family! Safe new chair clamps securely to table or counter, so baby can't fall or climb out. Chromed steel frames, plastic seat and back Great for travel and sturdy enough for up to 4 year olds. $\$ 7.95$ plus $95 c$ post. Catalogue, 25c. House of Minnel, Dept. 513E, Deerpath Rd., Batavia, IL 60510.


KEYS IN STITCHES Lollipop flowers, daisies or golf, tennis, bowling, sailing or skiing designs on $2^{\prime \prime}$ by $31 / 2^{\prime \prime}$ key tags. Stitch any initials on the back. Complete kit of canvas, Persian wool, design chart, needle, chain, easy-to-follow instructions. \$1.95 each, six, $\$ 9.95$. Add 45 c postage. Classic Corner, 12 H Water St., Bryn Mawr, PA 19010.


CHINESE BAMBOO
Centuries old Chinese craft produces a petite pair of nested tables. Tortoise-toned strips form tops; legs are made from sturdy poles. Fair foil for a favorite figure, a prize plant. And strong enough to sit upon! Larger size, $8 \frac{1}{2 \prime \prime}$ h., $9 \frac{1}{2} 2^{\prime \prime}$ sq.; smaller, $71 / 2^{\prime \prime}$ h., $71 / 22^{\prime \prime}$ sq. The set, $\$ 12.95 \mathrm{ppd}$. Elizabeth McCaffrey, HG1, Northport, NY 11768.


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Fine deerskin leather shoes go everywhere on daily rounds and stay soothing on the foot, whatever. Cushioned insole from heel to toe; lightweight $1^{\prime \prime}$ cushioned crepe sole. Revelation by Desco in black, bone, white or tan. Sizes 4 to 12; AAAA to EE. $\$ 18.95$ plus 75 c post. $101 / 2$ to $12, \$ 1$ extra. Sofwear Shoes, HG1, 1711 Main St., Houston, TX 77002.


SPARKLING SPRAY MIST
Crystal chandeliers, sconces and candelabra come bright and clear after a spray shower of silicone mist from an easy-to-handle 7 oz . can. No need to wipe; just let dry naturally. Don't dismantle crystal to achieve blazing beauty. $\$ 1.98$ plus 45 c post. Anthony Enterprises, HG1, 585 Market St., San Francisco, CA 94105.


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Door plaque with boy's or girl's silhouette, name and birth date marks the child's own special and private territory. Solid walnut with ring for hanging. Two lines with 18 letters and spaces on each (specify). Measures $3^{\prime \prime}$ by $4^{\prime \prime}$, $\$ 2.98$ ppd. Walter Drake, HG76, Drake Bldg., Colorado Springs, CO 80940.

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Start now on needlepointing ornaments for Christmas '73. Enchanting angel with a holly halo ready to be stitched and backed with felt. Kit includes design on masked canvas, yarns in white, green, red and heavenly blue, backing, instructions. $31 / 2^{\prime \prime}$ dia. $\$ 5$ ppd. Downs, Dept. 1401, Evanston, IL 60204.

