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You'll have all the time you need, Mom, if your man is waiting in a La-Z-Boy. He'll love leaning back and stretching out, all the way! La-Z-Boy is the reclining chair that says, "Mom loves you." It's also the chair that's as irresistibly beautiful as it is comfortable! Give Dad a La-Z-Boy, the gift you'll both find irresistible. Best news yet, Mom, La-Z-Boys are on sale for Father's Day at La-Z-Boy Dealers everywhere!

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## How to buy a set of sheets and




If you've never used Martex sheets on anything exceptyour bed, there's probably only one reason.

You never thought of it.
Decorators have. In fact, they've been using Martex sheets instead of fabric or wallpaper all through the home.

And for three very good reasons.
First, they're easy to use. That's because Martex sheets come in widths that start at 72 inches (twin-size flat) and go up to 108 inches (king-size flat). So there are fewer seams when you're covering a wall. And no seams when you're covering a table or making a shower curtain.

Second, they save you money.
For example, if you used Martex sheets to upholster a chair, dress up a window, give new life to an old table and lamp, and covered the walls of a $9 \times 14$ room, (all the things we did here), it would cost less than $\$ 100$.

The third reason, and probably the most important, is the way we design them.

We call it the Martex Master Plan. It means that each design is created to work with the others.

By relating patterns to backgrounds. Patterns to patterns. And then both patterns and backgrounds through specially created color palettes. Because we design them this way, you can put together prints and stripes. Prints and plaids. Plaids and stripes. And even prints and prints.

So now that you know how Martex sheets can change the look of your home, isn't it about time you stopped buying them just to change the look of your bed.

Martex
We change more than just your bed.

## How to remodel half <br> House \& Carden

 your kitchen with just one appliance. MARY JANE POOL ASSOCIATE EDITORS MIKI DENHOFDENISE OTIS MIK uilding WILL MEHLHORN TRENOS-ENYIRONMENTS
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SUSAN ZEVON ASSISTANT DECORATING DESIGN PROJECT
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An enthusiastic awareness of what's new. A scrupulous dedication to what's lasting. That's what Henredon is all about. .. a tradition of uniquely livable furniture. In that tradition, a recreation of French country pieces of the 17th and 18th centuries ideally suited for today's way of life. Elegant yet casual, the fluid lines of this boldly carved mesh-door cabinet belie a spacious storage area, able to house everything from china to books. And, like the handsome table desk, it's carefully crafted in ash with ash veneer. A very versatile blending of grace and practicality. Your Henredon dealer has many innovative decorating ideas; he'll be happy to help you in your selection. For a brochure showing the entire range of Henredon furniture in the French country manner, send $\$ 1.00$ to Henredon, Dept. HG 6-73, Morganton, North Carolina 28655.

## Henredon



## QUESTIONS \& NSWERS: ntiques

BY LOUISE ADE BOGEIR



## GUELDER-ROSE VASE

Can you identify this vase I got fifteen years ago in an antique gallery? They did not know its origin but said it came from an estate somewhere in Europe. T.H.C. - Muncie, Ind.

Your porcelain vase encrusted with small white blossoms derives from one of Meissen's most popular productions, the so-called guelder-rose vase, introduced in the late 1740s. Yours is late 18th-century European, perhaps German.

## SECRETARY BOOKCASE

Have you any information on this type of solid oak secretary bookcase with hand-done carv-

## ing?

A.K.W.-Houston, Tex.

You have one of many copies of a piece that won a prize at the 1893 Columbian Exposition in Chicago. It served as a cupboard for books, chest of drawers, and writing desk. The Art Nouveau influence is seen in the asymmetrical treatment of the mirror and top back panel.


VICTORIAN CUTLERY


## 

## 

I purchased this set of fish knives and forks on the Isle of Wight last year. Can you identify their manufacturer from the hallmarks I have sketched?
D. C. - Hollywood, Cal.

The diamond-shaped registration device indicates that the well-known English Victorian silverplaters, Joseph Rodgers and Sons, registered your pattern at the London Patent Office on February 29, 1848. They were merchants and manufacturers of cutlery of every description and were cutlers to Queen Victoria.


## ENGLISH SCULPTURE

This bust of George Stephenson, 1781-1848, English engineer, has "E.W.W yon, Sculptor1858" on the back. Can you tell me anything about this sculptor? H.K. - Lawrence, Kans. Edward William Wyon (1811-1865), English sculptor and medalist, belonged to a remarkable family of artists. He first exhibited at the Royal Academy in 1831. The bust of George Stephenson is listed among his works.

Continued on page 10



Baker 18th Century English reproductions.


The japanned Queen Anne Secretary is a replica of one commissioned by the Duke of Marlborough in about 1700 for Blenheim Castle. Its lacquer colors are softned by skilled hands to a mellow patina.
The original of the Regency Beamboo Chair was brought to New York -to a shop on 57th Street-by a knowing connoisseur. Only by making models of its delicate original parts could the sculptural curves, sweeps and pitch be duplicated.

The Bachelor's Chest, like much Queen Anne furniture, is enriched by rare walnut. Once called Persian, the trees which produced this wood were planted in England by the Roman conquerors. Today it can only be found near the Caucasus, where soil, wind and rain conditions remain perfect for producing its
special character.
These are but three Baker reproductions with the enduring qualities which make the originals so valuable: proportion, detail, finish and authentic material.

Available through the decorating departments of select stores or, with your interior decorator, at Baker, Knapp \& Cubs showrooms in the cities listed below. The Baker Book, a casebound volume illustrating over 700 designs, is available for $\$ 5.00$

from Baker Furniture, 618 Merchandise Mart, Chicago, Ill. 60654.

## Announcing a new decorating guide from Thomasville Furniture.



Send us $\$ 2$ today so you won't makea $\$ 2,000$ mistaketomorrow. Maybe it's your first big stab at decorating. And your head's filled with ideas. But you need a little help.

Thomasville wrote the "Homemaker's Guide to Decorating With Fine Furniture" to tell you how to select, care for, and decorate with fine furniture. How to choose the style you want before you set foot in a store. What quality features to look for when you do begin shopping. There's even a section on room planning and color-coordination.
Start planning the rooms you've always wanted with "that Thomasville look." Send us your $\$ 2$ today. It may save you from making some costly mistakes tomorrow.

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Please send me your new book, "Home- City
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Colonial P5450. About $\$ 72$. Contemporary. P5445. About $\$ 51$
Mediterranean. P5474. About \$86.

## Decorate with lighting... Outdoors!

The right light in the right place will provide security and beautify your walks, lawns and gardens at night. Whatever style you prefer, Progress has lighting fixtures to fit your budget-outdoors and indoors. Visit your Progress showroom. Check the Yellow Pages under "Lighting." Or send for catalog of lighting fashions by Progress, largest producer of home lighting fixtures.

## 656 ideas for decorating with ligting

in our 128 -page color catalog. Send 50 c to Progress Lighting, Dept. G-24, Box 12701, Phila., Pa. 19134

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LIGHTING


## SILVER FISH SLICE

Can you tell me when and by whom this cake knife, which came from Scot land, was made? C.H.D
-San Francisco, Cal. According to your back set of hallmarks, you have a sterling silver fish slice (apt to be called a cake knife today) made in 1798-1799 by the silversmiths Wm. Eley \& Wm. Fearn.


## LOOP-BACK WINDSOR

$I$ understand that Windsor chairs are given descriptive names depending on the type of back. If so, what is my Windsor chair called?
E.E.H. - Allenhurst, N.J.

It is true that Windsor chairs are best classified according to the designs of the back. Your chair is called a loop-back or bow-back. The usual number of spindles is nine.


ANTIQUE SPODE
I inherited several pieces of Spode, bought originally in England during W orld W ar I. I've made a sketch of the mark and would like to know if you can date the Spode for me.
A.M.S. - Lexington, Ky.

The mark on your pieces was used between the years 1833 and 1847, when the Staffordshire potters Copeland and Garrett operated the Spode Works at Stoke. Formerly it was Spode and later W. T. Copeland.


## VICTORIAN BOTTLE HOLDER

I would like to know what this metal container was used for and how old it is. It's about $211 / 2$ inches high and has 6 doors. The bottom has a raised round emblem of an Indian with bow and arrow and a 5-pointed star.
D.C. - Appleton, Wis.

You have a portable silverplated Victorian wine bottle holder, mid-19th century. It's also equipped for storage of wine glasses. The mark on the bottom is that of R. Gleason \& Sons, Dorchester, Mass., whose work was highly esteemed.

## ICED TEA GLASS

I have a set of five pressed glasses given to my mother in 1904. As you can see, there is a row of glass teeth around the inside. What were these glasses for? H.W. D.-Memphis, Tenn.
 You have American pressed glass iced tea glasses, dating about 1900. The glass teeth inside the rim served as a guard to hold back the ice.



Back in Colonial days a lady went to her silversmith and tol him the way she wanted her setting to be. In that tradition, the Oneida Silversmiths create American Colonial in stainle with a choice of knife styles.

So you can have them the way you want them to be.


For a sample American Colonial stainless teaspoon, mail with $25 ¢$ to: Oneida Silversmiths
P.O. Box 1, Oneida, New York 13421

HG06
Name
Address
City
State

## A cheap bed frame could be an expensive mistake.

Chances are you've never thought much about bed frame buying. The average buyer spends a few hundred dollars on quality beddingand then lets the salesman "throw in" an "economy" frame and hopes it does the job.

Well, here are a few points to remember that could prevent a costly mistake:

The fact is, you just can't expect a frail frame to:

1) be so trouble-free you don't even know it's there for at least $10-15$ years,
2) be mobile, so you won't wrench your back trying to move the thing when you clean,
3) support maybe 500 to 700 pounds or more of bedding and people, year after year,
4) be completely free of dangerous sharp cutting edges and rough spots,
5) keep expensive carpet wear to an absolute minimum,
6) hold a headboard securely so you can read in bed without falling over backwards.

This problem of second-rate bed frames that end up costing you more in replacements, carpet wear and just plain annoyance, has been solved by over 11 MILLION Americans.

They simply buy Harvard, the most famous and reputable bed frame-because it's made by a company that has single-mindedly concentrated on perfecting the bed frame for 25 years.

You owe it to yourself-and to your expensive bedding - to buy Harvard, the only bed frame proved in-use for 25 years to withstand the roughest use you can give it.

Insist on Harvard. The bed frame that never lets you down.


This Harvard CXL Frame gives extra support where bedding needs it
st-across the middle and at the sides. most-across the middle and at the sides. For more bed frame ideas send for our free folder.

## 7 ew things <br> to help you design your own meedllepoint, malse your own quilt patterm, and be your own decorrator

## BY PATRICIA COIRBIN

There is a whole world of excitement in making things for your house, whether it's designing your own needlework, creating a quilted pillow from a kit, or sewing up an entire room with fresh slipcovers. Here are some notes and tips, new ideas, and aids to help you sew, quilt, do needlework, plus kits and how-to books.

For needleworkers, one of the handiest aids is a frame that actually helps you to improve stitches and to work faster. It is a 10 -inch hoop on a base; the parts unscrew, go into a purse or carryall, and travel with ease. $\$ 20.45 \mathrm{ppd}$. from Erica Wilson, 717 Madison Ave., New York, N.Y., 10021.

New, and helpful too, is Erica Wilson's Embroidery Book (Scribners, \$15), with full instructions and lots of colored pictures, inspirational as well as practical. ... And to carry your work, Altman's has devised a felt roll, fitted with pockets for yarn, scissors, and what all, tied up with a bright gingham ribbon. The Needlework Organizer, $\$ 10$ in the needlework department. . . . For turning needlework into pillows, basic pillow forms are available made up into 12-, 14-, and 16 -inch squares. "Pillow Forms" by Armo are found in variety stores, needlecraft departments, and are approximately $\$ 1.50, \$ 1.60, \$ 1.90 \ldots$. For those who design their own needlework, a six-color set of needlework markers made expressly for drawing on canvas and guaranteed not to discolor yarns is called "Nepo Markers," by the Sanford Corp., 2740 Washington Blvd., Bellwood, IIl., 60104. There are very simple instructions inside for using, and even a child could be inspired to draw original art onto canvas. $\$ 6$ for the set.
. For those who have a design ready to transfer to canvas "Craft Plan" is a help. It is a transparent, nonwoven fabric of 100 percent nylon, printed with 1 -inch grid of dots. Patterns can be scaled up or down, traced or duplicated. (Since Craft Plan is washable, it can also be used as a stitching guide or backing fabric for appliquéing or quilting.) Available in 24 -inch widths, 3 yards are $\$ 2.50 \mathrm{ppd}$. from PTI, Dept. C-2, P. O. Box 511, Old Chelsea Station, New York, N.Y., 10011.
. If you'd like to do a portrait in needlepoint, you can with "Portraits on Pillows." Portraits on Pillows will make up a kit based on a photograph or painting. The complete kit, consisting of the design, yarns, and a carrying bag is $\$ 80.25$. The canvas, which can be framed, is about 12 by 16 inches. To send for "Portraits on Pillows," enclose the art work, color instructions, and a check and send to P.O. Box 1509, F.D.R. Station, New York, N.Y., 10022.

For those who enjoy quilting and for beginners, there is The Mountain Artisans Quilting Book by Alfred Allan Lewis (Macmillan, $\$ 12.50$ ) to be published in mid-June. The book is illustrated with photographs and has instructions

Continued on page 20



## Ceramictilemakes alotofsense nalotof rooms besides the bath.

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

And yet the same people have ver thought of using it anyplace else. But, as you can see, ceramic tile very practical for other rooms.

And much too beautiful to be dden in a place few people ever see. Just consider your living room. You probably think of a carpet en you think of the floor.

But think about this a moment.
The best carpet money can buy 1 wear out eventually. But ceramic will last longer than a lifetime.

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

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

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

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

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

And youill never have to worry out the heavy traffic in these areas, cause the natural finish of ceramic e never has to be polished.

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

Now, if ceramic tile makes a lot sense on floors, just consider it for ekitchen. On the walls. Countertops. d on splash backs.

Not only are they a lot easier to an, but they're virtually waterproof. eproof. Stainproof. And cutproof.

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

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

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

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

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

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


PHOTOGRAPHS BY OTTO STORCH.

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

And, of course in the bathroom. With tiled vanity tops and cabinettops, a tub alcove, walls and floors.

As you can see from our 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 otherways you can use ceramic tile. On the inside. And the outside.

And we'd 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.

And we'll bring you up to date on the new joint filler: mastic grout, a special formula that resists mildewing, staining and chipping.

Just send twenty-five cents and this coupon, and our book is yours.

Tile Councilof fmerica, Inc. PO.Box 2222 Room 363, Princeton, New Jersey 08540
Your ad makes a lot of sense to me, so here's 254 for your book,"Ceramic Tile Makes a Lot of Sense in a Lot of Rooms Besides the Bath."

| Name |
| :---: |
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Tile CouncilofAmerica,Inc.



About $\$ 610$


About $\$ 550$



About $\$ 695$

## When is a sofa an investment?

When you go out to buy a sofa, you're thinking of plump cushions, evenings at home and a soft place to stretch out after a hard day's work.

For that, you're prepared to make a reasonable investment.
But you won't know until later whether you've spent your money wisely. Later-when your sofa has had its share of family use. For the proof of a sofa is in the sitting. And later is when you'll be glad you chose one made by Drexel.

Because whenever we make a sofa, we make an investment
too. Of good materials, time and craftsmanship.
So whatever price bracket you're looking at (and we have dozens of styles and fabrics to choose from) you'll be getting a very good buy an investment that will pay off for years.


## Templets are a marvelous aid to help anyone who wants todesign her own quilt patterns

## DECORATE-IT-YOURSELF continued from page 14

given by women who learned the craft from their mothers, grandmothers, and even great-grandmothers in an unbroken family chain of quilting that extends back hundreds of years. A portable quilting hoop makes quilting easier. It adjusts to any angle, any eloth thickness. $\$ 7.79 \mathrm{ppd}$. from the Needleart Guild, 2729 Oakwood, N.E., Grand Rapids, Mich., 49505. For a catalogue of quilt patterns and other supplies, send 50 cents to the same address. . . . If you want your child to start quilting, a delightful book tells how to make a quilt for a doll, with piecing, embroidering, appliquéing instructions in-cluded-A Bed for Dolly $\$ 3.50 \mathrm{ppd}$. from Almy Publications, Box 1082, Sapulpa, Okla., 74066. . . Another charming book, Sixteen Blue Ribbon Quilts tells the history of each quilt, where it won a prize, and includes the cutting patterns and directions for making. (Two notable ones: "Missouri Star," designed by a doctor from Kansas City; "Aunt Alice's Blue Wreath," created during the Civil War.) The book is $\$ 1.50$ from Distlefink Designs, 718 Broadway, New York, N.Y., 10003.

New quilting kits include all the precut pieces and directions, and come in four bed sizes. There is "Pinwheel" in red, white, and blue, or in combinations of pinks and browns. "Kaleidoscope" comes in pastels and pale calicoes. Crib size, $\$ 15$; twin, $\$ 33$; double, $\$ 39$; king, $\$ 55$. All at Altman's. .

To help those who want to design their own quilt patterns, templets are a marvelous aid. They are available in triangle, diamond, square, hexagon, and scallop shapes. $\$ 1$ each at Altman's. . . . A child might begin quilting a tiny cushion, 4 inches square, from kit (everything is included, even the Mountain Mist batting and thread) ; colors are red and white polka dots with navy and white stripes, or blue and yellow calico squares. $\$ 1.25$ from Stearns and Foster Company, Dept. HG, 11750 Chesterdale Rd., Cincinnati, Ohio, 45246.

For sewers who want to cover garden furniture for the terrace or make place mats and table covers, bright colored Whittaker vinyls are the answer. The stitching is easy: Use size 50 polyester thread and an 11-14 needle. Set the stitch length selector at 8 or 10 . If you have a zigzag machine, use the straight stitch throat plate and presser foot to hold the vinyl more firmly near the needle. Use the seam guide to insure uniform seam width, and, to hold the vinyl securely, the medium presser foot pressure is usually satisfactory. Whittaker vinyls are sold at hardware and fabric stores, and come with a booklet on ideas and how-to tips. . . . For closely woven fabrics, Sears Roebuck and Co. has an attachment that eliminates skipped stitches. It is a needle and presser foot called "Q-Set" and is especially designed to work with double

Continued on page 137



Make your home the focus of your own personality

House \& Garden Decorating Guide gives you basic information on color and pattern, furniture styles and arrangement, lighting and dimension, to help you supplement your own good taste. Create a total look of comfort, quality, beauty and flexibility with exciting new ideas from House \& Garden Decorating Guide.

## ON SALE NOW

 ONLY \$1.35If you are unable to obtain a copy of the Spring-Summer 1973 issue at your favorite newsstand, you may send check or money order for $\$ 1,35$, payable to House \& Garden Decorating Guide, to the following address:

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Dept. HGDG, P.O. Box 1910 Grand Central Station, New York, N.Y. 10017

LOOKING TOWARD THE 1976 BICENTENNIAL CELEBRATION
Areat A mericam inleat
A GoDen rule for Resiorng
AN OLD HOUS: "DONT EARI IT UP!"

## BY KENNETH BA

An understandable plaint of people who want to restore an old house is where and how to start. How can they determine exactly what the house once looked like? Where do they find the space for a modern kitchen in a house where a fireplace was the stove? Where do they put bathrooms in a house that never knew such amenities? What about proper hardware, doors and moldings of the right period? In short, who can guide these lovers of old houses? What can they read to set them on the right track?

For advice in general, plus a list of helpful books, we turned to a man with a great deal of experience in restoration-Daniel M. C. Hopping, an architect who is currently working on a group of historic buildings that includes the Odell House, once Rochambeau's headquarters, in Hartsdale, N.Y.; the John Haskell House in Rye, N.Y., a unique structure, half logs, half timber; and The Square House in Rye, N.Y., once run as a tavern whose most distinguished guest was George Washington. He actually slept there.
To quote Mr. Hopping: "Before you buy your house, do some exploring. There are many examples of various periods, and the one most suited to your taste should be studied thoroughly. You may always have wanted a Cape Cod Colonial, but on learning more about the Federal style you may change your mind. Or you may have inherited some mid-19thcentury furniture, and once you have examined a house of that period, you will realize that it will serve as a far more sympathetic background for your furniture than, say, a New England salt-box. In any event, don't try to 'early up' a house so that in the end you have neither one thing nor another.
"If you can't afford to restore the whole house at one time, do what you can-but do it well. Cutting corners will ultimately prove distasteful to you. An outsider won't eare, he doesn't have to live with it. But you do. Take your time in doing research so that you may recreate as accurately as possible the period of your house. A qualified restoration architect, naturally, will be of enormous assistance. But if you live in a remote section of the country, it may be impossible to find such an architect-unless you import him, which is expensive-and you may have to settle for a good carpenter, or lacking him, your own hands. In which case, here are some aids that I think you will find invaluable.
"The National Trust for Historic Preservation, 740.748 Jackson Place, Washington, D.C., 20006, membership $\$ 15$ a year, stands by to assist its members in obtaining professional advice. Its bookshop, which is highly esteemed, also sells to nonmembers. Membership, again $\$ 15$ a year, in the CanadianAmerican Association for Preservation Technology, Box 2682, Ottawa 4, Ontario, Canada, will enable you to make inquiries regarding whatever technical
and research problems you may have.
"Measured drawings of historic buildings United States may be obtained from the Libr Congress. Catalogues published by the Hi American Buildings Survey can be obtained at inghouse for Federal Scientific and Technical mation, 5285 Port Royal Rd., Springfield, Va.
"Finally, here are some books I keep in my library. I find them most helpful."
Bullock, Orin M. Jr. The Restoration Manual. walk, Conn.: Silvermine Publishers, 1966.
Whiffen, Marcus. American Architecture Since Cambridge, Mass.: M. I. T. Press, 1969.
Stephen, George. Remodeling Old Houses. New City: Knopf, 1973.
Williams, Henry L. and Ottalie K. A Guide to American Houses. New York City: A.S. Barnes \& 1962.

Braun, Hugh. The Restoration of Old Houses. don, England: Faber \& Faber. 1954.
Stanforth, Deidre and Stamm, Martha. Buying Renovating a House in the City. New York Knopf, 1972.
von Miklos, Josephine. Good Fences Make Neighbors. New York City: Scribners, 1972.
Mercer, Henry C. The Dating of Old Houses. B County Historical Society.
Nelson, Lee H. Nail Chronology as an Aid to Do Old Buildings. Nashville, Tenn.: American Ass tion for State and Local History.

On May 8th of this year, The National Trust sented its annual awards to individuals or hist societies who have made significant achievement historic preservation. Three of the restorations appeared in House \& Garden: The College Hill of Providence, R.I.; Hancock Shaker Village in F cock, Mass.; and Colonial Williamsburg in Virgi The citation winners, in toto, were: The Bishop Heritage Association of Bishop Hill, Ill., for restoration of the Swedish utopian colony foun there in 1846; Mrs. Malcolm G. Chace, Jr., for restoration of the College Hill area of Provider R.I.; Dr. Pearl Chase of Santa Barbara, Cal., 50 years of leadership in historic preservation; Lawrence K. Miller for her rescue, renovation, preservation of the Shaker Village in Hance Mass.; Miss Virginia Daiker of the Library of C gress for her extraordinary knowledge of visual terials relating to historic buildings; A. Edwin K drew for his work on the early restoration of Color Williamsburg; and George McCue, Arts and Url Design Critic of the St. Louis Post-Dispatch, for consistent support of historic preservation.
The awards, jeweled sculptures of quartz and ver by goldsmith and jewelry designer Arthur Ki were presented by Mrs. Richard Nixon.


When you goto sleep on a Beautyrest, something happens that doesn't happen on a hard flat mattress: our separate coils push up firmly into the small of your back. This helps take the strain off your muscles, so they can relax. And when they relax, your nerves relax, and so does your mind.
It's like an overnight vacation. And since that happens, whether you choose a normal firmness or one of the three Back Care firmnesses, why spend the night anywhere else?

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# Douching vs. Norforms 

"Please, let's go home". 6PM: Before the party, you douche to stop internal odor. (What a mess!)

## 9 PM: Oh, oh. What's that unfresh feeling? All

 that trouble douchingand you can't even be sure how long it'll work. If only you could leave the party now.
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Remember, doctors caution against douching more than twice a week. But Norforms are safe to insert andeasy to use daily ... anytime, anywhere.


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# 7 Dw to manke those Jume days rare 

## BY REEBECCA WARFIELID

Those rare days in June that drop perfectly into your life with no effort don't come as often as they're cracked up to. Rare, too, any day when you are really riding with your full potentialsince we all know now that we are probably getting along with a mere 10 percent of that. However, what is really rare about June is that it is the optimum time for energy-with the cold over, the heat to come, your system is usually freer from outward stress than at any other time of the year. So this could be the very hour to start pushing at the edges of your potential . . . moving some of your limitations away from you little by little. Begin with whatever you have to do each day and make up your mind to do it stylishly or more seriously or even more passionately. If you have to buy something usual, get it in some other color or a strange shape. And if you plan to do nothing, do Nothing in a big way-including no eating-barely moving, just think twice as hard. You should gradually start seeing differently, which is the purpose of the exercise. At least you'll have had 30 percent more fun. Something along these lines ...
friday, june 1. You might commence this first balmy June weekend by illuminating your psyche with some perceptions from Kenneth Battelle-probably the most freshly reflective of the Beauty Movers and Shakers. "Those women who don't get anywhere with their looks, don't get anywhere because they start out in the wrong direction. Backward, sideways. But never dead on," he has decided. "Too many women look into their mirrors just to concentrate on their faults. They come in and ask me if I can make their nose look smaller or bring their chin forward. Lots of women tell me they hate their faces. Not the beauties though. They don't see their bad features, if any. I've noticed this over and over again. If their eyes are good, they play them up. That's what beauty is-it's an idea that starts in the head." Can anyone just start it up there? Kenneth considered
"I've seen it happen a few times, a real change that is. And it wasn't the new hair style either, though it may have looked that way. It was an inner decision that began long before."
saturday, june 2. Take an instant step for your Now and Future complexion. "Shade" is an active new idea from Coppertone, a clever lotion that seems to move your face into the shade (even though it's out in the midday), and then eases a complexion into painless tan. It's the place to be for blondes and redheads.
sunday, June 3. Your figure at this point may be a question mark that's asking you-Smashing? Punk? So-so? Or would you rather have strawberries and heavy cream? You could make your decision while peering into an elegant little book called Yummers, just out, about a worldly young pig named Emily who strolls along the glorious Côte d'Azur trying not to eat. "But everything tastes better with whipped cream on it," she feels. Would you agree? (This delicious, instructive book by George Marshall is published by Houghton Mifflin.)
monday, June 4. Emily also decided that she should walk a lot because "walking doesn't seem like exercise." Neither does dancing. At a relaxed little place called Pretty Body where some of the best young ballet dancers moonlight as teachers, exercisers

# The Early-EaryTan by QT. How to hurry a summer tan. Even in the rain. 



The take-a-tan-to-the-beach tan, Don't feel naked that first day out.

The traffic-jam tan. A few minutes with QT is like a whole day in the sun.


After a long pale winter when you can't wait to get a tan. Don't! Get QT ${ }^{\circ}$ by Coppertone ${ }^{\circ}$. QT gives a real, healthy look ing $\tan$ in 3 to 5 hours. With or without sun. QT is not a stain, not a dye. It has its own tanning power that works indoors or out. And in the sun QT helps protect against burn. So you just get tanner and tanner.

A product of Plough, Inc.


OT tansin 3 to 5 hours. Withorwithout sun.

## "That's what beanty isan idea that starts in the head"

## GOOD LOOKS continued from page 24

learn to move their muscles to music and discover how to use their bodies fluidly at all times. The address is 18 West Fifty-sixth Street, New York and you get thirty-six lessons for $\$ 54$.
tuesday, june 5. Make-up now is not meant to match your clothes, but sometimes you find that something you're wearing cries out for a certain color response. Way Bandy-a young make-up specialist so creative he can turn handsprings on a box of eyeshadow-likes to see a magenta jacket get an orange lipstick and an orange jump suit, a strawberry one.
wednesday, june 6. And when you choose those lip colors, watch out for ones that watch out for your lips. The smooth young colors in Helena Rubinstein's new group are revved up with vitamin E , the status vitamin, and with C too (they shouldn't catch cold?). Twelve new colors tear along from a pale melon to a dark brown (there's Pumpkin for your pink dress).
THURSDAY, JUNE 7. If you are trying to fight off inertia today (but not too strenuously), think of a lazy solution before you jog around the block. At Elizabeth Arden they have a swinging new version of Blue Grass-deeper, more personal. This great blue stuff is in a great round jug and it's subtitled "Tingling Tonic." Slosh it on from head to foot, sniff it, sense it, you'll get a real charge.
Friday, June 8. If you lift up an unwinsome or tiresome situation into a kind of lavishness you may find that you can stand it quite nicely. For instance, if you are a passionate traveler, you'll want to walk, walk, walk. So bring along the creamiest, richest, most intelligent cream-Super Moist Foot Freshener by Germaine Monteil (and they've poured it into such a stylish bottle that even your maid at the Connaught will approve of it). SATURDAy, june 9. Traveling is the perfect time to adopt the simplest of all diet tricks-just two meals a day.
SUNDAY, JUNE 10. If you're on the beach this day of rest, shut your eyes and try to think, then try to think remembering the old line from Descartes, "I think therefore I am" and remembering to tell them at lunch the spinoff from this one, "I drink therefore I am."
MONDAY, JUNE 11. One of the most convenient combinations of mouthwash and antiseptic is the celebrated S.T 37, brainchild of Johns Hopkins doctors in World War I.
tuesday, june 12. When you put your spring clothes away for the summer, tuck in your heavy creams and stuff. This year pleasure your bathroom shelf with a petal pink, cleansing gelée that Max Factor has distilled for Geminesse. In this rainbow group, a turquoise freshener, or pale lilac one if your skin is oily.
wednesday, june 13. By this time your tan must be in mint condition and deserves a brand-new production. What looks extremely new with it is gray and Gray as it never has been. For instance, from Charles of the Ritz, nail color in the softest, shiningest shade imaginable-Downy Grey. Or a wonderful Dark Chrome with streaks of fire in it that Max Factor has named Frosty Panda. A telephone call to the Luzier people will bring someone to your door bearing a new sensation for your eyelids. They call the stuff Dove Grey, but it goes on-and seems likemelted silver.
thursday, june 14. Don't go on saying you couldn't find enough brown lipsticks. Evelyn Marshall has five-each different. friday, june 15. The Winning Weekend Present could be the new soap at Caswell-Massey from those wonderful folks who brought you that great lettuce soap. Savon à la Carotte comes in a lacy carrot-colored box and it smells like a mix of carrot juice and sunny old gardens. (Continued on page 28)

At these fine stores:



## The best looking people are often the ones who can change their minds about their looks

## GOOD LOOKS continued from page 26

saturday, june 16. You should be looking for a great Look to wear tonight. (One of the best summer looks ever was the one that the girls of Rome were all wearing several years ago-little checked gingham dresses with gold or silver or sandals.) Now, it's any casual thing at all-linen, denim, or canvas-with a golden surprise on the face. On your cheekbones, for instance, the golden glint of Revlon's new Gold Cheek Creme.
sunday, June 17. If you were about to plunge into an endless trek through jungle or desert and had to choose your last bath carefully, you couldn't make a more splendid choice than Neutrogena's classic Rainbath. There's the fun of it. Bubbles spin off a soft gel as fast as you rub it on your skin and its immaculate scent-like clean white curtains blowing in the sun -lasts on and on.
monday, june 18. The best looking people are often the ones who can change their minds about their looks and not get hooked on any decision. If yesterday you gave up false eyelashes for the natural look, today you're probably going back to them. Evelyn Marshall believes that fine delicate lashes are far more natural than a colored mascara. At her place, they like them lighter than your hair and very fine, fitted to your eyes. They do change them and one customer told Miss Marshall that those lashes had changed her life.
TUESDAY, June 19. One of the great natural scents is the perfume of the Maine woods-fresh, greeny, piney. The Breck people have dreamed up a wonderful light green creamy untangler with this great nostalgic scent-Super Balsam.

WEDNESDAY, JUNE 20. Everyone believes that he is more sensitive than anyone else, of course. However, your teeth and gums may be telling the truth, they may be more sensitive. For them. then, a truly gentle and efficient brush-Sensodyne.
thursday, june 21. Nose peeling? Get your nose a tiny jar of balm-Noskote-and carry it with you at all times.
FRIDAY, JUNE 22. Surprise some stuffy friend by opening your trusty handbag one day and producing a midget Yo-Yo with which you will perform magic tricks. This little icebreaker is actually two jars of pretty eyelid colors joined together by Dorothy Gray in a mad moment.
SATURDAy, june 23. A good time to remember the way a certain famous movie star has of resisting the irresistible. She keeps repeating this secret line, "A moment on the lips, a lifetime on the hips."
SUNDAY, JUNE 24. Instead of tuning out every time a new medical term passes into the language, tune in because knowledge can be life. The new word in town is hyperglicedes-a molecule that relates to carbohydrates the way the molecule chloresterol does to animal fat. It is directly connected with a silent heart attack, can be checked out through a lipo-protein test which you might ask for at your next checkup.
MONDAY, JUNE 25. If you have been choking down those eight glasses of water a day, hating every drop, why not make it a gala gesture each time? Drink to a favorite friend, to your dearest cause, to any blessing you might have. This game is called Positive Drinking.
tuesday, june 26. Although, of course, they wouldn't approve, you could put your make-up on in the dark with the new toys from Elizabeth Arden. Called Creative Coloring Pencils, they really do encourage individual artistic effort. There are twenty-six of them, with such soft points that you could put them

Continued on page 135

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## fine arts


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DAP KWIK-SEAL®: the tub fixer. Seals joints and cracks watertight around tubs, sinks, showers, tiled areas. Bright white, resists mildew, stays flexible. Resets loose tiles and small fixtures, too.

DAP ' 33 ' Glazing: the window fixer. Seals glass in primed or unprimed wood or metal sash. Stays flexible, so it stays airtight and watertight. Outlasts ordinary putty by years.
DAP BUTYL-FLEX*: the 20year fixer. Lasts up to five times longer than conventional caulks. Ideal sealant for problem applications like roof vents, metal flashings. Recommended for seals between dissimilar materials. Stays flexible.

## HOME IMPROVEMENT IDEAS FOR

 the House FxerEvans Products Co. manufactures a one-coat, exterior, latex house paint guaranteed for eight years. A preservative pigment (Busan II) helps control mildew spores that entrap dirt and destroy paint film and the paint is resistant to fumes, fading, and chalking, as well as mildew. It is also nonyellowing and inhibits rust. Fourteen color choices are standard, and custom mixes are available as well.


#### Abstract

Generous bathing space with no corners to bump into or clean are virtues of this circular fiberglass reinforced plastic shower. It has a $\mathbf{3} 6$-inch inside diameter anal the three molaled main parts-the circular top and base and one-piece wallcan be put together in tuenty mimutes. A curved door slides inside the shourer, which meams no swing-out door wastes floor space or lets water alrip out. Available in five, molded-in colors (blue-gray, yellow, green, white, and pink), the freestanding shourer is momrusting and 6 feet $91 / 2$ inches high. The Siran Corp.