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## SUPER KITCHEN

Page 56:
"Spectra III" kitchen cabinet modules: available mid-1973; cabinet sizes $12^{\prime \prime} \times 24^{\prime \prime}$ to $60^{\prime \prime} \times 78^{\prime \prime}$. For information write to: Marketing Department, Mutschler, 302-358 South Madison, Nappance, Ind., 46550. Light neutral gray and Bittersweet plastic laminate with matte finish by Formica. $\$ 1.25$ per sq. ft . Love seat: $69^{\prime \prime}$ wide x $34^{\prime \prime}$ deep x $25 \frac{1}{2} 2^{\prime \prime}$ high, \$752. Founders Furniture. Pillows: patchwork, $16^{\prime \prime}$ sq., $\$ 12$; $18^{\prime \prime}$ sq., \$16. Far Eastern Fabrics. Cube table: $20^{\prime \prime}$ sq. x $18^{\prime \prime}$ high, $\$ 95$. Founders Furniture. Laequered basket: \$4. At ffolio '72. Navajo rug: $4^{\prime} 10^{\prime \prime} \mathrm{x}$ $3^{\prime} 2^{\prime \prime}, 8480$. At American Indian Arts Center. Lamp: $42^{\prime \prime}$ chrome stem, $\$ 49$. Robert Sonneman Associates. Dining table: $48^{\prime \prime}$ diameter $\times 29^{\prime \prime}$ high, \$184. Vecta Contract. At Advance De. sign. Side chairs with rush seat: $19^{\prime \prime}$ wide x $20^{1} / 2^{\prime \prime}$ deep x $32^{\prime \prime}$ high, \$89. Founders Furniture at Bloomingdale's. Quilt: one of a kind antique quilt. By appointment only at The Quilt Gallery. "Corkwood" wall covering: $12^{\prime \prime}$ sq. tiles $\times 1 / s^{\prime \prime}$ thick, $\$ 1.20$ per sq. ft. Expanko Cork Co.* "Earthstone," Alabaster white, glazed ceramic tile: $8^{\prime \prime}$ sq. $\$ 3-\$ 6$ a sq. ft. installed. Florida Tile, a member of The Tile Council of America. Recessed lighting: multigrooved, black cone, $\$ 25$; wall washers, $\$ 40$. Lightolier, Gas cooktop: four burner, satin chrome finish, \$110. Caloric Corp. Mirro-Matic pressure canner: $\$ 40$. Mirro Aluminum Co. Canning jars: Kerr Class Manufacturing Co. Wire vegetable baskets: large, $\$ 5.50$; small, 84.50 . At La Cuisinière. Chipwood baskets: set of $5, \$ 3$. At The Basket Station. 2-eup measuring cup: 89c. Pyrex from Corning. Scale: weighs up to 25 lbs ., \$15. At Seabon. Sink: stainless steel double compartment, \$149. Elkay Manufacturing Co. Faucet: $8^{\prime \prime}$ swing spout with handle ball, spray attachment, hand-lotion and soap dispenser. \$40. Delta Faucet Co. Hot-water dispenser: $\$ 80$. KitchenAid Division of Hobart Manufac turing Co. Superba food-waste disposer: $\$ 150$. By KitchenAid. SecuriCom: \$218, NuTone Division of Scovill. Comfort Control Center: \$50. By Honeywell. "Corsair" clock: \$98; "Corsair" barometer: \$107, both in chrome. By Seth Thomas. Black and white $5^{\prime \prime}$ TV : with optional battery pack, \$117. Sony.
"Char-Glo" gas grill: \$260. Waste King Universal. Plants, garden materials by Lambert Landscape Co. Tru-Test Paint at True Value Hardware Stores. Wall planter: $91 / 2^{\prime \prime} \mathrm{x}$ $43 / 4$ ",$\$ 1.69$. At The Basket Station. Page 57:
"Ingrid" stoneware: $\$ 22$ for 5 piece place setting. "Tivoli Copenhagen" decanter: $\$ 30$; "Tivoli Copenhagen" cordial glasses: $\$ 7.50$ each; stainless steel Platter: $\$ 12$; "Copenhagen" flatware: $\$ 11$ for 5 piece setting. By Svend Jensen at Rosenthal Studio-Haus. Pitcher: \$7. At The Pottery Barn. Glass bowl: $\$ 27$. At Bloomingdale's. Copper and stainless steel 2-qt. Saucepan: $\$ 24$. From Revere's Limited Edition Collection. At L. S. Ayres. 101/2" Quiche pan: \$11.50. To order from Harriet Amanda Chapman. "Glass Flask" decanter: $\$ 10$. Creative Glass by Corning at Altman's. Acrylic salad bowl: $\$ 8$; Salad servers: \$5. At Bloomingdale's. Natural colored Basket: At John Rosselli. Pillow on couch: 18" sq. \$16. Far Eastern Fabrics. Mexican Basket (shown on table) : $\$ 10$. At American Indian Arts Center. Decanter and ice bucket: $\$ 27$; Capri glass salt set: $\$ 10$. At Bloomingdale's. "Orvolo" goblets: $\$ 7.50$ each. By Arabia, at Bloomingale's. "Tiger Lily" plates: $\$ 56$ for 8 . At Mill Pond House. "Lyric" sterling silver flatware: $\$ 66$ for 5 piece setting. Gorham. Napkins: $\$ 7.50$ for 6 . At Cache Cache. Gingham place mats: $100 \%$ cotton, $16^{\prime \prime}$ diameter, $\$ 6$ each. At Parrish Weodworth. Electric typewriter: $\$ 170$. By Olivetti, at Macy's. Kevi chair: $\$ 90$. At Design Research International. Lucite memo pad: \$15. By Eaton at Bloomingdale's. Desk lamp: $\$ 30$. Lightolier. At Abraham \& Straus. "Americana" dryer: \$240; "Americana" washer: $\$ 290$. Both by General Electric. Oval basket: $\$ 36$ for set of 3. At The Basket Station. Baskets: with lids and handles, $\$ 12$ each. At The Market at Willow Creek. Assorted linens and kitchen towels by Vera. Orange and goldterry towels: Solid "Blaze"; patterned "Nordic Lights." Hand, \$1.10; bath, \$1.60; washcloth, 60 c . Cone Mills. Humidity indicator: \$7. Airguide Instrument Co. At Abercrombie \& Fitch. Page 58: upper left :
Accessories on back wall:
Coeur À La Crème baskets: $6^{\prime \prime}, \$ 2$; 8", \$3. At Bazaar De La Cuisine.
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iter:
"Taverna" erystal: By Arabia, 24 oz., $\$ 5$ each. At Bloomingdale's. "Max 1 " plastic dinner plates: $\$ 2.25$; cups, $\$ 2$; bowls, $\$ 1.60$. By Heller Designs, at Bloomingdale's. Tablecloth: 52" square; four Napkins: each 17" sq., \$10. At Henri Bendel. Pepper mill: \$8. At The Pottery Barn. Outing kit: insulated fabric bag with two quart bottles, $\$ 17$; twin pint vacuum bottles, $\$ 9.95$. By Ther-mo-Serv. Large glass jars: $\$ 1.50$ each. At The Pottery Barn.