With hot alays at harral, room air conditioners are bein turned on for another season of cooling. The "Apollo," by the Yorls Division of Borg-Warner, is this alouble hung winalon unit (for windows 20 to 38 inches wiale), which can be in stalled urith a screaralriver in fifteen minutes. Weighing onl G6 pounds, it has a cooling caparity of 6,000 IETU's (Hritis Thermal Units) on IIS-volt current, anal provides fresh-ai ventilation as well as cooling. It also has adjustable air direa tion louvers, minimum vibration and minimal noise.

The news in the room-air-conditioner industry these days is energy efficiency ratings. With the ever increasin need for conserving electrical energy nationally, manufacturers of room units are listing a new measurement, th "energy efficiency ratio." This is the ability of the conditioner to convert electrical power to cooling and is de termined by dividing the watts of power used by an air conditioner into the number of BTU's (British Therma Units) per hour, which the conditioner puts out. The result, the energy efficiency ratio, is the average number o BTU's that each watt produces in the conditioner. A high ratio indicates more efficient, less wasteful consumptio of electricity and therefore less operating cost. Manufacturers are already labeling room air conditioners wit their energy efficiency ratios and in some major cities legislation may require these ratings as well as a listing the amperage, voltage, wattage of the units and, perhaps, their average cost of operation.

Redwood decks, for terraces, patios, poolside, rooftops, balconies, steps, or walks, may be put together easily from packaged, preassembled units. "Reddi . Deck,"
 from LouisianaPacific Corp. through lumber dealers, consists of 3or 4 -foot squares made up of 2 -by-4-inch redwood lumber. Fastened together on the underside, so all squares are level and can be laid in various designs, the individual boards are $3 / 16$ of an inch apart for water drainage, wood expansion or contraction. Reddi-Deck squares may be stained, painted, or remain natural wood color and their galvanized, stainresistant nails are concealed. Plans for a stepped deck for flat ground, a flat deck with staggered steps, may be had from Georgia-Louisiana Corp.

Improvements in bathroom equipment ar legion these days. A mear rotary massage shower head creates the effect of a whirlpoo bath in the shoucer. The massage action of this Itain Jet Corp. shouver head comes from a con stantly rotating inner nozzle, which emits swirling activated water. Amal you can adjust the flow of water from an intense, wide, rotary pattern to a narrow aerated stream by mov ing the cone of the unit forwaral while shower ing. The shower head fits any standard $1 / 2$ inch pipe in tub or shourer, may also be used on flexible tube, hand-held fixtures, and is made with a chrome, mother-of-pearl, or gold-plated finish.

For protection against sudden, scalding water in the shower there is a new single control mixing valve, the Delex "Scald-Guaral" When you turn the shower on, cool water always flows first, then hot mixes with cold. An adjustable high temperature stop on the faucet limits your turning to the too hot zone although the bather can control water temperature readily. IBy IDelta Faucet Co., the "ScaldGuard" also has a pressure balance that does away with fluctuating shower temperatures.

# General Electric does away with all the things you don't like about dinner: 



Now, you hardly ever have to scrape dishes, wash plates, scrub pots or get rid of the after dinner mess.

We take care of it all.
When we're finished it looks like you never even started dinner. The GE Disposall unit.

This big eater will gobble up whatever juicy leftovers the dog doesn't want (as well as things like chicken bones, fish bones, potato peels and egg shells). It will do it quickly, without a lot of fuss. The GE Potscrubber Dishwasher.

This is the tough guy. It has a Power Scrub ${ }^{\text {™ }}$ Cycle that not only cleans pots and pans without any help from you, it washes fine china and crystal as well. It also has a soft food disposer so you don't have to scrape or rinse pots or plates. Just tip off large and hard scraps.

The GE Compactor.
This wizard will make your cans, bottles, containers and other trash practically disappear. It will mash up the weekly trash for a family of four, into one tidy bundle.

We've done away with all the things you don't like about dinner and given you things you're going to love about cleaning up.

And we have another good thing that's as dependable as our products.

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This is our pledge that wherever you are, or go, in the U.S.A., you'll find a qualified GE serviceman nearby.

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## It's II:00 P.M. It's pitch dark. It's pouring rain. At times like this, you need NuTone's Automatic Garage Door Operator System



You pull into your driveway. Alone. The house is dark. The garage is locked.
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Dept. HG.6. Form 1638, Printed in U.S.A
> $\int$ bout a new fungicide that's a boon to gardeners

BY WILLIAM IR. HARIRIS

Benomyl is the name of a relatively new fungicide, an organic chemical synthesized by E. I. du Pont de Nemours \& Company about ten years ago in its agricultural chemical laboratories near Wilmington, Del. Benomyl (rhymes with mill) has qualities that tempt one to compare it to penicillin. As everyone knows, penicillin proved to be a specific remedy for many of the diseases that have baffled, and killed, man since his beginning-but far from all of them. Benomyl acts much this way in the plant world, for it controls many fungi that have plagued plants-but not all fungi. Of the ones it "kills," many are known to gardeners: the powdery mildews, molds, leafspots, and scab. Over the past few years it has proved effective on commercial crops of beans, peanuts, pineapples, sugar cane, peaches, cherries, and others. Without benomyl, the Dutch might have had to give up the growing of hyacinth, which were under sustained attack from an intractable fungus; their tulip crop, increasingly affected by a mold that rots the bulb, is now in no danger, thanks to benomyl. Because many of these fungi also attack decorative plants, benomyl is a boon to gardeners, for it completely controls leafspot on roses and the mildews that make phlox and lilacs so unsightly and also defoliates them. Although the rest of this article unabashedly extols benomyl, readers should not get the idea that the product is a panacea. Of it, Dr. J. C. Ryker, du Pont's eminent plant pathologist, paraphrases an old saying, "When benomyl is good, it is very, very good, but when it is 'bad' it is useless." It offers no control over early or late blight, which affect tomatoes and potatoes and other plants, or that large family of fungus called rusts. Furthermore, new fungicides are tumbling out of the
country's laboratories at a fine rate.

Benomyl was not conceived in a flash of genius by its inventor, H. L. Klopping, a dedicated du Pont research chemist, nor did Klopping have a lucky break, for chance or "lucking out" might occur once in a millennium or two in the field of organic chemicals, in which there are a hundred billion or more chemicals awaiting invention. Klopping did have in hand a series of related chemicals he and his colleagues had made while working in a small part of a galaxy in the organic chemical universe. Although no one of them amounted to much by itself, each had characteristics which, if put together, would make a rather remarkable fungicide. Klopping suggested this, and eventually produced several formulas. By May 1966, du Pont had enough test data on the first of them to file a patent application under the chemical's name, a blockbuster blessedly shortened to benomyl. (Du Pont's own trademark, Benlate, came along later.) It was granted a patent in late 1971.

In recommended quantities, benomyl is not toxic to plants, man, animals, birds, or the millions of beneficial microbes that inhabit the soil. Like any chemical, it is harmful to plants when applied in large quantities. The label has the usual warnings, such as washing the chemical off the skin immediately, and they should be heeded, but no health problems have appeared. This, of course, is not to say that allergies will not crop up-and the first will probably be among those gardeners who figure that if a little is good, more is better, although a safety factor has been built into the recommended quantity to protect such people.

Benomyl has good residual qualities-in other words, once

Continued on page 37

## Cut out the guesswork.



There's no need to guess how our new Premiere Collection will look on your wall. Just cut along the dotted line and see for yourself.

But this switchplate is just for starters. The idea behind Premiere is to cany a decorating theme throughout your home with matching hardware. Nineteen pieces in all. And to make your job a little easier, you can "home test" the Premiere Collection before you buy a single piece. In fact, you don't even have to go to the hardware store.
We'll send you a free poster that has cutouts of the whole line. Actual size and color. Cut them out and try them around your home. Once you do, you won't want to take them down.

That's when you'll know you're hooked on Premiere. And since paper hardware doesn't last, you'll soon replace it with the real thing.
You can start gradually because the Premiere Collection is sold by the piece. The hardest part is choosing between the Antique Brass and Golden White finishes. The easiest part is installation. It's so simple even a husband can do it. And when you're finished, you'll enjoy the coordinated look of a professionally decorated home. Because you'll have the Premiere Collection. Decorative hardware that's a cut above.

Ajax Hardware Corporation Scruill

825 South Ajax Avenue, City of Industry, California 91749


## It's a fungicide not toxic to plants, man, animals, birds, or the billions of beneficial microbes that inhabit the soil

IEW FUNGICIDE continued from page 34
pplied it lasts for a couple of reeks unless destroyed by eather. And benomyl is system$:$ It enters the plant's system on, cy, the top side of the leaf and ills" fungus on the bottom. It is fective systemically about the ame length of time. Benomyl is xtremely active-as little as onealf part in a million is effective, hich means, practically, that whole leaf need not be covred for it to work.
Fungus, as you probably now, is a lower form of plant fe without chlorophyll. It gets hlorophyll, the chemical fundanental to the life of plants and he animals that eat them, by eeding off the green of the leaves f the plants we know. Most ungicides stop the spread of ungus, if the unaffected parts of he leaf continue to be covered o keep new spores from spreadng from old ones to untreated urfaces. Benomyldoesn't killfungus on contact, but the effect is he same for old spores stop prolucing new ones, and those floatng in air in search of a host get
clobbered promptly by the benomyl working directly or systemically. Gardeners are inclined to look upon fungus as disfiguring, but it is more serious than thatwhen advanced, leaves drop, and if infested over a period of years the weakened plants die. Benomyl actually permits what is left of the leaf to recover-and to continue feeding the plant.

It will please environmentalists to know that benomyl is biodegradable. If used as a soil drench, it has a half-life of about six months, but better still it stays exactly where it is put. It makes no difference how much water falls or the extent of the runoffdu Pont chemists have not been able to wash it out of soil in the laboratory without using strong solvents. So benomyl is not the least dangerous to water supplies. This is something the company discovered after the chemical was made. Also not programmed into Klopping's formula is benomyl's effect on red spider, the despicable mite that browns and kills leaves and the needles of
evergreens during the not infrequent very hot and dry periods of summer. To a red spider, benomyl apparently is a birth control pill, for it causes the mite to lay infertile eggs. Using water, frequently under considerable pressure, has been the remedy most used to control these devils one can't see with $20 / 20$ eyesight. One of the reasons I consider benomyl a boon is that now I can whack at these sly pests after observing them at work-I talk a better line of preventive spraying ("every two weeks, you know") than I practice.

Healthy plants properly supplied with water are usually more resistant to disease than those undernourished or improperly irrigated. Yet some genera are so susceptible to various fungi that no amount of care is sufficient, and plant breeders for decades have sought highly resistant varieties. There are a few good ones, but prolonged, muggy, summer weather will hatch fungus on the best of them. This weather will produce these indecencies on
plants grown by the best of organic gardeners. It wouldn't surprise me if those cultists bought an ounce or two of benomyl to have around-just in case.

All uses approved for benomyl by the government are foliar in nature-for spraying in other words. Since D.D.T., both the U.S. Department of Agriculture and the new hawkeyed Environmental Protection Agency insist that their tough standards be met before approving any use for a new agricultural chemical, so approvals naturally flow like glue. Permission is being sought for other foliar uses. Also, work by agricultural experiment stations and large private growers on the use of benomyl as a soil drench and as an additive to rooting hormones is much further along than Washington approvals. Most of the potting composts of the Christmas crop of poinsettias last year, produced by large growers for the metropolitan cities, were treated with benomyl. These plants lasted well into Continued on next page

## A consumer's guide to better bathrooms

Like most people you probably judge bathrooms more by their decor than by their plumbing fixtures. Right? Bad move. You change bathroom decor many times but you may only get one shot at selecting the right plumbing fixtures.



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## With this fungicide, you can make your own mulitipurpose spraty

## NEW FUNGICIDE continued from preceding page

February without leafdrop, caused by a fungus that has become so prevalent over recent years that good indoor gardeners rarely bought them. If they wish to experiment, gardeners can drench their composts by mixing one tablespoon of benomyl to a gallon of water, then thoroughly combining 2 pints of this per cubic foot of compost. It is impractical and uneconomical for gardeners to use benomyl on soils outdoors. Professional growers get excellent results with cuttings by mixing rooting hormone powders with 5 percent benomyl, so try this, too. So far, approved foliar uses of benomyl are on anthracnose that attack cactus, spider mites and leafspots on carnations; leafspots and powdery mildews on daisies, ferns, philodendron, dracaena, ficus, schefflera, lilies, orchids, azaleas, laurel; and, of course, scab and powdery mildew on apples and lilacs, as well as blackspot on roses. It is especially effective against the fungi that attack the stone fruits-apricots, peaches, and cherries-and strawberries. Few vegetables in the home garden are susceptible to fungi controlled by benomyl, but it raises hob with those on cu-curbits-cucumbers, melons, and squash. It kills the powdery mildew on grape vines, but has no control over downy mildew. Kelthane, Captan, and old and trusted Bordeaux Mixture are effective on fungi benomyl doesn't touch, and should be used.

Gardeners are accustomed to multipurpose sprays, but benomyl cannot be sold that way for it is not now compatible with other materials in powder form. However, benomyl is compatible with them in water, so make your own multipurpose spray by adding insecticides to benomyl in the sprayer. But, and this is as important for all other wettable powders as it is for benomyl, put them in the water first. Some insecticides are emulsions; these oily materials coat the powders and destroy their wettable characteristic. A sticker should obviously be used in all spray mixes; it goes in last.
Gardeners can buy benomyl under the du Pont trademark, Benlate, from farm supply dealers, but only in large quantities
-2 pounds, the smallest packag would take care of a large estate This year thirteen regional chem ical companies, who sell to deal ers in the garden trade, packag benomyl for home use. Each ha a trade name for it. Pure benomy is not on the market; all of it, in cluding Benlate, is 50 percen benomyl, and that is what eacl supplier packages. But becaus each makes other trademarked chemicals for gardeners, look for that one ingredient-benomyl, 50 percent-on their packages. The footnote supplies the names to hunt for, and chances are you will have to visit more than one store; none of these products is distributed nationally except for Sears. ${ }^{\circ}$ Benomyl is not short in supply.
Recommended benomyl dos age is one level tablespoon to two gallons of water. Why manufacturers never specify "level" always baffles me. And they never advise the kind of tablespoon to use-those from discarded tableware differ in size; only spoons designed for measuring ingredients for food are accurate, and any excess should be cut off the top with a knife. All garden chemicals should be measured this way. Almost all spray materials are sold as wettable powders which suspend in water; they do not dissolve. Shake when using is good practice. This is more easily done with 2 gallons of spray in a 3 -gallon sprayer than in smaller ones.

But don't mix more benomyl than you need; it's costly. You will find it more expensive than other fungicides. Package sizes range from 1 to 4 ounces and will cost from $\$ 2.75$ to $\$ 5.98$ each. Usage is low per application. Figure it this way. There are 6 tablespoons to 1 ounce (take that as gospel, my fine Litchfield druggist weighed this out). This means, if you don't spill any, that a 4 -ounce package will make 48 gallons of spray. This will take care of the average garden for two years, even if you "spray every two weeks, you know."
*Science Benomyl, Green Light, Rockland Benomyl, Benomyl Systemic, GroTone Benomyl, Security Rose \& Turf, Bonide Benomyl, Miller's Systemia Alco Systemic, Sears Systemic with Benomyl (forget the "with," it's all Benomyll, Unico Systemic, S. A. Brand Benomyl, and Twin-Light Benomyl.


DECORATOR-RECLINER

## For her - decorator style and charm For him - superb recliner comfort

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## The Parliament recessed filter: It works like a cigarette holder works.



We've all had that surprise: suddenly discovering one day that we want to alter the house or apartment that once seemed the perfect place to live. Why does this happen? Because change is fundamental to our lives.
"It's something we really need to realize," says Emilie O'Mara, an expert in environmental psychology. "We're constantly changing and if we try to deny the fact, we are just deluding ourselves." New tastes develop, interests change, relationships alter, children grow up and need different surroundings. We change physically and emotionally, but so imperceptibly that we are only reminded when we look at our passport photograph perhaps, or meet an old close friend after a while and find our ideas no longer mesh as they did before. Of course, all this is going to affect how we feel about our physical surroundings.

To live under a strain of incongruity leads to frustration. So what many of us do today in our mobile generation is pull up roots, move on, and start over again. A big move can be refreshing but psychologically it is always a bit of a hazard. "We are feeling our way in strange conditions, so it's a little undermining," explains Miss O'Mara. "Basically we respond to continuity, there's security in it. This is why we tend to feel that familiar places are very important. Going home to something predictable helps ease the strain of dealing with ambiguities throughout the day."

An alternative to moving, if we are looking for a more compatible background, is to remodel that which we already have; revise it for our altered personalities or way of life. Remodeling can be one of the most intensely rewarding experiences. For one thing it opens up a chance for some really deep personal analysis. Questions have to be asked, activities and tastes examined. Very often this sort of inquiry will redefine who we are, sometimes it may tell us that we are not the kind of person we thought we were. Says Miss O'Mara: "I've seen it so often in my studies, people have a very different image of themselves. I've talked with a woman who felt she was very flexible and casual yet her home was so ordered and tidy, everything in its place and nothing disturbed, that it was really obvious she was a rather more formal person than she imagined."

Looking at the way you set up your physical environment may indicate some changes that you can't quite clarify but intuitively know are required. For example, you
may have arranged your living room for entertaining. Perhaps you want to give more parties, or would if you were not frustrated by a kitchen that isn't equipped for cooking for groups, or if the terrace outside played a part as an extra party "room." Remodeling these two areas, then, is clearly what needs to be done.

Working on a given space and making it right for you can provide deep psychological satisfactions. It's a way of achieving self confidence that makes you go on and do other things-maybe things you didn't feel competent to do before. "Because the end result is tangible, like giving a gift that captures more than words can say, it reflects a strong statement of personal feeling." But there's another plus in the process as well. This is the discovery that making the place you live in come alive has everything to do with human contact and interaction. Colors, furniture, fabrics, and objects can be aesthetically perfect in themselves, but a sense of the individual person living in the room is really what pulls it together and gives it life.

Remodeling, then, is the key to this issue. And we show the whole range of change that is open to you. There is architect Hugh Jacobsen's brilliant Plexiglas and glass pavilion, which makes a room out of terrace space at the back of an old Federal house on page 42. A double-story addition, page 44, is an example of how another architect, Harwood Taylor, grafted a new taste for contemporary living on to 1920s architecture. The second bathroom story, page 54 , tells how a couple extended personal privacy by making use of a sliver of space in their garden. This is their second remodeling project on their house in the last four years. But structural, large-scale renovations are not the only way to bring about a new look. The chief rejuvenating tools in the house on page 58 were paint and fabric. Sometimes it's just impractical to go in for major alterations, so you shift focus in some other way. "Color and pattern," says the decorator Mica Ertegün, "are some of the best shifters I know."

In all, we report on eight makeovers. All brilliant interpretations of their owner's very personal urge to change.

## HOW TO add on rooms and make over spaces TO GIVE YOUR HOUSE A LIFT

Remodeling today is more than just making do. It's more than that old business of tacking on an extra room rather than buying a whole new house, the sort of change that left intact the patterns of living that conformed to the tight categories of the rooms themselves-living room, dining room, bedroom, bath. Today two things are happening. People don't just spend their time
 one end of a two-story glass pavilion; a long narrow space between a house wall and a retaining wall becomes a bathroom of mirrors; a huge new living room consists of sky-lit levels; the mammoth interior spaces in an old firehouse satisfy the psychological need for the dignity of big rooms in an old structure. One of the most exciting aspects of remodeling is the recognition that the atmosphere of a dwelling-the ease and freedom or serenity and security it embodies-affects us more deeply than we realize.


1New glass room Many people who love Federal houses find that living in one requires trading off some of the expansiveness of contemporary living to maintain ADDS CONTEMPORARY teantrentivive of the arhibectere hand in mext his GOOD LOOKS additions that might alter the atmosphere. On the backside of the Edward Burlings' Georgetown house, however, a very high-minded and sleek glass pavilion, TOA FEDERAL HOUSE right, marries American architectural heritage with American felt they needed not only a big contemporary space, but also a more beautiful entrance to the dining room than through a library. What was a brick terrace shaded by a huge white awning became a slate-floored glass room fitted with heating for the winter and cooling for the summer. The roof is gray Plexiglas to cut the glare on bright days, the side panels are glass. Both indoors and outside in the garden, trees and plants are individually lit by uplights and by downlights suspended like a pendant from the skylight roof. The new floor of the pavilion is sunk as was the old terrace floor so that someone sitting on a sofa looks out at a paved rear garden, a pool, and big shade trees-all at his eye level.
 cylindrical tower with a balcony on top for one of the three Taylor
daughters. Opposite, leading up to another, long balcony-its balustrade sheathed by a Robert Rauschenberg painting on mirrored Plexiglas-curves a half-round stair, below left, with a curl-up nook in its base. In between: two super-embracing seating crescents in red leather from Italy. Paintings by Dorothy Hood. Outside, architect Taylor tore down the old garage to make room for a swimming pool, but, to accommodate the family's three cars, he set it, above, at an angle to the house. And he couldn't resist mirroring the fence he set up to hide the cars; at night, the mirror makes a splendid mirage out of pool, lights, house, and people-it visually doubles his yard, too.

Atwo-story living room

## ADD-ON AND MAKE-OVER SPACES






Left: A view o glass gallery the fire escape r that rims the t the semicircular area for the


BEHIND A GEORGIAN FROI LIVING AND DININ ROOM EXTENDED

Panels of tinted glass, louvered shutters, and air-c tioning floor vents that spray the glass with cool air n a glass gallery, left, possible in such a hot climat Houston. Here is a view down into the gallery towar extended portion of the old living room. Above it is McCullough's office and to the left a second-floor that opens on the other side to a view down into th brary. The picture above shows how a polite good-loo dining room that looked out into a very precise garde came a long light-filled room with two tables-really very long table, which when its round end leaves taken off and put together makes one nice-sized ro table plus a second table in the shape of a big rectar The McCulloughs often use the round table as a b and seat everyone at the large table. Looking over big rectangular table, opposite page, above, along length of the gallery to the gallery end of an exten living room one gets the same view at ground leve shown, this page left, on the second story. Just as new sense of light and space and openness sugge big plants and potted trees indoors where rooms previously been filled with traditional furniture flowers, so the back garden that the gallery wing opened up to view underwent changes. Formal bed very precise lawn gave way to the original contour the land where shallow ravines, mature shade trees a variety of undergrowth reasserted a more nat order. In the late afternoon the shade of these tall tr casts long shadows on the lawn, and indoor $p$ shadows stretch back into the house creating a tinuity of light and garden living both indoors and


McCullough spends a great deal of time iizing things at the yellow phone seen in wo pictures of her new kitchen, right. As ited in its function as the living-diningy space, it's a place that attracts the ren. A new metal staircase painted green, ight, connects that end of the house with thildrens' bedrooms on the second floor. ously there had only been one stairway airs and it was right by the front door. The ow doors that open off the breakfast corner e kitchen open right into the tanbark covplayground of the "amphitheater" so that cook can be doing everything she needs to at the same time keep a watchful eye on children. The floor is covered with ceramic tile, the countertops and


a big enough house, well-coned, and it suited the space and the budget of Mr. and William Watts and their three en at the time that they bought e so many people with a growamily, their needs began to ge. After several years they Warren Cox of Hartman and in Georgetown to see if he devise a remodeling scheme would give the interior some and color and bigger, freer s. One of the things Cox did o extend the windows on the of the house, opposite page, $m$ left. The next step was to up the front hallway at the nce. That meant pulling out the g and floor above, and wrapthis newly created up-space in -shaped wallboard. Already was the feeling that you'd just d somewhere as you walked in loor. To the left of the front opposite page, was the old livoom, which became the new soom. Wallboard curves built either end, recessed downin the ceiling, salmon red with white ceilings and moldcomplete the transformation. mirrored cabinets hold a coln of pottery, bottom left. What ormerly a sunporch opening off d living room was expanded inunporch kitchen, bottom right, a new garden-like breakfast r, gray indoor-outdoor carpetroughout. On the other side of all, what was the old diningkitchen area became an exd living room with the old en space made into a vestt library with bookshelves, stereo speakers all built into small, good-looking space, right. Delft blue walls, white give a fresh clear-color look.



# A BASEMENT TRANSFORMED INTO A welcoming kitchen 



The rest of the tall narrow town house was a dream, in perfect condition when Mr. and Mrs. Harry Dannenbaum, Jr., bought it. But the basement kitchen, below left, was a neglected horror. It's just as well. Julie Dannenbaum, who runs Philadelphia's Creative Cooking School, had definite ideas about her private kitchen. Abetted by designer George Doan, she junked cabinets, floors, even walls to create, she says, a warm and open atmosphere, "a grotto," where she could cook happily and her guests could feel at home. As many as 140 people at a time have been entertained upstairs and down, but all the smaller parties end up in the kitchen, which can accommodate twelve for dinner at round, slate-topped tables (one comes apart for easy storage). Everything about the room is lovingly custom-done, from the facing panels on the refrigerator /freezer, stained to match the old-oak of the cabinets, to the fake beam that encloses essential pipes. Equipment, from dishwasher to disposal, is heavy-duty and professional, some from restaurant suppliers. It does what Mrs. Dannenbaum demands of it. "If I had it to do all over again, I wouldn't change a thing."


The whole room is oriented toward a better appreciation of the cook's art. On the walls, right, the food is only painted, part of a collection of pictures glorifying edibles. But the Oranges Orientale, blue cheese, and crackers in the foreground are real. The professional butcherblock table on wheels that serves as a buffet stands where once there was a wall. It can be rolled into the kitchen for extra working space, above right. Pewter or plain white china shows off the colors of the food-"though sometimes down here I use earthenware." If the informal nature of the kitchen doesn't suit the nature of the dish or the occasion-or if there are too many guests for dinner-a dumbwaiter just to the right (not shown) connects the cook with the more formal dining room upstairs.




ror. Irving Phillips, of course, thought of that." Mirror naturally lines the recess around the washing counter, but the most important mirror in the room is one that is placed at a 45-degree angle out from the wall across the chaise, see below, which does a fascinating job of "widening." When relaxing on the navy blue velvet chaise, Mrs. McCormick stretches her legs through the ingenious curved cutout in the mirror, leans back, and looks up at the trees. On the other side of this reflecting wall is the compartment for toilet and bidet, and beyond, the dressing area, see plan right, which is very well-organized with hanging space, drawers, and other storage for clothes. It all goes to show that when faced with a very taxing remodeling problem, you often come up with a most creative solution.

## A mirrored bath <br> TUCKED INTO A

 SIIVFR OF SPAC $F_{\text {sibe }}^{\text {"our batroom was mimes }}$ "Sandy" McCormicks. But where to put the new one? With great imagination, the McCormicks and their architect W. Irving Phillips, who remodeled a garage into an entertaining center for them before (House \& Garden, May 1969), decided to use a long but narrow ribbon of space only $71 / 2$ feet wide, in the garden on the other side of master bedroom wall. The red brick, gabled bathroom extension, left, is opened up with clerestory windows to bring in the early-morning sun and the leafy outdoor vista. Mrs. McCormick determined that narrowness was not going to inhibit her plan for a very personal, very feminine bath-dressing room, including a 5 -foot-wide tub, comfortable chaise, separate toilet and bidet compartment, and capacious clothes closet. "What saves the room from looking like a bowling hall," she added, "is the use of mir-
oasis of light, the bathroom has brick walls painted white, the floor smoothed with creamy shag carpet. The supersized tub in front of a window wall, reflecte the angled mirror, above, looks out on to a little pooled courtyard in the curved end of the extension. Steeply angled ceiling contains infrared heating units any downlights, plus a spotlight to focus on Mrs. McCormick's collection of interesting necklaces in a wall case, opposite page, left, "it makes more sense tha ving them in a drawer." Quilt hanging beside it was made by Mrs. McCormick's grandmother. White Formica encloses the sink and the tub, which has two set faucets. The McCormicks say a lot of the success of this remodeling project is due to their talented, enthusiastic contractors, Lockler Brothers, Houston, Tex




To give a room a lift flower a wall, design a floor, pattern a countertop, or brighten a ceiling. 1 A dra spill of double poppies and green fern against black. "Melody" cotton chintz by Cyrus Clark. $\mathbf{2}$ Glazed ic tiles with a sunburst pattern a child could have made with his fingerpaints. From Country Floors. $\mathbf{3}$ C fabrics lifted straight from a summer smock have been translated into vinyl flooring-fifty colors to c from. From Herbert Bright. 4 "Lattice," a ceramic tile patterned like delicate wallpaper-terrific countertop with a Provençal look. By Wenczel Ceramic Tile. $\boldsymbol{z}$ Interpace lets you design your own tile, c your own special colored glaze. $\mathbf{6}$ "Bunker Hill" hardwood wall paneling has the musket ball holes right May be cleaned with simple soap and water. By Abitibi. 7 Cascades of oranges and orange blossoms p on cotton. "Atalante" by Boussac of France. $\mathbf{8}$ More soft fabric patterns being put to hard work. "Plaid" tiles. By Eden. 9 "Trellis" wall paneling . . . Ultramarine flowers on bright white. Part of the B Ons by Evans. 10 Armstrong introduces "Gourmet" ceiling tile that has been especially designed for y



SHE ARING THE YE ARS OFF A TURN-OF-THE-CENTL RY HOUSE
BY ADDING ON, MAKING OVER, FRESHENING UP



Close to seventy years old, Mr. and Mrs. Ahmet Ertegün's country house is the kind of "make-over" in which the character of the house, on the exterior, at least, was carefully preserved. Although there is a new wing, it melts into the house unobtrusively. The interior is a different matter. Mica Ertegün and her partner, Chessy Rayner, are the tandem decorating team called MAC II, and if the house, inside, looks brand new, it is their joint doing. There were a few structural changes, but the chief rejuvenating tools, as Mica says, "boiled down to paint and fabric. The downstairs floors were sanded, painted white, and topped with clear urethane. In the living room, the brown and white fabric by Hannett Morrow Fischer was inspired by an Indonesian sarong. Effective, but simple, no competition to the art, which is not simple, that gives the room its splash. That's a Doug Edge at the far left, then there's a Ron Cooper and a Jim Dine in two sections linked by a stove pipe. Mr. Dine's, not mine. Then two more Edge sculptures, one on the wall, and one that's standing up that looks like a chair. It's a sculptor's glorification of a subway bench. The rug is Chinese, and on the white floor, looks like a lily pool."


To malke over a turm-of-the-century house
NEW SITTING ROOV, NEW VIEW, NEW POOL



can't cover, paint doeswhite dado, hot vermili walls and ceiling. Blue ar white porcelain here there cools the room a b and for dinner parties I dre up the table with a sue tablecloth, pewter plates, ver goblets, daisies in blue bottles. When we can, lunch by the pool in a lit gazebo made from old por columns and a wooden lic


To malke over a turn-of-the-century house FRESII PRINTS, PRETTY COLORS



To make over a turn-of-the-century house INGENUITY, PAINT, AND FABRIC



When you dream of luxury is it silks and satins? Or silence and clean air? Your own greenhouse? Or to be able to say "no" when you feel like it?

## WHAT <br> Is <br> LUXIRI? <br> by Susanna Agnelli

edrtor's note: Susanna Agnelli, whose life seems to many people to be about as good a yardstick of what hardcore luxury can offer, in fact, takes her luxury with a good dose of reality. A mother and a grandmother, a passionate cook, candidate for mayor in Porto Santo Stefano, Italy ("I wanted to change everything"), columnist for Il Mondo and Il Gazzettino, she now lives part of each year in New York. Apart from the props of her life-alone, walking in the street, rarely wearing a coat, never carrying a purse-tall, strong minded, free, she exudes the knowledge that her own first luxury, the one from which little luxuries stem, is mental freedom, a voracious enthusiasm for life.

Ayoung pretty girl sits, wearing a Mexican blouse. "Luxury is," she is saying excitedly, "when you are really tired and worn out and dirty, a hot bath and a cold beer." "If you knew what luxury is," retorts her father-in-law slowly, "you would never allow yourself to need a hot bath so badly."

Luxury is a very subjective idea. The Oxford Dictionary defines it as "the habitual use of costly food, dress, furniture" or as "a thing desirable but not indispensable."

To some, the word luxury is related to a despicable kind of spending. For others, it has to do with unmaterialistic satisfactions of the mind. Some identify luxury with happiness. Others with fulfillment of desires. Certainly it implies a sensation or way of life different from the one you are leading or experiencing. It should be connected with a blissful sense of the unattainable.

No doubt, for a person suffering, the greatest luxury is the absence of pain. But this can not be applied to all human beings, for then all healthy people would live in total luxury. And it is not so.
I think we can accept that luxury is, finally, what it is unlikely, or almost impossible, to have.
Ask people what their idea of luxury is and you will get the most surprising answers. People whom the crowd recognizes would like to walk down streets without anyone turning around. Ignored social climbers would like to be recognized (I remember one young man telling me that his idea of success in life was to be invited by the Rockefellers in New York, by the Colonnas in Rome, and by the Rothschilds in Paris and to hear the butler say "One lump of sugar in your coffee, sir, as I recall?"). The person who has an enormous staff of servants dreams of an electronically worked apartment. The man who has one maid for two hours a day dreams of a ballet of butlers and chefs. The city dweller craves for silence and clean air;
the countryman for city bustle and crowds.
For many people traveling is a luxury; for some who are obliged to travel endlessly it is agony, and luxury, instead, is remaining at home.

For some reason, there are some who consider having breakfast in bed a luxury. The same people would consider it uncomfortable to have lunch or supper in bed but that, after all, could be just as pleasant, or just as boring. "Breakfast in bed" suggests the same breakfast one morning after the other; the same tray, the same cups and saucers, butter and jam, coffee or tea or boiled egg or grapefruit juice or whatever it is. I think breakfast should rather be served at a table and with infinite variety, organized in such a way that you can choose or decline what you desire. I dislike someone standing behind you and taking away your plate and filling your cup. Breakfast should be an intimate and lazy affair: newspapers, chatter, thoughts; eating something now and drinking something ten minutes later; people coming and going and returning for another cup of coffee; fully dressed or in dishabille; hungry and depressed or talkative and sullen; setting the mood for the day.

In Acapulco, the utmost luxury is to sit in an open patio in the midst of a tropical forest and have no mosquitoes or bugs or insects to devour you while the staff struggles with insect repellents on the windows and in act sprays in the bedrooms.

Imagine the luxury of being able to l. today without worrying about double tting the alarm of Holmes so minuesinen, letting the delivery the world you would

So, perhaps, the o allowing different defi Even these change as can in Athens; he indu you only have with peo presume you will neve he was very young (anc ried and spent his ho special super king-sized for him the summit of in an enormous bed. No or fourth time and he in the most diminutive his luxury!

## HOW HIGH IS YOUR LEASURE QUOTIENT?

OO YOU SAVE UP LEASURES OR
MAKE THEM PART DF DAIIY LIVING? NHICH PLEASURESENSUOUS, VISUAL, HYSICAL- MEAN MOST TO YOU?