Marble cheese tray: $\$ 20$; Plastic relish tray: $\$ 15$. At Bloomingdale's. Ice bucket: $\$ 16 ;$ Matching tray : $\$ 7$. Tumblers: $\$ 9$ for set of 6 . At Bergdorf Goodman. Squeezer: $\$ 1$; Cocktail shaker: \$4; Knife: \$3; Ice tongs: 69c. All by Ekco. Cutting board: $\$ 3$. At The Pottery Barn. Basket (holding limes) : $\$ 3$, one of a set of 5. At The Basket Station.

## Page 59:

Refrigerator/freezer: stainless steel finish, $48^{\prime \prime}$ wide x $24^{\prime \prime}$ deep x $84^{\prime \prime}$ high, \$1,421. Sub-Zero Co.

## On the table:

Copper casseroles: $\$ 18$ each. At


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SHOPPING INFORMATION continued from preceding page
Bazaar De La Cuisine. Rope trivets (under casseroles) : $\$ 1.25$ each. At Williams-Sonoma. "Pare Monceau" tablecloth: $100 \%$ cotton, $48^{\prime \prime}$ wide, $\$ 15$ per yd. From Ben Morris Prints. ${ }^{\text {. }}$ Basket: centerpiece, \$12. At The Gazebo. Basket (holding breadsticks) : $\$ 2$; Salts: $\$ 1$; Pepper mill: \$8. All at The Pottery Barn. Orange napkins: $\$ 1.25$ each. By Vera, at Lord \& Taylor. "Tivoli Copenhagen" goblets: $\$ 7.50$ each; "Ingrid" stoneware: $\$ 22$ per place setting; "Copenhagen" stainless flatware: $\$ 11$ for 5 piece setting. All at Rosenthal Studio-Haus.

## Page 60:

1. Casserole: brown enamel on cast iron: \$26. Copco at Bloomingdale's. Baskets: suitcase-like, $\$ 14$, set of 2 ; oval with handle, $\$ 36$ set of 3 . At The Basket Station. Trunk baskets: $\$ 30$ each. At The Gazebo. Three African baskets: $\$ 10-\$ 60$. At John Rosselli. Wooden tubs: $\$ 20$ each. By Lambert Landscape Co. 2. Sewing machine: The Golden Touch 'N' Sew, $\$ 460$. By Singer. 3. Terrarium: $\$ 250$; Clippers: $\$ 3$. By Lambert Landscape Co. To order plans for "Sunlyt" greenhouse write: Department \#6, Lord \& Burnham, 2 Main St., Irvington, N.Y. 10533. 4. Basket (shown with yellow flowers) : At John Rosselli. 6. Builtin VacuFlo vacuum system: By H-P Products. 7. Built-in toaster: \$85. By Edison. 8. Built-in hot food server: with two drawers, $\$ 290$. By Edison. 10. Fabric: By Singer. Sewing accessories: By Talon. 11. Ironing table: $\$ 19.50$. By Lady Seymour at Foley's. Self-cleaning iron: $\$ 30$. By General Electric. 13. Gas broiler/ oven unit: black glass doors, $\$ 250$. By Caloric. Percolator: 30 cup, $\$ 40$. West Bend. Roaster: oval $20^{\prime \prime}, \$ 30$. By Magnalite.
Shelf \# 1 :
Cheese preserver: $8^{\prime \prime}$ round with knife, \$9. "Orvolo" bowI: \$27. By Arabia. At Bloomingdale's. Glass vase candle holders: $\$ 12$ each. At Seabon. Pasco glass cake plate: $\$ 16$. At The Pottery Barn. Glass baskets: clear and green, $\$ 40$ each. At Rosenthal Studio-Haus.

## Shelf \#2:

White cabbage earthenware: covered tureen, $\$ 15$; salad bowl, $\$ 8$; servers, $\$ 4.50$; covered soup bowls, $\$ 4.50$ each; dinner plates, $\$ 3.25$ each; salad plates, $\$ 2.25$ each; cups and saucers, $\$ 4.50$ each. At Mayhew. Green leaf plates: $\$ 3.50$ each. At Mayhew. "Deauville" coffee pot, sugar, and creamer: $\$ 30$ the set. At Far Corners. Green cabbage sugar bowI and creamer: $\$ 9$ each. At Mill Pond House.

## Shelf \#3:

"Monster" burgundy glasses: $\$ 4.95$ each. At The Pottery Barn.
"Orvolo" red wine glasses: 10 oz., $\$ 7.50$ each. By Arabia. At Rosenthal Studio-Haus. \#5 goblets: by Svend Jensen. $\$ 5$ each. At Rosenthal Studio-Haus. Beer mugs: $\$ 15$ for set of two. By Arabia. At Design Research, New York and San Francisco. "Tivoli Copenhagen" champagne glasses: $\$ 12$ each. By Svend Jensen at Rosenthal Studio-Haus. Old-fashioned glasses: $\$ 9$ for set of six. At Bergdorf Goodman. Creative Glass cups and saucers: cups set of $8, \$ 4$; saucers set of $4, \$ 6$. By Corning at Bloomingdale's. Glass "Prisma" dishes: $\$ 6$ set of 6. At Bonnier's. Shelf \#4:
"Spanish Geranium": Italian pottery, $\$ 21$ for five piece place setting. At Mayhew. "Max I" soup/fruit bowls: $\$ 1.60$ each. Heller Designs at Bloomingdale's. "Suvi" cups and saucers: $\$ 8$. By Arabia. At Lord \& Taylor.
Shelf \#5:
Wood nuteracker tray: $\$ 13$. At Marshall Field. Marble Lazy Susan: $15^{\prime \prime}$ diameter, $\$ 20$. At Bloomingdale's. Shelf \#6:
"Oliivi" china: dinner plates, \$6; butter plates, $\$ 3$; Casserole with lid: \$19. By Arabia at Marshall Field. Orange plastic plates (shown stacked) : $\$ 2$ each. Heller Designs at Bloomingdale's. "Briar" stoneware cup and saucer: \$6. At Bamberger's. Shelf \#7:
Green pottery plates: $\$ 3.75$ each. At Mill Pond House.