## RE YOU LIVING IP TO YOUR LEASURE OTENTIAL?

## test by Clara Pierre

rror's note: Clara Pierre, a lively young New rk freelance writer, graduated from Sarah Lawnce and has a degree in Public International ${ }^{2} w$ from Columbia University. Her husband, adrew Pierre, is a foreign policy analyst at the puncil on Foreign Relations. Together they pure a life packed with enjoyment, from the outor pleasures (skiing, skating, swimming, horseck riding) to the at-home delights, like eating e best breakfast croissants in New York City hey tracked them down through personal rearch of 58 different bakeries). This provocative riz results from increasing realization by psyologists and psychiatrists that joy may be missg for many of us because we don't register all notions openly and we don't relax enough to let e good feelings in. Dr. Alexander Reid Martin, noted psychiatrist investigating pleasure, beves we shouldn't be afraid to expect joy. "But ove all," he adds, "we must learn not to repress y feelings, love, anger, fear, sorrow, whatever. you shut out grief you can't feel joy."
ometimes a unique experience will take us by surprise, showing us how deeply it is possible feel, how elated we can be. Some people thrive this euphoria, making creative use of their facty for it in everyday living. All great artists do. at the rest of us? Do we really bother to capture Ithe "good" moments? We forget that joy should, id can, be something we experience much of the me. To live this kind of life it may be helpful to ink about what specially gives us pleasure. This niz is designed to help you discover which pleases mean most to you as an individual. There are right or wrong answers-just clues about how get the full measure of joy in your life.

Do you like the feel of some book pages and dislike to touch others?
(A) Never thought of that!
(B) There do not seem to be all that many differences
(C) Definitely

If you couldil, would you have wine with every dimmer?
(A) No, certainly not!
(B) Yes
(C) Depends on the wine

Do you take a bath to:
(A) Get clean?
(B) Relax?
(C) Indulge in foamy bath oils and scents?
If somone in the mext room is peeling an orange, can you
generally identify the smell?
(A) No
(B) Not sure
(C) Yes

De you have (or living conditions permitting would you like to have) ome or more pets?
(A) No
(B) Maybe
(C) Yes

When your husband praises your souffié do you tell him anyway that you forgot to add the vanilla?
(A) Why not?
(B) I might
(C) Never!

Does an exciting new restanrant of uncertaim reputation tempt you more than a familiar one that you allready know is good?
(A) Frequently
(B) Always
(C) Never

Has a satisfying weekend ever meant clearing your desk of overdue bills?
(A) Certainly, at times
(B) Never! That's not my idea of how to spend my free time
(C) Yes, more frequently than I'd like, I'm afraid
You have a friend who has just acquired a motoreycle. Do you feel:
(A) A strong urge to get on and have a go on it?
(B) That you'd like a ride if he were driving and you were the pillion passenger?
(C) It's probably fun but you'd rather be safe than sorry?

## If you could, would you like to

 play at least one musiealinstrument for pleasure?
(A) Yes
(B) I have other interests
(C) No .

Do you indulge in a faverite sport as much forits "physicall fitness" aspeet as for the love of it?
(A) I love whatever sport I do, period!
(B) I practice sports for both reasons
(C) Yes. In fact I probably wouldn't find time for it unless I knew it was good for me

12
Do you ever go to a special market just to find one ingredient for a recipe?
(A) Yes, frequently
(B) I'm very clever at substitutions when necessary
(C) Never. I consider running around for one item ridiculous
De you spend as much time
working at your garden
(indoor or outdoor) as you'd like?
(A) I spend as much time as I want
(B) Yes. It requires too much time actually
(C) Not nearly

Does dieting keep you from eating what you'd like?
(A) Never!
(B) That seems to be the case most of the time
(C) Well, sometimes


The circus comes to town. You
(A) Make a point of going if it's different from the one you last saw
(B) Get tickets only if some children you know make a special request
(C) Wouldn't miss it!

Does being in fashion keep you from wearing that fifteem-year-old skirt that you've always loved?
(A) Yes, of course: there are so many new things to love!
(B) I might wear it around the house
(C) Never! I'm not interested in what's fashionable
Do you keep a green plant or fresh flowers in the bathroom?
(A) Sometimes
(B) The idea hadn't occurred to me (C) Yes

Do you ever use your best china when you are having a little dinner for two?
(A) Sometimes-it depends who the other person is
(B) No
(C) Yes

TO FIND YOUR SCORE AND WHAT YOUR
SCORE MEANS, PLEASE
TURN TO PAGE 136.

 is feeding and seeing her friends. With her husband, Sir Roland Penrose, noted English artist, writer, and critic who was knighted in the sixties for hi services to art, her time is divided between London and a working dairy farm in Sussex. It is here from a comfortable kitchen that she gives vent to her cooking compulsion delighting a constant stream of visitors. "The kitchen is always ful and we do much of our drinking here," says this fascinating, talented American who as Lee Miller was at one time a model and Vogue photographer, invari ably up in the front lines with her camera during the Second World War. Quick and flexible, she can rethink a meal at the last minute and relishes the challenge
 of developing a meal originally planned for eight to feed a sudden crowd of sixteen. The seasons, the kitchen and herb garden, the freezer larder, and market all of fer constant inspiration to this Cordon Bleu grad. uate who doesn't resor to the traditional roast beef solution to large house parties. "I like to have main courses that don't need carving, so everyone can be served easily, and always in clude a certain number of vegetable dishes as so many friends are now vegetarians." The bountiful garden, larder, freezer (she does all her own canning and freezing) are constantly being rifled for another course. Packages of pesto sauce are put down at basil harvest; tarragon in jars with olive oil is ready to make out-of-season green mayonnaise with an in-season flavor. The freezer can produce a summer pudding at Christmastime if she makes an extra during the red currant season, and she's beenknown to freeze snowballs in case a zany guest wants to throw one in June.

The eastern view of Farley Farm, TOP LEFt, shows off a handsome late Queen Anne façade crowned with magnolia; lemon and orange bushes grown from pips flourish in wooden tubs. CENTER LeFt: The front door glimpsed through an arch of linden trees. The glassed-in front porch, ABOVE, is a very mini-conservatory with ferns, begonias, geraniums. Lady Penrose, LEFT, preparing summer pudding in the old kitchen. "Not the working kitchen but a project room where parties are prepared and Christmas happens." The refectory table in the dining room, RIGHT, is set with boned stuffed chicken covered with gold leaf. The vegetable, a grain dish, burghul; the dessert, "Persian carpet." Pitchers on the table by Picasso; the fireplace in the background is painted by Sir Roland in a fantasy of the sun, moon, and planets; the painting over the fireplace is by American artist Man Ray.





Lee Penrose:

## "I bring food ideas

## home from my travels

Lee Penrose has a amaxing capacity fo and play kitchen roulette carrying on with my cookbooks" fivepart conversatio in the kitchen whil cracking along with her boning, rolling, skinning chores with the od casional interruption of a blender burr, the whirr of an opener. Com Monday morning it is time to organize the larder and the leftover Croquettes to make and freeze from leftovers, a roast to turn into sten butter to clarify. In an ide ten minutes before the train, the knive might be sharpened or a rich chooclate ice cream made from a surplu of thick farm cream. To save time, she might make a roux in ad vance; working together over low heat a cup of butter and $2 \frac{1}{2}$ cup flour. Spread it in a shallow pan and bake in a moderate oven unt golden. Pack in jars for future use. She toasts filberts ahea of time and rubs the skins off with hands in oven mitts. Full of in vention, Lee has been known to use the washing machine to clea spinach; pop cobblestones into a dish to raise the liquid level; bo eggs in a liquid that might be too acidic (a tomato sauce, for instance) Cook a chicken by stuffing it with silver spoons, covering wih col water, bringing to a boil, and boiling for 6 minutes. Turn off heat an with lid on leave until cool. The heat from the spoons finishes cooking


0a warm day, lunch is served out-of-doors on a big round cedar table snuggled into a sheltered corner of the house, where a grapevine runs horizontally, wisteria climbs vertically over the rose red and black glazed brick. "Goldfish," codfish blanketed with finely shredded carrots, flavored with a hint of sherry, is Lee's crowning glory for lunch, ABove; the vegetables, BELow, a mélange of fresh-from-the-garden French beans and zucchini cut on the bias and cooked separately and al dente, punctuated with a garnish of black olives. A dish of lemon wedges is on hand to accompany it. On the table RIGHT, a beautiful centerpiece of flowers, Turk's-cap lilies, Canterbury bells, White Russian lupins set in an earthenware pitcher. To complete the meal, a salad of lettuce with just picked garden herbs-tarragon, chives, and parsley to be snipped and scattered-a tangy sauce vinaigrette, white wine, and crusty bread.



4. Some of the most graceful place mats we've seen are elongated octagons of Plexiglas ed by sterling. At Bloomingdale's Cul de Sac. 5. Silver-plated fish dish matches its catch. Tweninches long, it's big enough for almost any fish you could get a hook on. Reed \& Barton. 6. A spot -and only for two. Sterling teapot for 12 ounces of the brew. Gorham. 7. A frog he would a-wooo, even when he's filled with ice. Silver-plated ice bucket is at Bloomingdale's Cul de Sac. 8. To pie, or just set out as a decorative accent, a wood-handled silver-plated trowel that is $111 / 2$ inches Towle. 9. Cork bowl, rimmed with silver plate, comes in two sizes - a foot or $41 / 2$ inches in diamAt Bloomingdale's Cul de Sac. 10. Box for biscuits or for all the kisses you'd ever want to share. ng cube is 41/8 inches high, wide, and deep. Tiffany. For shopping information, see page 131.



"How the Art Nouveau table [1] ever got from Vienna to San Francisco I don't know," says Mr. Dickinson, "but I'm glad it made the journey. It's oak, stripped and waxed, and seats ten because l've got ten chairs. Victorian, covered in leather the color of the walls. The lamps I designed. Alice in Wonderland porcelain mushrooms. The pedestals flanking the love seat are African masks I mounted on wood bases and lacquered white. Somehow, they look like bears. I also designed the stove [2], which took a year to execute. Steel and brass, with moldings that match the dado's and are the same distance from the floor. A fine point, and no one cares but me. love seats, Dickinson specials, have pillows and throws that are gray flannel on one side, camel-
hair on the other. The little wood stool is African and a prototype for the white plaster table. Lots of good ideas in Africa. The table that looks like rough-sawn wood [3] isn't. It's plaster. What's all wood is the dressing room [4], which I turned into a little street lined with town houses. I was looking one day at photographs of the Teatro Olympico in Vicenza with its permanent stage setting of classic façades, and I thought what a wonderful idea. Instead of dress-ing-room doors I'll have dressing-room houses with mirrors for windows. So I drew it all up, and a carpenter built it, and I walk up and down and tie my tie and think if Palladio could only see his successor. Anyhow, the various sections [5] all open out with storage behind, and shirts slip into slots like letters into a mailbox. The chest table [6] I painted to look like tile, and my cats-this is Bertie-eat from dishes on brass fold-up disks [7] as used on ships to climb difficult places. The kitchen [8] is paneled in white siding. Standard stainless steel fixtures but new brass hardware, unfinished pine countertops and floor. The mirror is baroque, but earns its keep. I hang everything on it but my hat."






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NOTES OF A

## BY MARY ELIZABETH FALTER

This is a good time of year to make seasonal checks on hard-worked pieces of equipment. Some time ago we removed the snow tires from our car and now we've had the car's air conditioner serviced as well as those we have in our house. Air conditioners and furnaces have a way of using up filters more quickly than you might imagine and they certainly must be clean to keep working efficiently. In some parts of our house we use fans and these, too, must be cleaned and kept clean when they are in use. The cords should also be checked for signs of wear or deterioration.

As the weather gets warmer, it may be necessary to turn up the cold setting in the refrigerator. Frequent opening and closing of the door in hot weather could hinder the refrigerator's performance, so if milk and juices don't seem as cold as they should, it's a sign the refrigerator may not be maintaining a cold enough temperature. Our freezer has a dryweather and damp-weather setting that also may need changing during the more humid summer months.

By way of greeting the early days of summer, we've finished a heroic housecleaning, gotten the outdoor furniture back in place, and worked our way down to the last few minor clean-ups. Our bathroom carpet, for instance, is reasonably new but as it's fairly light in color, some spots developed where it gets the most wear. The worst was in front of our old marble basin. To get rid of carpet spots, I work on them with Bissell's Spot Away foam carpet cleaner, which does the trick in short order. The stiff brush on the head of the aerosol can makes the job quite easy. When the cleaner is dry, I vacuum the carpet carefully and the spot's gone. I'm going to spray the whole carpet with Bissell's Carpet Protector, concentrating on the heavy traffic areas, and it will help prevent the dirt and grime from accumulating and sticking to the carpet fibers. Repeated every two or three months, this treatment should keep the carpet fresh and new looking.

This year I vowed I'd buy a French steamer so we could enjoy every bit of flavor from fresh asparagus. I went to the Kitchen Korner to see what was available and wound up with a deep, roomy aluminum pot with straight sides. It's oval shaped and has a flat steaming rack in the bottom with convenient handles on each side that help enormously in transferring the cooked asparagus from pot to platter. My first attempt was eminently successful: The asparagus was tender and flavorful, and it cooked just as quickly as it does when immersed in water. Stayed a lovely green, too!

We often freeze leftovers and extra amounts of our favorite foods-I make double lots on purpose. Until recently, I'd

Continued on page 140

## WINE\&FOOD

NEW SUPPLEMENT TO HOUSE \& GARDEN OF QUICK TIPS•SUPER RECIPES•EXPERTADVICE

## SPECTACULAR

 CYORANGE ESSERTOOUICK,HEALTHY, ELICIOUS VAYSTODO EGETABLES

OOKING SECRETS ANDRECIPES DFA BRILLIANT HOSTESS

## DOZEN ZEFRESHING SUMMER OUNCHES

## HE PERSUASIVE

 BLARNEYOF RISH WHISKEY y José WilsonTHE DELICACIES
DFJUNE
JuzanneTaylor vrites about the oleasures of living and cooking in he summertime

A rum and tonic can be a nice simple drink. Or something a little bigger. Depends on your rum.


Ronrico. The rum with the bright taste.

# Step by step to a spectacular icy orange dessert Oranges Orientale 


#### Abstract

Uulie Danmenbaum's Oranges Drientalle is a dessert for all seasons. There isn't a month in the year when you can't find fresh oranges; they're available across the country when other fresh fruits are out of season, scarce, or astronomically priced. Amytime you really want to serve a fresh fruit dessert this is a delicious, practical solution.


'Oranges Orientale is a perfect dessert to serve with any kind of meal," says Julie Dannenbaum, who suggests it could be served at a brunch, a simple lunch, or a sumptuous dinner. "It is good after curry and as good after a Chinese dinner. "Whenever I don't know what to serve for lessert, I make it," says Mrs. Dannenbaum, whose new cookbook, Menus for All Occasions is to be published in the fall by the Saturday Review Press; she also runs a marvelous cooking school in Philadelphia, where she teaches participation and demonstration classes, courses for men and businesswomen, and a one week crash course for out of towners. For information on classes write to Julie Dannenbaum's Creative Cooking Inc., 2044 Rittenhouse Square, Philadelphia, Pa., 19103.
Her own kitchen renovation in Philadelphia appears on pages 52-53.

## 'You can make it in advance and refrigerate the oranges in sealed plastic bags"

"I always make it in advance," says Mrs. Dannenbaum, who peels the oranges in the morning and refrigerates them in sealed plastic bags. Oranges can later be sliced or served in sections instead of whole as we do in our picture on the previous page, if you prefer. She then makes the
syrup and stores it in a screw-top jar or covered pitcher in the refrigerator. Sometimes she makes more syrup than needed, as it keeps indefinitely in the refrigerator. It is delicious itself and can be used for many desserts; poured on top of fresh cut-up fruits, as a lovely orange flavoring for whipped cream (delicious with a chocolate souffé), as a sauce for water ices, a topping for cake. The oranges and syrup are put together an hour before they are to be served; they look most effective arranged in a pyramid as shown on the previous page. "It is my most successful dessert, it is so refreshing and satisfying, and every time I serve it guests rave."

## ORANGES ORIENTALE

Ingredients: 8 large navel oranges; 2 cups water; 2 cups sugar; $1 / 4$ teaspoon cream of tartar; $1 / 2$ cup Cointreau, Grand Marnier, or any other orange liqueur or rum; 1 tablespoon grenadine or a few drops of red food coloring; 8 candied violets (available in gourmet shops)
Method: Make orange-peel syrup by peeling the oranges as thinly as possible with a potato peeler, removing the orange-colored covering but not the bitter white part. Setting the oranges aside, lay the peel on a chopping board, and with a chef's knife, cut it into the finest shreds or slivers possible. Skin can also be removed with a zester if you prefer.
Put the slivers into a saucepan with the water, sugar, and cream of tartar (cream of tartar keeps syrups from crystallizing), bring to a boil, then
reduce heat to simmer, and cook until thick and syrupy-about 25 to 30 minutes.

Remove from heat, stir in liqueur, then add grenadine or enough red food coloring to tint the syrup a pretty orange color. Chill.

Finish peeling the oranges, cutting off all the white part. Leave the oranges whole and pile them in a pyramid in a glass bowl or refrigerate in sealed plastic bags. Refrigerate them for at least 2 hours.

Before serving, spoon chilled syrup over the oranges, spooning as much as possible of the shredded peel over the top of the oranges, and garnish each orange with a violet. Serves 8 .


BEADLE

1. Julie Dammenbaum prepares her recipe for Oranges ©riemtale. 2. Peel the zest or orange rind off a large navel orange with a vegetable peeler being careful not to imelude the pith. 3. Bunch several strips of zest together on a chopping block and with a sharp chef's knife cut into the finest strips or slivers possible. 4. Cut off hoth ends of orange and peel orange with a sharp serrated knife removing all pith and leaving a nicely rounded orange. 5 . Put slivers of orange zest into sancepan with the water, sugar, and eream of tartar, bring to the boil, then reduce heat to simmer and cook until thick and syrupy. 6. The final assembly, handsome on a compote from Tiffany.


# Cooking secrets and recipes ofan inventive hostess 



After croquet on the lawn
Lee Penrose serves a delicious and festive summer lunch out of doors.

Here are the very special recipes of Lee Penrose, who cooks with great flair and unflagging imagination. Many of them are photographed in our story on pages 68 -73. They were concocted by much delving into recipe books and confronting the resources of a well-tended garden and an old-fashioned walkin larder that is a combination of gourmet shop and country store.

## GOLD CHICKEN

Bone a 4-pound capon by cutting it up the back and stripping the flesh from the bones. Remove bones from thighs and most of the bone from the drumsticks. Cut the bone off with poultry shears inside the leg-skin just inside the joint. This bit of bone will act as a plug for the stuffing, later. Do the same for the end of the wing part nearest the body (that is, cut off tip and next section, leaving one bone plugged on the capon). Sew up any holes aceidently made in skin. Spread out the boneless chicken, skin side down, on a board, sprinkle with 2 tablespoons cognac, salt and pepper to taste, and set aside. Have ready another breast of chicken. Prepare 4 cups of stuffing: In a large bowl mix together $\%$ pound ground lamb; 4 tablespoons fried pine nuts or slivered almonds; 2 tablespoons pistachios scalded, peeled, and roughly chopped; half a cup parsley, finely chopped; $1 / 2$ tablespoons chopped tarragon; $1^{\prime \prime 2}$ tablespoons scraped or finely chopped onion; 3 to 4 eggs; garlic to taste; and grated peel of 1 lemon.
Push some of the stuffing into each empty leg and thigh skin, in such a way that the legs can be folded back into their proper position. Push some into the wing hollow and spread most of the rest on the open skin. The stuffing swells, the chicken skin shrinks, so don't fill it too full. Observe where the white meat of the chicken lies naturally and distribute slender fillets of the supple-
mentary chicken breast so that each portion, when cut later, will have some white meat, but be careful to keep the proportions of thickish breast tapering to the rear. Cover over these fillets with more stuffing, draw up the back skin, sew it together (if the neck skin is long enough it can be skewered to the back). Reform the legs into position, truss with string, rub with oil, and roast in a $350^{\circ}$ oven for about 2 hours. For some strange reason, this limp ragged looking beast resurrects itself into a lovely youthful shape again. While still hot, apply pure gold leaf to the entire breast and other visible surfaces. Carve across. Good cold too. Gold leaf is available from art supply stores.

## PERSIAN CARPET

In a saucepan, combine 2 cups sugar, 1 cup water, and 1 cup julienned orange peel. Simmer for about 10 minutes until soft and translucent. Strain off peel, reserve, and cool. Arrange 6 oranges, sectioned, peeled, and all membrane removed, on a silver platter. Pour cooled syrup over oranges and dot with rose petal jam, sprinkle with orange flower water, dribble cassis and grenadine streamers (taking advantage of the two colors), reserved peel, and decorate with 10 or 12 candied violets and candied roses.

## CHLODNIK

(Chilled Beet Soup) In a large bowl mix 3 pints buttermilk; 1 pint sour cream; 1 cup juice of dill pickles or light beer; 2 cups young beet tops and beets (or all beets) cooked and chopped; 2 cucumbers, sweated in salt, drained and rinsed; 3 or 4 hard-cooked eggs, chopped; 1 cup cooked, peeled, chopped shrimp or fresh water crayfish; 1 cup cooked, small-cubed veal or white chicken. Chill. Serve over ice. Sprinkle with finely chopped dill. Serves 8 to 10 .

SMOKED HADDOCK MOUSSE
Ingredients: ${ }^{3}$ pound haddock fillets, free of bone (start with a pound or more); $1 / 4$ cups milk (or equal amounts of milk and water); 1 tablespoon unflavored gelatin, dissolved in a small amount of cooled milk/water stock; 1 shallot, very finely chopped or grated; Tabasco sauce to taste; slivered flesh of 2 tomatoes, peeled and seeded; pepper to taste (salt if necessary); $3 / 4$ cup heavy cream, whipped thick. Garnishes: red
caviar, fennel, lemon slices, har cooked eggs, radishes.
Method: Poach fish 10 to 12 mi utes in the milk/water mixtu Drain and reserve fluid. Flal fish. Add dissolved gelatin to r served warm stock and stir tho oughly. Put haddock, shallot, T basco in blender with enough the gelatin and milk/water operate blades. Purée until ju smooth. Add mixture to tomatoe pepper, fold in whipped crea

When slightly set add the mainder of the gelatin milk mi ture to the fish mix and beat incorporate as much air as po sible. Add salt if necessary. Po in mold and chill. Garnish mold or unmold and garnish.

## BURGHUL

In a large skillet, sauté 1 finely chopped celery and 1 cl minced onion in 2 tablespoo butter until limp. Add 3 mo tablespoons butter and 3 cu coarse trahana, cracked whea or burghul, depending on t1 language of your shop-they a the same thing. Add a handf finely chopped parsley, a tabl spoon salt, 2 or 3 grinds whi pepper, the grated rind of 1 len on and the juice of half of it. Ad $61 / 2$ cups of fluid-half toma juice, half water. Bring almost a boil and simmer about half hour. The liquid should be el tirely absorbed and the grai separate, well-cooked but no mushy or sticky. Sprinkle wit chopped fried almonds or pin nuts, and bake uncovered at 275 for about 10 minutes to brow Garnish with chopped parsley.

COLD BEET BORSCH
Whirl 2 cups plain yoghurt; ounce can of beets; and 2 table spoons chopped onion in blende until smooth. Pass through a ny lon sieve. Salt to taste, sprinkl with dill. Chill. Yields 1 quar Serve in glass pitcher.

MUSHROOMS À LA GRECQUE In a flameproof casserole add pound tightly closed mushrooms 2 cups water; $1 / 2$ teaspoon corian der seeds; 3 ounces onions, finel chopped; 2 shallots, finel chopped; 1 clove garlic mashed with 1 teaspoon salt to a paste 1 teaspoon tomato paste; 麻 cul oil; juice of 1 lemon; 度 cup white wine; bouquet garni of celery thyme, bay leaf, parsley. Bring tc a boil and simmer for 5 minute until tender. Skim out the mush rooms with a perforated spoon and set aside. Reduce sauce to cup of liquid. Remove bouquet garni. Add 4 tomatoes, skinned

## "Cooking is pure therapy, like needlepoint, and it's fun to work in a group like a sewing bee"

seeded, julienned and bring to a boil. Remove from heat, add mushrooms, and chill. Serves 6.

## PENROSES

For each person, remove the stems from 2 very fresh, closed mushrooms of about $2 \frac{1}{2}$ inches in diameter by cutting carefully. Do not pull them out, as the mushrooms will collapse in cooking. To retain the juiciness, sauté in oil open side down first, then outside down. Add salt, pepper, Madeira or Marsala to taste, and cook until tender. Cool.
Pipe the caps with a fluted spiral of pale, pinkish mousse de foie gras or other delicately flavored liver preparation; sprinkle paprika into the grooves. Use 1 slice of bread per person. Butter and carpet bread with watercress; arrange mushroom roses on top; sprinkle with a few strands of raw carrot (using a zester).

## RED PEPPER PLATFORM

Ingredients: 14 cup finely chopped onion; 2 tablespoons clarified butter; 1 pound fresh red peppers, cored, seeded, and chopped; $1 / 2$ cup white wine; 114 cup chicken broth; 1 tablespoon unflavored gelatin, soaked in water over low heat; $1 / 2$ cup heavy cream, whipped; dash lemon juice. Method: In a small skillet, sauté onion in butter until limp and soft; do not let it brown. In a large skillet, sauté red peppers in a little oil. Place onion and
peppers in blender with white wine, broth, gelatin. Pass through a fine sieve and, when cooling to the ribbon stage, add heavy cream and lemon. Pour the mixture into a shallow mold and chill it until set.

Unmold, surround and garnish with shrimp (as shown on page 71) or poached fillets of sole curled around themselves, stuffed or poached eggs, caviar.

## CHICKEN LIVER PATE

Ingredients: 1 cup water or chicken stock; 1 bouquet garni; 1 blade mace; 1 clove; 1 garlic clove, mashed; 4 tablespoons chopped onion or shallot, or both mixed; 2 tablespoons celery leaves; $1 / 2$ pound cleaned chicken livers; 2 pinches powdered thyme; $1 / 2$ teaspoon dry mustard; 1 tablespoon cognac; 1 dash Tabasco sauce; black pepper to taste; $\frac{1 / 2}{}$ teaspoon salt; $1 / 2$ cup melted butter; enough bay leaves to use as garnish.
Method: Simmer stock, bouquet garni, mace, clove, garlic, onion, celery for 5 minutes in a large saucepan. Add chicken livers and simmer until cooked but still pink inside. Discard bouquet garni, mace, clove, and put livers and remaining solids into blender. Reserve cooking liquid. Add thyme, dry mustard, cognac, Tabasco, freshly ground pepper, salt, just enough cooking liquid to enable blades to operate, and butter to mixture in blender. Blend. Pour into suitable crock
and garnish with bay leaves. Chill. Yields $1 \%$ cups. Freezes well.

## CAULIFLOWER MAYONNAISE

 Divide cauliflower into florets and cook in boiling salted water until just tender. Run under cold water, drain, and reform in a bowl. Weight down, refrigerate, and redrain. Make homemade mayonnaise in the blender using a whole egg, so it is light colored, and tint pink with a little tomato paste. Pour some of the mixture over the cauliflower before turning it out onto the platter. Coat cauliflower with the rest of the mayonnaise. Garnish with chopped hard-cooked eggs, a dash of caviar or tapenade, finely chopped parsley, and peeled tomato quarters.
## CRAB CROWN

Ingredients: 1 envelope unflavored gelatin soaked in 2 ounces white wine or water; 4 tablespoons lemon juice; 1 tablespoon each chives and parsley, very finely chopped; 1 tablespoon mild, light-colored, prepared mustard; freshly ground white pepper; 10-12 ounces cooked crab meat, shredded (white and pink only); 6 ounces heavy cream, whipped; 2 ounces homemade mayonnaise; 1 cucumber, thinly sliced (drained and blotted); French dressing; borage flowers and mustard flowers to garnish.
Method: In a large bowl, mix the
wine-soaked gelatin with lemon juice, chives, parsley, mustard, and mayonnaise. Add crab. Salt and pepper to taste. Fold in whipped cream. Pour into oiled 4-cup mold. Chill until firm. Unmold and, at last moment before serving, fill center with cucumber marinated in French dressing. Garnish with flowers. Serves 6-8.

RICE SALAD
In a large bowl, mix $3-4$ cups cooked rice; 1 onion, chopped finely; 1 tablespoon currants soaked in hot water and drained; 2 tablespoons pine nuts or slivered almonds, fried golden in oil; 1 tablespoon coriander seeds, simmered in water and drained; 10 stuffed green olives, chopped or sliced; $\frac{1 / 2}{}$ cup celery with green leaves, finely chopped; 1 green pepper slivered very finely; $/ 4$ cup chopped cucumber; about 1 cup French dressing with garlic, to taste; and 1 tablespoon chopped fresh tarragon. Add 1 cup crisp lettuce stems, chopped at last minute. Garnish with "petals" of tomatoes that have been peeled and seeded and basil leaves.

## MELON WITH LENTILS

A small, fragrant, ripe melon per person can be used as a container for lentil salad eaten with a spoon. Cook brown lentils, tender not mushy, and season to taste. Add French dressing and very finely sliced onion rings.

Continued on page 97
> "I like one-implement desserts, simple things that keep the conversation going"

## LEE PENROSE MAKES SUMMER PUDDING



Line a pudding basin with overlapping slices of white bread (thin, decrusted, and not the soggy kind. Pepperidge Farm bread works very well). Line the bottom with a circle of bread, and patch any open places with more bread. Fill this bowl with a purée of red currants and red raspberries or black currants, blackberries, blueberries -whatever combination you desire. Red currants, blueberries, and blackberries should be cooked before they are puréed and sieved, but this is not necessary with strawberries or raspberries. Make the purée in the blender and pass through a nylon sieve. Sweeten to taste. Cover with more slices of bread cut to fit the top. Weight down ( 2 or 3 pounds weight) and refrigerate overnight. Turn out on serving platter and cover with more raspberry purée, sweetened. Combinations of fruit are best-for instance, blackberries inside and raspberries as covering. The combination of sweetened raspberries and red currants is particularly good and is the one being prepared on page 68 . And in this instance, cream was added to raspberry purée.


# 20 quick, healthy, delicious ways to do vegetables 

Vegetables look their prettiest, taste their best, and retain as many nutrients as possible when served undercooked, rather than overcooked," says Elizabeth Alston, a crusader for healthy feeding, author of The Best of Natural Eating Around the World published this month by David McKay. Here are twenty wonderful ways she prepares vegetables at the same time conserving their nutritive value. Miss Alston, a well-known food writer, was Food Editor of Look and is a graduate of the Cordon Bleu.
Give tomatoes a Corsican flavor. Cut up 1 to $11 / 2$ pounds fresh ripe tomatoes. Put into a small heavy pot, cover and cook gently until soft. Add $17 \frac{1}{2}$ ounce jar drained pimientos cut into bite-sized pieces, heat through, and add $\frac{1}{4}$ cup diced black olives. Makes 2 cups.
seatlions by the bumedi: Wash and trim 1 bunch of scallions per person. Retie each bundle with white string. Steam over boiling water for about 7 minutes. Serve with melted butter, brown butter, or vinaigrette dressing.
Scrape and hollow out new potatoes a little and boil in salted water until tender. Stuff with herb butter or dilled sour cream.

Cook carrots with green beans: Put into a pot 2 cups thinly sliced carrots, 1 cup fresh green beans, trimmed and cut in 1 inch pieces, 1 tablespoon butter, $1 / 2$ teaspoon salt, $1 / 4$ cup water. Bring to a simmer, stir gently. Cook, covered, until vegetables are tender, 8 to 10 minutes. Stir or shake once or twice. Makes 3 cups.
Serve new potatoes with this tangy dip, toagma caudaz: Scrub tiny, freshly dug new p.tatoes and scrape to remove skin if you wish, steam covered until tender, 10 to 20 minutes. Meanwhile, put into a small pan, $3_{3}^{3}$ cup olive oil or butter, 1 cup cider vinegar, 1 cup finely minced onions or thin sliced scallions, 1 teaspoon salt and a good grating of pepper. Cook over medium heat for 4 to 5 minutes. Serve as a dip for potatoes; makes about 2 cups.

Shiny carrots vichy: Slice thinly 1 pound of carrots, peeled or just scrubbed and put carrots in a small heavy pot with 2 tablespoons butter, $/ 4$ teaspoon salt and about $/ 4 \mathrm{inch}$ of water. Bring to boil, cover and simmer over a low flame until carrots are tender, about 7 min utes. Shake pot once or twice. Remove lid, turn up heat, and boil until liquid has practically disappeared. Gently mix in a little chopped parsley. Makes about 3 cups.

Corn just picked is an unbeatable vegetable. Try Peace Hiver Hanch Corm as an hors doeuvre: If you can, build an open fire between cinder blocks supporting a grate near your compatch or use the kitchen stove. Bring water to boil in a pot. Pick corn and put into boiling water. Cook 5 to 10 minutes from time water reboils. Lift out corn with tongs, peel back husk and silk falls off, wrap around with
paper towel or small brown paper bag to form a handle. Dip corn in coffee can or pitcher of melted butter or brush butter on with a paint brush. Sprinkle with salt and pepper.
When your garden is overflowing and you want a change from salad, mint cucumbers. Peel 1 cucumber and cut into 1 -inch chunks. Melt 1 tablespoon butter in a small, heavy pot; stir in cucumber. Cover and cook over low heat for 5 minutes without browning. Stir in $\frac{14}{4}$ teaspoon salt, 1 teaspoon lemon juice, and a pinch of dried mint leaves or about 1 teaspoon chopped fresh mint. Cover and cook 2 minutes longer. Makes about $1 \nless$ cups. Lovely with salmon or lamb.

Mint also adds a sweet note to pea purée. Cook 2 cups fresh or 1 package frozen green

## "Vegetables are better for you when they're undercooked rather than overcooked"

peas in $1 / 5$ cup water with 1 sprig fresh mint or a pinch of dried mint. When tender, blend until very smooth. Return purée to cooking pot and stir over medium heat to evaporate any liquid. Add a tablespoon cream and salt to taste. Makes about $\%$ cup.
Or try seallions with bacon: Cook 2 strips thin-sliced bacon or ${ }^{3 / 4}$ cup minced fatback until crisp. Drain. Pour off all but about 2 tablespoons fat. Add 4 bunches scallions, cut into 1 -inch pieces and $1 / 2$ teaspoon salt. Stir over medium heat about 30 seconds, then cover and cook over low heat until crisp-tender. Sprinkle with bacon. Makes about 1 cup.

Peas, snow peas, and celery: add 1 cup thin-sliced celery, 2 cups fresh or frozen green peas, $1 / 2$ teaspoon salt and $1 / 2$ teaspoon sugar to a wok or pot with $1 \frac{1}{2}$ teaspoons of heated oil. Stir

Steamer inset for stainless-steel saucepan retains vegetable's vitamins, flavor. By Ekco.

over fairly high heat until hot, about 1 minute. Lower heat, cover pan, and let steam about 3 minutes. Turn up heat, add 1 cup fresh or frozen snow peas and stir about 30 seconds. Lower heat, cover and steam until snow peas are crisp-tender, about 30 seconds. Makes $2 / 1 / 2$ cups.

Chili limas: Cook 1 package frozen lima beans or 2 cups shelled fresh baby lima beans in boiling salted water until tender. Drain. Mash about $1 / 3 \mathrm{cup}$ of the beans with a fork on a board or plate; put back in pan with beans. Add $1 / 2$ cup sour cream and 2 teaspoons minced canned green chili peppers. Stir until hot. Add a few grains of salt if needed.

Serve warm as a relish for lamb - artichoke hearts zante: Put into a skillet 2 tablespoons lemon juice, 2 tablespoons olive oil, $1_{4}$ cup water, $1 / 4$ teaspoon salt, $1 / 4$ teaspoon crushed dried mint (or 1 tablespoon chopped fresh) 2 sliced scallions, 4 cup currants or raisins, and 1 package frozen artichoke hearts. Bring to a simmer, cover, and cook slowly until artichoke hearts are tender, 10 to 15 minutes; stir gently once or twice. Serves 4.