Spatterware bowls: $\$ 23$ for set of 4 . At La Cuisinière. 14. "Magnum" stainless steel flatware: $\$ 24$ for 5 piece setting. By Lauffer. At Bonnier's. All kitchen knives by Ekco. From \$2-\$7. From their Flint Stainless Steel Collection. At Macy's.

Bowl: brown and cream ceramic, $\$ 5$. At La Cuisinière. 5-speed hand mixer: \$19. Hamilton Beach. Glass jar: $\$ 1.50$. At The Pottery Barn. 15. "Superba" dishwasher: $\$ 380$. KitchenAid division of Hobart. Trays: left to right: light brown acrylic trays: round, $\$ 9$; rectangular, $\$ 13.50$. Strié acrylic trays: small, $\$ 19$; large, $\$ 22$. At Mayhew. "Flora" tray: \$13. At Mayhew. "Flora" glass bowl: $\$ 22$. By Arabia. At Bonnier's. Green cabbage plates: $\$ 3.50$ each. At Mayhew. 16. All linens: By Vera. 17. Copper fondue set: $\$ 42$ (2.50). From Revere's Limited Edition Collection. At Hammacher Schlemmer. "Lyric" sterling silver flatware: $\$ 66$ for 5 piece place setting. Gorham. 18. Foodmatic Food Preparation Center: $\$ 424$ with all attachments. Ronson. 19. Ice-cube maker: $\$ 290$. By

Continued on page 132

# Gardeneres motes 

HY JAMES FANNING



A farm at your window sill? Well, not a whole farm, but at least enough vegetables and herbs to brag about. The House \& Garden super kitchen on page 56 has space for cascades of flowering plants, plus oranges and lemons and a variety of herbs. Tomatoes, lettuce, radishes, carrots, even cucumbers and squash, are also likely subjects for windows of any size. The only must is daylong sunshine. A single plant in a 10 inch pot, for instance, will produce as many as forty tomatoes in the course of an indoor growing season. Tie the stem to some kind of support as it grows, remove the side shoots, and hand-pollinate the flowers with an artist's brush. (If this operation sounds too technical, ask your local florist how to do it: It's actually very simple.) By the time the fifth cluster of fruit has ripened, the plant has done its duty and should be discarded. Lettuce and root crops like radishes may be grown in ordinary wood flats or in pots, depending on which best fits your available space. If you have a greenhouse, a tiny corner of a growing bench will produce just about all he lettuce and assorted crops your family's table can use. Actor E. G. Marshall uses a corner of his greenaouse bench for Bibb lettuce, basil, dill, thyme, and carrots. The corner is reseeded as fast as it is cropped and he Marshalls have a winter-long supply of fresh vegetables. Above: Mr. Marshall nibbles a new radish while a tomato plant at his elbow reaches toward the roof. Worst insect enemy of the window sill vegetable garden s white fly, which particularly loves the same warm, bright conditions that favor crop plants. Frequent misting will go a long way toward keeping the pests under control and is good for the plants, too. For severe infestation in aerosol bomb containing nicotine, rotenone, or pyrethrum will do the trick. Use it according to instructions, f course, and wait a day or two before eating whatever has been sprayed.

Every indoor gardener worthy of the name is constantly on the looliont for new kinds of plants to grow, new, and, we hope, better ways of caring for them. One of the best ways of doing this is with the help of The Complete Book of Houseplants by Charles Marden Fitch (Hawthorn, \$9.95) . Mr. Fitch's list of plants includes all the common omes plus emough unusual and rare varieties to captare your interest for many a season. The pictures are clear and make every plant easily identifiable. Growing instructions are concise and complete, with special attention for plants that need special treatment.

One of the loveliest plants to force for winter bloom is also one of the easiest. This is lily-of-the-valley, Convalleria majalis, whose sweet-scented white bells and bright green leaves, one of the delights of spring, are not as well known as they should be indoors. The tiny bulbs, usually called pips, should be planted a dozen to an 8 -inch pot. Sphagnum moss is the usual growing medium, but any moisture-holding material ike peatmoss or pearlite serves as well. Pips, with heir attached roots, may be simply jammed into a oot, making sure only that growing tips don't get oroken and all stand at the same level when the pot is full. Space between roots should be packed with what you're using as a filler, the whole business thoroughly
soaked and set in a dark, cool-but-not-freezing place until shoots are a couple of inches high. Then they may be set on a window sill or other spot with good light, watered liberally, and allowed to grow and bloom. This process takes almost exactly three weeks. Keeping the planted bulbs very cool slows the process down a little; too much heat won't hasten flowering, but simply grow runty flower stalks with blossoms that do not open properly. Bulbs, once forced, are not worth saving-put them in the compost. Lily-of-the-valley pips are available all year from John Scheepers, Inc., 63 Wall St., New York, N.Y., 10005, at $\$ 6$ for $12, \$ 33$ for 100 , ppd. Tell Scheepers when you want bloom and they'll ship at the right time.