For dilled zuechini trim ends off 1 pound zucchini, cut into ${ }_{4}^{4}$-inch slices. Heat 1 tablespoon oil or butter in a heavy pot. Add zucchini and 2 tablespoons chopped fresh dill or 2 teaspoons dried and stir over medium heat for 1 minute. Add $1 / 4$ cup water, cover pot, and cook over medium high heat for about 8 minutes. Gently stir in about $1 / 2$ teaspoon salt, cover and cook 2 minutes longer. Makes about 3 cups.

Strimg beans are excellent when trimmed, left whole, steamed for about 7 minutes, then dressed with butter, salt, and pepper . . . or try making them Indian style. Heat 2 tablespoons oil in a heavy 2 to 3 quart pot, add $1 / 2$ teaspoons mustard seeds and cook until black, about 3 minutes. Stir in 3 cup coarsely chopped onions and cook slowly until golden, 10 to 15 minutes. Meanwhile cut 1 pound green beans, fresh or frozen, into $\neq$-inch pieces. Let frozen beans thaw a little. When onions are ready, stir in $\frac{1 / 2}{2}$ teaspoon ground cumin seed, $3_{4}^{3 /}$ teaspoon salt, $1 / 2$ teaspoon turmeric, 1 tablespoon lemon juice, and beans. Cook covered over medium heat until beans are crisp-tender. Stir frequently. Makes 3 cups. Good with chicken or lamb.
To make a ragout of mushrooms wipe 1 pound of mushroom caps with a damp cloth and trim a sliver off each stem. Pluck out stems and put as many caps with them to make about half the total volume; chop finely. Set aside. Melt 2 tablespoons butter in a heavy pot or skillet. Stir in chopped mushrooms and cook over medium high heat about 5 minutes. Stir in $1 / 2$ cup light cream (or chicken broth), about $1 / 4$ cup chopped parsley, 14 teaspoon salt and pepper to taste and the reserved mushroom caps. Simmer uncovered over medium heat for 10 to 15 min utes. Makes about $11 / 2($ Continued on page 90)

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## "Vegetables are best cooked in a minimum of liquid or steamed in a steamer basket"

cups. Serve with chicken or a salty ham.
When fried in a skillet, eggplant drinks up oil. With broiled herbed eggplant, you can control the amount of oil. In a small pan, mix $\frac{1}{4}$ cup olive oil, $1 / 6$ teaspoon each basil, thyme, oregano, 1 teaspoon salt, plenty of black pepper, and $1 / 2$ teaspoon minced garlic. Wipe 1 eggplant, weighing about $11 / 2$ pounds, and cut into 8 round slices. Brush on both sides with oil-herb mixture; lay on cookie sheet and bake for 15 minutes at $375^{\circ}$, then turn slices over and bake 15 minutes longer. Melt 2 tablespoons butter in oil-herb pan; stir in I tablespoon chopped parsley and $/ 1 /$ cup bread crumbs, fresh or dried. Spoon over top of each eggplant slice. Broil until brown, 2 to 3 minutes. Serves 4.

Don't overlook kale. Remove and discard
tough stems from 1 bunch ( 1 pound) kale. Wash leaves in 2 waters and drain; shake off much of the water. Leave leaves whole, or cut into 2 -inch pieces. Melt 2 tablespoons butter in a large heavy pot. Stir in $1 / 3$ cup finely chopped onion and $\%$ cup diced green pepper; cover and cook over low heat until soft, about 2 minutes. Turn up heat, add kale and stir slowly for about 1 minute until hot. Lower heat, cover pot and let cook just until tender, 5 to 7 minutes. Stir in $1 / 2$ teaspoon salt and black pepper to taste. Makes about 2 cups. Good alone, or as an accompaniment to any meat.

Beets taste delicious given this sweet and sour treatment: bring 1 cup water to boil in a small heavy pot. Stir in 1 pound beets, peeled and cut in ${ }^{1 / 4}$-inch cubes, simmer covered over
medium heat until tender, about 15 min utes. Mix 2 teaspoons cornstarch, 4 teaspoons honey, $1 / 4$ cup cider vinegar and $1 / 2$ teaspoon salt in a small bowl. Stir into beets and simmer, covered for 2 minutes before serving. Makes about 3 cups. Reheats well. Good with beef.
For skillet breceoli cut off and discard about 2 inches from bottom of each stalk of a bunch of broccoli. Cut remaining thick stalk into 1 -inch chunks. Rinse, and put into a skillet with about $\frac{1}{4}$-inch water. Bring to simmer, cook, covered, for about 4 min utes. Rinse broccoli flowers, add to skillet with 1 teaspoon butter and $\frac{1 / 2}{2}$ teaspoon salt. Cook, covered, until tender. Serve with remaining pan liquid. Serves 4 to 6 .
Quick and simple to make are cheese roasted peppers: Choose Italian fryers or regular green peppers; cut in half and remove seeds and stem. Set in shallow roasting pan, fill each half with 3 tablespoons grated Cheddar cheese. Bake in a $400^{\circ}$ oven 10 to 15 minutes until peppers are tender and cheese is bubbly.

A delicious vegetarian casserole or accompaniment to plain broiled meat is made by combining zucehini, tomatoes, and mushrooms. Cut 2 ripe tomatoes into $\%$-inch chunks and put in a small heavy pot. Set over medium heat to start tomatoes cooking. Wipe 5 mushrooms, trim a thin slice off each stem, then slice thinly. Scatter over tomatoes. Trim 3 small zucchini and cut into 1 -inch slices; add to pot. Sprinkle with a healthy pinch of basil, thyme, and oregano. By now the tomatoes should be liquid and simmering. Cover pot and cook over medium heat until zucchini is tender, about 10 minutes. Season to taste with a litthe salt and pepper. Makes about $2 \frac{1}{2}$ cups.

Vegetables are best cooked in a minimum of liquid or steamed in a steamer basket. Green vegetables such as cabbage should be cooked at a medium temperature, otherwise they develop that terrible "cabbagy" taste and smell. Some vegetables, such as carrots, beets and rutabagas are better for us cooked than raw as cooking breaks up tough fibers and makes certain nutrients more available. Reserve liquid left from cooking vegetables; add it to a soup or sauce, or drink it later.

Buy really fresh-looking green vegetables. If vegetables are frozen, they should still have that fresh from the vine look. Tired, wilted ones may have suffered considerable vitamin loss.

Store vegetables, summer squash, carrots and beets in the refrigerator. Keep onions, potatoes, and winter squash cool, but do not refrigerate.

Wash vegetables quickly, and before cutting them up. Don't soak for a long time.

Peel vegetables thinly and cut them up as close to cooking time as possible. If they must wait, cover and chill them.

Generally, the less you cut up vegetables the less the loss of nutrients. If you're steaming potatoes, for instance, steam them whole with their skins on.

IDon't add baking soda to cooking water; it destroys vitamins.

# effeshing summer punches 

by Jane Ellis

In summertime, punch, light, pretty and sparkling cool, is the perfect drink on a hot day. It can be a mini-punch - just enough to fill up one or two tall glasses or a grand punch bowl full to serve a party. A careful mélange of fruit flavors, laced with wines, spirits, spices, and aromatic bitters, punches make a fragrant refreshing drink that delights the eye and the palate. They can contain nothing stronger than soda, or a deceptively powerful combination of wines and spirits. They can be garnished with a variety of sliced fruits or every kind of mint leaf.

## Mini-pumehes for 1 or 2

Mix a Rhine or domestic dry white wine with chilled soda, half and half. Chill with ice cubes to which you've added a sprig of watercress before freezing.
For a cranberry cooler pour $1 \frac{1}{2}$ iiggers tequila over ice. Fill up with cranberry juice to taste. Ice. For milk punch in a jiffy, pour a generous jigger scotch, bourbon, or brandy into the blender, add a cup icy cold milk, a tablespoon sugar. Whirl. Serve with a dusting of nutmeg.
Pour 1 jigger vodka over crushed ice, fill to the brim with Fresca. Stir. Or squeeze the juice of $1 / 2$ lime into a tall glass, add ice cubes and $1 \frac{1}{2}$ ounces scotch. Top up with ginger ale.
Cool and summer green is Punch La Goulue from that handsome new Manhattan restaurant where the barman fills a goblet with 2 ounces gin and the juice of half a lemon and an orange, then tints it with three dashes each green chartreuse and green crème de menthe. Dilute it with a little soda, if you wish, and add ice and a sprig of fresh mint.
Delicious and refreshing on a hot day is an icy cold pitcher of David's iced tea punch that designer James Amster often serves. In a large saucepan pour 2 quarts boiling water over 5 tea bags, add 9 tablespoons sugar, juice of 2 oranges and 2 lemons. Chill. Serve in a tall glass over ice with a slice of orange for garnish. Serves 12.
For another gentle punch try Florida fruit punch. Combine 2 cans (6 ounces each) frozen Florida orange juice concen-
trate, thawed, undiluted, and 1 can frozen Florida grapefruit juice concentrate, thawed, undiluted, $4 \frac{1}{2}$ cups water, 1 can ( 12 ounces) apricot nectar, and 1 can ( 18 ounces) pineapple juice. Chill. Pour over ice in punch bowl. Add 1 quart bottle ginger ale. Serves 30 punch cups.

## Wine punches

For an instant summer punch Taylor now has Sangria by the bottle; redolent with fruit flavors, it is wine flavored with orange, lemon, and lime. Serve it very well chilled over ice with perhaps a lemon or orange slice hooked onto the glass and a cinnamon stick to stir.
Or make Simone Beck's own simple Sangria from her book Simca's Cuisine (Knopf): Wash 3 oranges and 1 lemon and cut them into thin slices. Put them into a large glass pitcher, add 3 cloves and $\not \approx 4$ cup confectioners sugar; cover with 3 quarts good red wine. Place in the coolest part of the kitchen until time to serve. Two hours before serving, stir and add a branch of fresh mint. Stir again, and serve with ice. This should be made in the morning for evening, or a day in advance. Campari Punch: is cool and tangy. Put a block of ice in a punch bowl and over it pour I fifth Campari and $\%_{3}^{2}$ fifth sweet vermouth. Add 2 quarts soda water, chilled, garnish the punch with orange slices and long

## Spirit pumehes

Beat 2 jars ( 12 ounces each) plum jelly until smooth for a lovely plum punch. Gradually beat into jelly 2 cups boiling water, mixing until smooth. Blend in 2 cans frozen Florida orange juice concentrate, undiluted. Chill mixture until cold. Combine jelly mixture and $1 / 2$ cup lemon juice over ice cubes in a punch bowl. Slowly add 6 bottles ( 7 ounces each) lemon-lime soda and 2 cups Smirnoff vodka. Stir gently. Serves 25.
Raspberry sherbet is combined with vodka for a raspberry cooler. Scoop 1 pint raspberry sherbet into a punch bowl. Pour over 1 cup vodka and 1 quart ginger ale and mix gently. Serves 12 drinks.
Tea fruit punch: Mix together 4 cups double strength Twinings Orange Pekoe or English Breakfast tea with 2 cups sweet sherry, 1 cup fresh lemon juice, 2 cups rum and $1 / 2$ cup lime juice cordial. Add sugar to taste before allowing tea to cool. Add 3 cups crushed ice and allow to stand until ice is almost melted. Stir well and strain into a bowl. Float very thin slices of orange on the surface. Serve the colder the better, add extra ice cubes if necessary. Serves 24.
Bullshot punch: Combine 4 cans beef bouillon or beef consommé, 1 fifth vodka, and 1 teaspoon Tabasco. Pour the mixture over a block of ice in a bowl and garnish it with 1 sliced lemon. Serves 25.

## "There's nothing more sociable than a punch bowl. It's a great gathering place for a party"

spirals of lemon peel. Serves 35 . Cookbook author Robert Ackart adds scoops of sherbet at the last moment to his white wine punch: Combine 2 quarts Chablis, the juice of 3 lemons and 3 sprigs fresh mint, crushed; allow mixture to stand an hour. In a punch bowl arrange a small block of ice, over it pour the wine mixture and add 1 quart chilled soda. Before serving add small dips of lemon and lime sherbet. Makes about 20 punch-glass servings.

For an "Il Ronrico Grande": mix in a large pitcher with ice 7 ounces Ronrico white rum, 13 ounces cola, $\frac{1}{4}$ teaspoon vanilla. Float one whole lime sliced on top. Stir and serve. For a traditional scotch whisky punch combine 1 quart $\mathrm{J} \& \mathrm{~B}$ scotch, the juice and rind of 3 lemons, $1 / 2$ cup sugar, 1 quart soda in a pitcher with cracked ice. Pour into goblets with ice and garnish with slices of fresh fruits. Serves 12.


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# the delicacies of June 

## Suzanne Taylor writes about the pleasures of living and cooking in the summertime


#### Abstract

edrtor's note: Suzanne Taylor is half American, half Norwegian; she was born in Philadelphia and spent her childhood in Norway. She tells the story in her book Young \& Hungry (Houghton Miffin, 1971) a cookbook in the form of a memoir. She is married to the playwright Samuel Taylor and now lives for the greater part of the year in a sprawling farmhouse on a bluff above the sea at the head of Blue Hill Bay, Maine. This is an excerpt from her new book, A Maine for All Seasons, which is a month by month account of their life in Maine with emphasis on the things they grow, the things they find, the things they catch and the ways to cook them.


0the coast of Maine where we live, spring comes late. After the struggles of winter, June at last begins to bring us that sense of harmony between Man and Nature that we continually seek. The sun warms our backs as we bend over the garden, and along with the tired muscles, the days end with a strong unnamable satisfaction. More and more as the cities encroach upon our precious countryside, do we feel a need to preserve the soil and use its potential to the fullest extent of our possibilities. So we prepare the soil, sow the seed, and trust that Nature (with some help on our part) will take care of the rest. I know of no better cure for frayed nerves and mental worries than a morning's work in the garden. Cliché, if you like, but it works. And then there is that never-ending miracle of renaissance, although as I stand and look at the newly planted garden, it is hard to believe that the spindly zinnia seedlings, started indoors on a window sill, next month will fill vases with their bright robust flowers.
In the vegetable garden the second planting of lettuce is ready for eating, and peas begin to swell their pods on the climbing vines. Melon and tomato plants are thriving under improvised greenhouses made of long sheets of plastic, supported by wire hoops like croquet wickets. We made them out of bailing wire. I have left one tomato plant and one melon unprotected at the end of each row. They are my test plants. They get the same proportion of water and fertilizer as the others, but after three weeks they are barely half the size of the "hot-house" ones. In our short Northern summer, anything that can be done to advance the maturity of melons, tomatoes, and the slow-growing eggplant is worth the bother of coddling.
The barn swallows that arrived on schedule last month for their yearly rendezvous with the rafters under our balcony have once more been persuaded, by judicious thrusts of a broom, not to build their nests directly over our favorite dining and drinking spot on the terrace. After vociferous protests and much dive-bombing at us, they have compromised and built their nests around the corner, over the unoccupied part of the terrace. Previous experience tells us that once settled they will go about the care and feeding of their young quite unobtrusively till the day their half-grown fledglings are pushed out of the nest. For one day the air will again be filled with their cries as the young birds are chased from beam to fencepost to roof edge, until one, more venturesome than the rest, will take off with exuberant cries, and circle the entire terrace with rapid wing-beating, before coming back to rest. All this is accompanied by the encouraging cries of the parent swallows, who swoop and swirl gracefully about their fluttering offspring. It's rather like the first time Johnny casts his waterwings aside and strikes out for the raft alone.
This is the time to go to Belfay Farm for the succulent little Cornish hens that the Belfays raise each spring. They remind me of the small tender chickens of my childhood summer in Norway, and as there, we pot roast them whole in a Dutch oven, adding a bit of chicken stock to keep them moist, a sprig of fresh
rosemary for herbal flavor, and finish off the sauce with some sour cream. Or we may roast them, again whole, this time stuffed with fresh tarragon, the herb that according to ancient belief "sharpens the wit, enhances charm, and spices conversation." To the juices in the pan we add a little sweet cream and some finely peeled and chopped fresh tomato-this for the last five minutes of cooking, which preserves the fresh taste of the tomato.

This is also the season for tiny pullet eggs, and Mrs. Belfay has them stacked in boxes on her larder table, three dozen for a dollar, among the cartons of jumbo eggs, so large the egg box can scarcely contain them. I hard boil the pullet eggs, then pickle them in brine for a few days and serve them with seasoned salt of some sort, with cocktails. Sometimes I add beet juice to the brine to give the egg whites color.

I am by nature sensitive to the pangs of separation and have been pushing to the back of my mind the realization that before the end of June we must go and attend to some things in New York City. Even though it is only a matter of a few day's absence, it is heartbreaking to leave the countryside now in full bloom, for what we know will be the hot and dirty city. We take off in the station wagon, leaving a trail of admonitions behind us: "Don't feed Toby [the dachshund] tidbits between meals. He's beginning to sag in the middle," and "please give Clio-the-Cat a spoonful of yoghurt for breakfast." Anxiety for the newly planted garden hangs over us like a dark cloud. What if there is a late frost? What if we come back and find all the past weeks' work gone for naught?

The lettuces need to be thinned, and please pick the pansies every day or they'll go to seed." And, lastly, "don't forget to water those bare patches in the front lawn. I've just reseeded there." This from my husband.
We leave, hardly able to tear ourselves away from all those growing young things we feel so responsible for.

Before leaving the city we visited our favorite grocery stores and stocked up on things not easily found in Maine. Hungarian paprika, hot-and-sweet mixed, and a real Indian blend of curries and condiments for summer dishes, seafoods, and lamb. Sesame seed for topping a crusty loaf of bread, and green pistachio nuts to lend color to "Pâté de Campagne," standby for a summer lunch with salad, or first course for a more elegant dinner. Lastly, anise and vanilla flavored sugars for summer berries and for crescentshaped cookies.