Snow is about to start piling up, if it hasn't already. Disposing of the white stuff after it has fallen is one of the off-season jobs that fall to the gardener's lot. So the after Christmas lull nay be a good time to shop for a snowplow or its even more useful counterpart, a snow blower. Blowers, instead of pushing the snow aside, gather it up with a rotating auger and blow it out of a chute or nozzle, well away from the path you're clearing. Sno-Blitz, right, made by the Jacobsen Manufacturing Company of Racine, Wis., is on of the newest and most efficient blowers. It is lightweight, so may be lifted easily up and down steps, onto porches and patios, or even onto drifts, which it will proceed to chew from top to bottom. Safety is a watchword with Jacobsen, so the Sno-Blitz has a carefully shielded auger and a discharge chute that you cannot poke a hand into, even if you're foolish enough to try. It's about $\$ 135$ at all franchised dealers.


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THE GARDEN MART

Old as Adam yet newborn every spring is the gardening urge. Right now, with snow lingering on the frozen earth, imagination, sparked by books and garden catalogues, is paving the way to finer gardens in the approaching summer. Of course we've learned from last year's mistakes. Of course this year's weather can't be as bad as last year's was. But in any case our seedsmen, plantsmen and suppliers of tools and equipment stand ready to provide whatever we may need for a successful growing season. What we do with it is pretty much up to us. These same seedsmen and suppliers try, year after year, to persuade us to use the things they sell us wisely and well. Their advice is expert and clear to be understood if we only listen. So listen and learn and follow instructions and, who knows, maybe even the weather will cooperate if you give it a chance. One thing that only experience can teach, it seems,


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is how to budget your time and money. It makes no sense to buy more seeds and plants than your garden can hold or your work force-usually a single person-can look after. So plan ahead, and here again the catalogue can help you. Most of them tell how much space a packet of seed will plant. Some seedsmen go this one better by pre-spacing the seeds in soluble plastic tape, so that no counting-out or thinning is called for. All the gardener has to do is measure out an appropriate length of seed tape, cover it with soil, not forgetting to water, of course, whenever the rain is tardy. For the plants like tomatoes that need an early start indoors, peat pots are gaining favor year by year. The ones that are shipped in compressed form and expand like magic when soaked in water are wonderfully convenient. Plant 3 seeds to a pot, leave one to grow, plantout pot and all and then water and fertilize as usual. The job of watering itself has been vastly simplified by electrically timed controls that turn on sprinklers or soaker hose during the night or at odd daytime hours when everyone is away at work. The plants, too, are being constantly improved in hardiness, floriferousness and earliness of bloom and fruiting. Not least of the improvements available for today's gardeners are the new types of packaging and shipping materials used by mail order firms. Live plants of all kinds are arriving practically field-fresh, ready to take hold in gardens everywhere.

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## BUILDING AND REMODELING

1. "CERAMIC TILE MAKES A LOT OF SENSE IN A LOT OF ROOMS BESIDES THE BATH." Imaginative ways to use ceramic tile for added beauty and value throughout your home are pictured in this full-color booklet from the Tile Council. 25 c
2. GIVE YOURSELF SOME SUNSHINE TODAY that will last a lifetime by investing in a homesite in exciting Florida. Three booklets on Port Charlotte, Port St. Lucie, and Port Malabar open up a whole new world of leisure living. From General Development Corp.
3. DRAMATIZE ANY COLOR SCHEME WITH STAINLESS STEEL SINKS. Decorate with flexibility. Eliminate hard scouring and bleaching. Elkay Mfg. Co.'s 32 -page booklet is bursting with new ideas for kitchen, bath, laundry, and recreation room. 25 c
4. 1972 KENTILE FASHIONS IN FLOORS. A full-color 16 page catalogue showing a complete line of resilient tile in solid vinyl, vinyl asbestos, asphalt, and cork for every room in your home. Kentile Floors, Inc. 35 c
5. THE DISTINCTION OF DESIGN of Scholz Homes shows in full-color brochure from this leading manufacturer of custom homes in the $\$ 40,000$ to $\$ 150,000$ price range.
6. TURN A PLAIN BATHROOM INTO A DECORATOR'S DELIGHT with the aid of the Borg.Warner "Bathroom Planning Guide." 20 -page booklet illustrates bathroom plans that meet every family's needs. Includes helpful hints about walls, floors, color. 50c
7. THE LINDAL SYSTEM is depicted in a home-planning kit containing a 44 -page plan book with 96 designs, many in 4 colors, of precut cedar homes. Kit also includes specifications and prices, as well as helpful Question \& Answer booklet. $\$ 1$
8. KITCHEN PLANNING MADE EASY. Kit includes everything you need to plan your dream kitchen: trend-setting kitchen designs; cabinetry styles and finishes to match any décor; complete specifications and work sheet. International Paper Co. $\$ 1$
9. A DISHWASHER THAT SOAKS POTS AND PANS AUTOMATICALLY; a food waste disposer that's fast and quiet. A hot water dispenser as convenient as a "built-in teakettle," and a trash compactor. All detailed in 4 booklets from KitchenAid.

## DECORATING

10. ELEGANTLY DESIGNED TIMEPIECES to be enjoyed for generations are Barwick Clocks adaptations and reproductions of original antiques. Booklet highlights the finest in grandfather, wall, and chiming mantel clocks.

## 11. DECORATE FROM THE

 FLOOR UP . . . with Bruce hardwood floors. Choose from the 3 new high-fashion random-width plank floorings classic Cathedral, Old English, or Provincial-and create a look of enduring elegance in every room of your house. 12. page booklet. 25 c12. A CLOCK THAT TELLS CONSIDERABLY MORE THAN TIME-Ridgeway clock. Representative selection of floor clocks in a variety of wood finishes and decorator colors. Brochure includes timely tips on decorating your home.

## EATING AND ENTERTAINING

13. "MOVE INTO THE SIZZLING WORLD OF CHARGLO." Booklet illustrates the modern gas appliance that lets you enjoy outdoor cooking indoors. Gives your favorite foods the charcoal flavor without the charcoal mess. From Waste King.
14. THE DIPLOMATIC CHOICE-Marie Louise, the sterling flatware used at American Embassies worldwide. Part of the Frank Smith Collection. From R. Blackington \& Co.

## 15. "RICHARD DEACON'S

 FAVORITERECIPES." Among the choice recipes included in this 15 -page booklet are taste tempting Beef Teriyaki, Cordon Bleu, Bayou Soup, and many more. From Thermador.
## POTPOURRI

16. SPRING PLANTING subjects are described in Wayside Gardens' 216 -page full-color catalogue. Everything is included from annuals to trees. Also, refund certificate. $\$ 2$
17. BUILT-IN VACUUM CLEANING. Illustrated folder explains plug-in convenience of VACUFLO System. Dust and dirt are picked up, whisked through tubing to power unit located in
either basement or garage. Easy installation in new or existing homes. H-P Products.
18. ESCAPE TO ONE OF THE ORIGINAL 13 COLONIESTHE ONE THAT LOOKS LIKE A FOREIGN COUNTRY. South Carolina has a big, beautiful, 36 -page book that describes the art, architecture, customs, cuisine, and diversity of life in this wondrous state.
19. GERMINATION! That's the name of the game at George W. Park Seed Co. 116-page, fullcolor catalogue lists over 3,000 varieties of flowers and vegetables, plus a germination table and culture guides. New selections feature Blue Picotee Petunia with a unique white edging and a new Dianthus called Orchid Lace.
20. "CATALOG \# 710" is your guide to beautifully finished weather instruments, decorator clocks, new indoor-outdoor thermometers in traditional, contemporary, or Early American styles. For your desk or wall; in your office or home. From Airguide Instrument Co.
21. ADDING A SPECIAL QUALITY TO EVERYDAY THINGS, the Appalachian Spring catalogue presents a collection of American handcrafts bringing together the work of craftsmen from the 16 Appalachian States. Such as hand-quilted pillows, patchwork place mats, and handcrafted jewelry. $\$ 1$
[^5]
## SHOPPING INFORMATION

Scotsman. "Roma" highball glasses: $\$ 3.50$ each at Far Corners.

## SUPER BATH

Pages 62-63:
"Birthday Bath" tub: $371 / 2$ " $\times 72$ ", "Antique" fittings in brushed chrome. "Pennington" lavatory: 201/4" x 171/4". Both by Kohler. Ceramic Tiles: $2^{\prime \prime} \times 2^{\prime \prime}$, Continental Ceramics Corporation, a member of the Tile Council of America. "Polka Dot" wall covering: Tangerine and white, $\$ 19.50$ at Papier Peints.* Plaster Table: $\$ 390$. At That Special Something. Piqué: on chair, chaise longue and curtains. $\$ 3$ a yard. Russell Mills, Inc., at Macy's. Round Mirror: \$750; Chrome and glass table: $\$ 300$. Both by Seguin Mirror and Brass, Inc. Lamp: $\$ 309$. By Cedric Hartman, at Luten-Clarey-Stern.* Paint: pink and H\&G Tangerine high gloss. Tru-Test Paint at TrueValue Hardware Stores. Antique Bench: $\$ 300$; Console table: $\$ 975$. At Olivieri. Andirons: $\$ 90$; Fire tools: $\$ 220$. Both at Edwin Jackson, Inc. All Baskets: from The Gazebo.
On Counter Near Lavatory :
Framboise plate (holding soap): \$22.50; Crystal glass: $\$ 2.80$; Spode bowl: \$11; Crystal jar (holding cotton) : $\$ 45$; Glass pitcher (used for flowers) : $\$ 35$.
On Mantel:
Trellis pot: $\$ 35$.
On Lacite Bench Near Tub:
Pasco decanter: \$15; Long Pasco decanters: $\$ 22.50$; Vermeil box: $\$ 200$; Crystal shallow bowl: $\$ 65$. On Syric Maugham Table:

## Chamart egg box: $\$ 18$.

On Chrome And Glatw Table:
Ceralene octagonal plate: $\$ 10.50$; Square vermeil box: $\$ 270$. Every. thing at Tiffany \& Co. Benches: Lucite with shelves, $\$ 125$ each; Scale: chrome finish, $\$ 100$; Towel bar: acrylic, $\$ 19.50$ each; Toilet tissue holder: $\$ 16.50$. All at Hammacher Schiemmer.
Pages 64-65:
"Caravelle" bidet: $25^{\prime \prime}$ long x 14 " wide x 14 " high, "Rochelle" toilet: $281 / 2$ " long x $193 / 4$ " high. "Tobago" fiberglass shower stall: $48^{\prime \prime}$ wide x 36 " deep x 75 " high, "Suburban" shower head. All by Kohler Company. "Elegance" towels: Cannon Mills, Recessed ceiling fixtures: in main area, toilet area, entrance, and shower stall, $\$ 40$. By Lightolier, Inc. Bessarabian rug: $8^{\prime \prime} 5^{\prime \prime} \times 7^{\prime \prime} 2^{\prime \prime}$, $\$ 5,600$. From Coury Rugs.* Doorknobs: Lucite knobs (on closets), $\$ 9$ each. Paul Associates. Painting: Karel Appel, $\$ 2,000$. Gouache: by Alexander Calder, $\$ 2,500$. Both at Harold Reed. Paintings: By Anthony Tortora, $\$ 1,000$ each. Available through the artist. Television: $9^{\prime \prime}$ portable, \$140. JVC America. Through JVC Dealers.

## FURNITURE ZEST

## Page 72:

"Butcherblock Maple" Formica laminated plastic. Available in January, 1973, through lumberyards and building contractors. Molded fiberglass desk: $67^{\prime \prime} \times 30^{\prime \prime}$ high, though available in various sizes and 43 col ors, $\$ 1,710$. By Jansen, Inc. "Condol chair": fabric of $100 \%$ cotton; tubular steel base. By Scapa at Scandia House Philadelphia. Polyurethane foam lamps: $10^{\prime \prime}$ wide $\times 19^{\prime \prime}$. Design M, $\$ 25$, At Bloomingdale's. "Vivaldi" armchair: natural canvas bound with natural leather. Designed by Gerlov-Knudsen and Torben Lund. $46^{\prime \prime}$ wide $\times 34^{\prime \prime}$ deep $\times 25^{\prime \prime}$ high, $\$ 385$. At Maurice Villency.
Page 73:
Double bed: with lamps, $\$ 395$; Three suspended étagères: 15 shelves with metal strings; $\$ 1,050$; Round table with casters: $\$ 90$; Bench:-round with casters, $\$ 90$; Table: without casters, $\$ 90$. At Bloomingdale's. Hemp matting: $9^{\prime}$ widths to $36^{\prime}$ long, in $12^{\prime \prime}$ squares, 45 c per sq. ft. Bamboo \& Rattan Works, Inc. Sheets: pale blue Dacron/cotton by Martex. Queen flat, \$10; queen fitted, $\$ 10$; pilloweases, $\$ 2.50$ per pair. At Gimbels. Quilts : on bed and ottoman. From a large collection at America Hurrah. Lucite butterfly boxes: small, $\$ 20$; large, $\$ 30$. Quartz XI specimen: $\$ 125 ;$ Aquamarine: $\$ 125$; Sea urchins: $\$ 10$ each; Mollusca: $\$ 25$; Rhodochrosite and quartz: $\$ 150$; Tennessee geode: $\$ 15$; Smithsonite: $\$ 75$; Ammonite: $\$ 25$; Fossil pecten: $\$ 25$; Stands: $\$ 3$ and 50 c . All at The Collector's Cabinet. Tree baskets: From Terrestris, Decanter: \$7; Aalto vase: $\$ 30$; Vase: $\$ 13$; Heller trays: $\$ 5$ each; Heller bowls: $\$ 1.75$ each; Wicker tray: $\$ 6$; Pienic basket: $\$ 40$; Round basket: with cover, \$19.50. All at Bonniers. Stereo turntable: \$155, By Sanyo Electronics. Lamp: designed by Cedric Hartman, chrome stand with brass shade. At Luten-Clarey-Stern.* Digital clockradio: $\$ 40$. By Sony.

## Page 74:

"Terrace Seating" group: polyurethane foam seating units available in a variety of sizes. Shown with "Mixed Modules" group: DuPont Lucite 3-D tables available in different sizes. By Thayer Coggin at Bloomingdale's. Bessarabian rug: $\$ 350$. At The Pillowry.
Page 75:
"Mizar" table: crystal top-with chrome metal base, reversible cone. By Cristal Art. "Bambogolo" corner chair: black with tiny pink and white print, $\$ 375$; "Bambolettone" double bed: $\$ 1,200$; "Bamboletto" single bed: $\$ 650$; Chaise longue: $\$ 500$. All muslin upholstered puffy
furniture by C \& B Italia at Atelier International." "Tizio" lamp: rotates and extends in any direction. At Bloomingdale's. "Serie moderna": $8^{\prime \prime}$ square ceramic tiles, $\$ 3.05$ per sq. ft . At Hastings Gallery of Tiles.* Lacquer chest: with chrome trim, 2 doors and 5 drawers, available midJanuary. At Euster Associates. "Fluffy Duffy" sofa: covered in rust colored suede, $\$ 800$. At Chase Furniture, Chevy Chase. Round Slate Table: At Zographos Designs.
Page 76:
"Prism" (top left pattern) : rust on oyster; "Shadow" (lower left pattern) : rust on oyster. $41 / 4^{\prime \prime}$ square tiles for walls. Mid-State Tile Co. "Caribbean Collection": glazed ceramic tiles, $3^{\prime \prime} \times 6^{7 /} 8^{\prime \prime}$ for walls only, available in 8 colors. American Olean Tile Co. Kitchen: by Gruco Mobelwerke KG. Canvas sofa: linen and cotton cushions linked with metal rings, each section $39^{\prime \prime}$ square with nine pillows. By S.A.S. "Rally" rocking chair: fiberglass with chrome base, cushions in vinyl. By

Radice House Furniture, "Ali Baba" seating unit: covered in canvas. By BBB Bonacina Meda.
Page 77:
Lamp: chrome, plastic, and quartz. By Sormani Spa. "Corian" methacrylate: available in sheets $1 / 2^{\prime \prime}$ and $3 / 4^{\prime \prime}$ thick, in two veined colors and solid white. By DuPont. "Valentine" sofa: polyurethane foam covered in cashmere, in blue or white, chrome finish steel tubular base. By Cinova at Stendig.* Tumbled stones: on mesh backing, each stone polished and varies in color and hue, $\$ 6$ per sq. ft . At House of Floors.* Slate: set on $12^{\prime \prime} \times 12^{\prime \prime}$ mesh backing, $\$ 2$ per sq . ft . At House of Floors. " "Arci-Bed 2": covered with pure wool bouclé in rust and white. By Nikol. "Saturno" seating system: blue and green polyurethane and Dacron. By Uvetdimensione. "Amalfi" rocker: caramel skylark vinyl with chrome frame, $33^{\prime \prime}$ x $34^{\prime \prime} \times 26^{\prime \prime}, \$ 340$. By Selig. At Gimbels. Chaise longue: turns inte a bed, covered in $100 \%$ cotton salled "Metsovaara," $\$ 350$. By Polar Design.

## FOR ADDRESSES OF STORES MENTIONED IN THIS ISSUE, WRUTE TO GARDEN READER'S SERVICE, 120 LEXINGION AVENUE, NEW YORK, N.

## Ruilding <br> facts

## Materials and equipment used in the three-generation beach house (pages 78-83)

ARCHITECTS, INTERIOR DESIGNERS, and Landscape architects: Robert A. M. Stern and John S. Hag. mann.
contractor: Edward Pospisil \& Son, Inc.
sIze of house: Main house : 4,500 square feet; guest house: 2,300 square feet.
SIZE OF LOT: 6 acres.

## STRUCTURE

Foundation: 8-inch concreteblock. Framing: Standard wood frame construction.

## EXTERIOR OF HOUSE

Exterior walls: Canadian handsplit cedar shakes.
Exterior finish: Bleaching oil by Samuel Cabot, Inc.
Roof: Built-up roofing with layers of bituminous-coated building paper.
Insulation: Foil-backed glass fiber batts by Johns-Manville Corp. Windows: Wooden awning windows by Caradco, Inc. and Pella, a division of Rolscreen Co.
Doors: Wood frame, sliding glass doors by Andersen Corp.; glass doors by Morgan Door Co.

## INTERIOR OF HOUSE

Interior walls and ceilings: In major rooms, wood wainscoting;
in kitchen, $1 / 2$-inch gypsum wallboard; in bathrooms, 1-inch gypsum wallhoard.
Floors: In major rooms, $3 / 4$-inch strip oak flooring; in guest house, ceramic tile by Country Floors, Ine.; in kitchen, 6 -inch square quarry tile by American Olean Tile Co.; in bathrooms, 1 -ineh square white matte mosaic tile by American Olean Tile Co.
Lighting fixtures: Recessed lighting fixtures, with dimmer control. by Edison Price, Inc.
Hardware: Brushed chrome by General Lock Mfg. Co.
Kitchen cabinets: Custom design by architects.
Kitchen countertops: Formica by Formica Corp.
Plumbing fixtures: Kitchen sinks by Elkay Mfg. Co.; bathroom fixtures by American-Standard, Inc. Appliances: Electric ovens and gas ranges by Waste King Universal, a division of Waste King Corp.; refrigerator and freezer by Frigidaire Div, General Motors Corp.; "Disposall" food waste dis. poser by General Electric Co.; laundry washer and drier by Westinghouse Electric Corp.
Heating system: Oil-fired forced warm air.


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[^1]:    PHOTOGRAPHS BY OTTO STORCH.

[^2]:    Kahlúa. Coftee Liqueur from Sunny Mexico
    53 Proof. Jules Berman \& Assoc.

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