## "Tarragon, the herb that 'sharpens the wit, enhances charm, and spices conversation'"

June in Maine, as elsewhere, is wedding season, and this year is no exception. We hurry back to attend the wedding of the charming blond daughter of old friends. A country wedding becomes a communal enterprise. There are offers to bake the cake, decorate the church, put up visiting guests, and generally be around to lend a hand to the bride's harassed mother. My usual offer is to help decorate the church and to entertain out-of-town guests for lunch before the wedding.

For the luncheon before the wedding, we make a white wine punch to serve both before and during the meal. Seasonal strawberries, marinated overnight in brandy and a little Cointreau, give it a full-bodied flavor. It goes well with my Maine version of a Spanish paella, a colorful one-dish meal with enough separate ingredients in it to suit any taste. Like all good basic regional dishes

Continued on page 137

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# Irish, a persuasive blarney of a whiskey that grows on you llike a brogue 

by José Wilso

Great whiskeys of the world take on the character of their habitat. Scotch comes on strong, with a brisk, forthright Highland authority. Bourbon, the very spirit of the American South, is full-bodied, almost voluptuously rich in flavor and aroma. Irish is the gentle and beguiling one, a persuasive blarney of a whiskey that grows on you like a brogue and could come from nowhere but the land of Yeats and Synge, of O'Casey and Behan. In the pubs of Ireland, it is "the light music of whiskey falling into glasses," as James Joyce put it, that sparks conversation and amiable argument. Yet while this is preeminently the drink of the gregarious pub and bar, it has an amazing talent for domesticity, marrying well with a brisk cup of
tea or that inspired amalgam of strong coffee, a whisper of sugar and a blanket of heavy cream known as Irish coffee.
Irish coffee has become such a world-wide institution that it's hard to believe it is a fairly recent invention of Joe Sheridan, when he was head chef at Shannon Airport. His original recipe directs you to put a jigger of whiskey in a warmed, stemmed glass, add sugar to taste, fill to within an inch of the top with hot strong coffee, stir until the sugar dissolves, and then pour fresh heavy cream on top over the back of a spoon to give that demure, white-collar-on-a-blackdress look that belies a hidden strength. The spiked coffee is, of course, never mixed, but sipped through the layer of cold smooth cream in the most glorious contrast of texture and temperature.


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As our cream is seldom heavy enough to float, the best solution is to take heavy cream and whip it very, very slightly, just enough to give it some body before sliding it over the spoon and onto the coffee. Stiffly whipped cream won't do and neither will the ersatz cream that squirts out of a pressurized can.
If you are neither a dessert eater nor a liqueur drinker but still hanker after something at once sweet and smooth, potent and relaxing, Irish coffee is the perfect way to end a meal. I remember on my first visit to San Francisco being taken, after dinner at one of the city's glorious French restaurants, to the Buena Vista café near Fisherman's Wharf. Irish coffee, made at the bar on an assembly-line basis, was the lure that filled the place to more than capacity with a young, chatty, and convivial crowd. There was hardly room to raise an elbow, but it seemed the most natural way and atmosphere in which to drink Irish coffee. There's much the same ambiance in the bar of Dublin's Abbey Theatre, where Irish coffee is served along with drinks at intermission, a super idea that New York theatre bars might copy for it certainly braces and livens up the audience for the second act.
art of making uisce beatha usquebaugh, Gaelic for "water life" (from which we took uis and Anglicized it to whiskey was already well entrench around the seventh centu when Irish monks took ti process over to Scotland. The i vading armies of Henry II we overcome by the charms of Iri whiskey in 1170 and by Eliz bethan times it was the drink the royal set, from the Queen Sir Walter Raleigh, who saile from Youghal for the New Wor with a cask of uisce beatha fro the private supply of the Earl Cork. Even the super-critical D Samuel Johnson had a good wo for it in his dictionary. "Usqu baugh," said he, "is a compoun ed distilled spirit, being draw on aromaticks, and the Irish so is particularly distinguished $f$ its mild and pleasant flavor."
That mild and pleasant flav is the end product of many thin -the grain, the soft Irish wat with a low mineral content, trip distilling, and long aging. Whi all whiskeys are made from grai it's the kind of grain used th gives each a different tast Scotch is made primarily fro malted barley; Irish from bo malted and unmalted barley an some oats. Bourbon is made pr dominantly from corn; Canadi is a blend of whiskeys made fro

## "At once sweet and smooth, potent and relaxing, Irish coffee is the perfect way to end a meal"

Undoubtedly it is in the form of Irish coffee that most Irish whiskey is downed in this country today, although at one time, before prohibition, Irish was the leading whiskey drunk here. Afterward, people acquired a taste for Scotch, Canadian, and Bourbon, and Irish became the odd man out, which is rather ironic when you consider that none of them might have existed were it not for the Irish, who started distilling grain into whiskey centuries ago. No one is quite sure when it all began, but the
rye, corn, wheat, and malt.
The process of distilling itse has a kind of magic quality, ancient alchemy that makes a b and businesslike distillery such John Jameson's in Bow Stree Dublin a rather romantic an poetic place. The fragrance the air, like freshly baked breac comes from the liquid brew an the yeast bubbling and seethin in huge fermenting vats as th yeast gobbles up the sugar fro the grain. Placidly waiting in th background are colossal ol

Continued on page 9

## June loves to cook. Fred loves to eat.

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The MacMurray kitchen is a busy place-cooking up big dinner parties for family and friends. So now June has two 30 inch Roper countertop gas ranges to cook on. Each has a Tem-trol burner that makes every pot automatic .... and the precise temperature settings, the instant on-and-off response you get only with gas.
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## IRISH WHISKEY continued from page 94

round-bellied pot stills of rosy copper, looking like the wellburnished kettles of some gargantuan housewife. The "wash," at this point a headily strong beer, is drawn off from vats to be boiled in stills and distilled three times, reducing from $33,000 \mathrm{gal}$ lons to a mere 3,000 gallons of spirit. Of all whiskey, Irish alone is triple distilled.

The raw spirit now goes into oak casks-sherry casks from Spain, rum and bourbon casks, or casks of new American oak, all of which give a different shade of flavor-there to lie and age until time and the wood have softened and matured it to a round mellowness. Then comes the bottling, for which whiskeys from as many as seven hundred casks are meticulously blended to meet the taste and quality standards of each brand's secret formula. True aficionados of Irish whiskey know the nuances of each and state their prefer-ences-for Jameson's, Power's, Paddy, or Tullamore Dew, the Big Four of Irish whiskeys.
Age is as important to whiskey as to brandy. Most Irish whiskey is anywhere from five to twelve
years old, some is fifteen. Long aging is expensive, but it makes a whiskey smooth, gives it a distinctive lightness and gracetaste a regular Jameson and then a JJ12, the twelve-year-old, and you'll soon know the difference. The well-tempered gentleness of Irish whiskey, it's been claimed, leaves no hangover, but I'm more inclined to agree with the Elizabethan writer Richard Stanihurst who while ascribing to uisce beatha many virtues was careful to add "it is a sovereigne liquor if it be orderlie taken."

Here, then, are some orderly ways to take Irish whiskey, as food and drink

Irish Punch, to restoke the inner fires after a day of skiing or skating, a football game, or any other cold-weather pastime. Heat a good-sized glass, add 2 slices of lemon, 4 cloves, $2 / \frac{1}{2}$ ounces Irish whiskey and fill with hot water. Add sugar to taste, stir and drink hot.
Irish Cow. The most soporific of nightcaps, just hot milk slightly sweetened with sugar and spiked with whiskey.

The Leprechaun, as served on Aer Lingus. One part Irish
whiskey to 2 parts tonic water, over ice with a lemon twist.

Irish Cresta, for days when you positively have to have a new kind of drink-1/2 Irish whiskey, ${ }_{4}^{1 / 4}$ Irish Mist liqueur, ${ }_{4}^{1 / 4}$ fresh orange juice and the white of an egg, all shaken well together.

Chilled Irish Coffee is the indecently rich and delicious invention of cook book author and columnist James Beard. Combine 4 cups freshly brewed coffee, 1 cup heavy cream, and 4 teaspoons sugar. Cool, then chill. Put I tablespoon whipped cream in the bottom of each of 4 highball glasses, add 3 ice cubes, 11/2 to 2 ounces Irish whiskey, and fill with the chilled coffee mixture. Top with another spoonful of whipped cream and dust with nutmeg or cinnamon.

Prawn Cocktail, Ireland's version of our shrimp cocktail, is sauced with mayonnaise mixed with heavy cream, tomato ketchup, a dash of Tabasco, and a dollop of whiskey.

Irish Whiskey Trifle, a sinfully luscious dessert, is made of sponge cake, split and sandwiched with raspberry preserves. Sprinkle with 2 ounces whiskey, then cover with puréed or diced fruit, custard, and a topping of whipped cream.

Ham Rosnaree, another Irish favorite, consists of sautéed ham steaks flamed with whiskey and served with a brown sauce mixed with sautéed diced apple, 2 tablespoons of honey, and $1 / 2$ cup cream.

Steale Paschal is made with the thimest of individual sirloin steaks, sautéed for one brief minute, cooked with sliced mushrooms for half a minute more, then flamed with whiskey and served with a devil sauce of the pan juices, brown sauce, Dijon mustard, Tabasco, Worcestershire sauce, and cream, reduced by half.

Theodora Fitzgibbon, author of A Taste of lreland, comes up with a traditional recipe called, for reasons unspecified, Dublin Lawyer. The meat is removed from a cut-up live lobster, sautéed in butter with seasonings, flamed with Irish whiskey, and bathed in heavy cream, heated through, but not allowed to boil. Lobster and sauce go back in the shells for serving.

Myrtle Allen, another talented Irish cook who, with her husband, runs Ballymaloe, a small country hotel near Midleton in County Cork, serves Irish Whiskey Cream (1 tablespoon whiskey folded into $1 / 2$ pint sweet-
ened whipped cream) on minc pie, plum pudding, fresh straw berries, or between two coffe meringues. Her Irish Coffec Sauce, which goes on soufflés o over plain or coffee ice cream, made by caramelizing 1 cul sugar and $1 / 3$ cup water, stirrin in , off the heat, 1 cup strong cof fee, then stirring on the hea until the caramel dissolves. Thi is cooled and spiked with 2 table spoons whiskey. Mrs. Allen Irish Stew would have a trad tionalist revolving in his grave for she has made an origina recipe out of simple everyda food. First she sautés halved o quartered carrots and onions anc cubes of mutton or lamb in ren dered mutton or lamb fat, the adds a whole cup of Irish whis key and lets it boil rapidly for couple of minutes before addin 2 pints of stock and seasoning t taste. Whole potatoes go on to and the stew is gently simmere for 1 to $1 \frac{11}{2}$ hours, then the cook ing liquid is poured off, de greased, thickened with beurr manié, and a tablespoon each o butter, chopped parsley, anc chopped chives swirled in befor it is poured back.

Declan Ryan of the Arbutu Lodge Hotel in Montenotte Cork, is famous for his Chicke Hibernita. Boned breast chicken, seasoned and sautée in butter without coloring unti nearly cooked is then removed t a casserole. Over this goes sauce of sliced mushrooms, sim mered in cream, thickened wit? beurre manié, seasoned with sal and pepper, and given a gooc dose of Irish whiskey (Paddy for preference). The casserole then put in a $350^{\circ}$ oven for minutes before being served.

At Snaffles, one of Dublin' newer and better restaurants tucked away in the basement o an old Georgian house in Lowe Leeson Street, the chef will whip you up a tasty dish of 2 -Minute Kidneys. Three lamb kidney are skinned, chopped into $1 \frac{1}{2}$ inch squares, then rapidly sau téed in butter with salt, pepper and a crumbled bay leaf (o chopped fresh bay leaf, if you can get it). A tablespoon o chopped walnuts, a whole bay leaf and 2 tablespoons flaming Irish whiskey then go into the pan-and the essence of the whole operation is that it must take no more than 2 minutes, or the kidneys toughen. The second bay leaf is purely decorative. A fresh bay leaf will go dark and shiny and should be put at the side of the plate as a garnish.

## RECIPES FROM AN INVENTIVE HOSTESS

continued from page 87

## ONIONS MEDITERRANEAN STYLE

Put 2 pounds small white onions, peeled, in a heavy skillet in one layer with 3 tablespoons olive oil. As soon as they start to brown, add $1 / 2$ cup Madeira or port, $1 / 1$ cup vinegar, 2 tablespoons brown sugar, 先 cup raisins or currants, salt, pepper, and cayenne to taste. Simmer slowly until the omions are quite soft and the sauce has turned to a thick syrup (about 1 hour). Serve cold.

## SEVICHE

## (Marinated Fish)

Ingredients: 1 pound fillet of whitefish, flounder, or halibut cut in strips on the diagonal; 1 cup or more lemon juice; 2 tablespoons finely chopped onion; 2 tomatoes, skinned, seeded, cut in slivers; ${ }^{3}$ to 1 tablespoon salt; 4 tablespoons olive oil; ${ }_{4}^{14}$ cup fresh parsley, chopped and crushed; 先 teaspoon powdered bay leaf; 2 tablespoons oregano flakes; 10 drops Tabasco sauce.
Method: Place fish in a large bowl, cover with lemon juice, and allow to stand about 10 hours. Drain and rinse fish, reserving lemon juice. Add to fish, onion, tomatoes, salt, oil mixed with parsley, bay leaf, oregano, and Tabasco, and a little of reserved lemon juice. Refrigerate 2 hours or more. Retaste for seasoning. Pile on platter and serve with lots of triangles of toast. Serves 6 as mixed hors d'ouure.

## TOMATO ICE

In a large bowl, mix together 4 cups fresh tomato juice (made from blendered, sieved tomatoes); 4 tablespoons lemon juice; Í cup tomato catsup; 2 tablespoons tomato paste; 3 dashes Tabasco sauce; 10 basil leaves; 1 teaspoon salt; 6 grinds fresh pepper; 1 cup heavy cream, whipped. Semi-freeze and beat (as for sherbet); pour mixture into ramekins. Cover surface of tomato ice with plastic wrap or waxed paper. Refreeze.

## SESAME CHICKEN

Preheat oven to $350^{\circ}$. Dip two 3pound cut-up chickens (or 8 breast halves) in 1 cup melted butter with dash of Tabasco sauce. In a large bowl, mix 6 ounces soft, white bread crumbs, 2 teaspoons salt, 3 grinds fresh black pepper, and 3 ounces toasted sesame seeds. Coat chicken with mixture. Put on
baking sheet and bake for $1 / 2$ hour or until golden. Dot with remaining butter.

## CELERY PUREE

In a blender, purée a 1-pound, 3ounce can of celery hearts with juice, 2 tablespoons parsley, and $1 / 4$ cup chopped onion. Put mixture in saucepan and heat. Add 3 or 4 tablespoons powdered potato mixture. Stir until excess liquid is absorbed, and then add 2 tablespoons butter. Beat until fluffy and serve.

## CELERIAC REMOULADE WITH SHRIMP

Using a "Mouli" or sharp knife, cut peeled celeriac into julienne strips; sprinkle immediately with lemon juice to prevent discoloring; and moisten with a mixture of mayonnaise, mustard, sour cream, and lemon juice. Serve with salty shrimp.

## TABBOULI SALAD

Soak 14 cups cracked wheat in water to cover for about 1 hour. Drain and squeeze dry. Put cracked wheat in a large wooden bowl with 1 cup chopped parslev; 1 bunch chopped scallions; 1 $12-1 / 2$ cup chopped, fresh mint; $1 / 4$ cup olive oil; ${ }^{1 / 4}$ cup lemon juice; cumin, salt, and pepper to taste; mix well. Chill. Decorate with 4 to 6 peeled, sliced tomatoes and radishes. Serve the salad with flat Arab bread and taheeni, romaine lettuce. Serves 6 as mixed hors d'oeuvre.

## GOLDFISH

Ingredients: $4 / 2 /$ pounds carrots; 11/2 pounds onions; butter and oil for cooking; salt and pepper to taste; 1 whole codfish, 5-6 pounds, include head; sherry. Method: Put carrots through an electric or hand rotary disk-grater with large holes. Slice onions to approximately the same size. Sauté the vegetables in butter and oil until tender. Season with salt and pepper. Preheat oven to $350^{\circ}$.
Season the fish inside and out with salt, pepper, and sherry. Butter a pan to fit fish (if the pan is too wide for the fish, lay foil, grease it, and pull up the sides to make a narrow place). Lady Penrose cooks this dish in foil laying it corner to corner in a large Aga oven baking pan.
Place some of the carrot-onion mixture on the foil. Place the fish on top and mound the rest of the

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mixture over the entire fish. Pour a glass of sherry over fish and sprinkle with lemon juice. Bake for about 45 minutes. Be careful not to burn the top; cover loosely with foil if necessary.

If you wish to expose the cod's head, after cooking push back some of the carrots, or garnish it with a sea of parsley or watercress on the platter. Leftovers make great soup.

## WALNUT LAMB

Ingredients: 1 cup walnuts; 2 cups soft crustless bread crumbs; zest of 1 lemon; juice of 1 lemon; 1 tablespoon finely chopped parsley; 2 shakes ground cimnamon; sprinkling of powdered coriander; 2 cloves garlic mashed with 2 teaspoons salt (or with 3 chopped anchovies, or chopped Greek black olives); 2 tablespoons olive oil; 2 leaves sorrel; 1 egg; 4/2/2 pounds leg of lamb, well trimmed of fat, fell, etc., sliced through the bone but with the skin of the lower side still intact to hold pieces together-like a loaf of garlic bread.
Method: In a blender, pulverize walnuts and bread crumbs. In a
large bowl, add mixture to lemon zest, lemon juice, parsley, cimnamon, coriander, garlic, salt, olive oil, sorrel, and combine all with egg. Push stuffing mixture between lamb slices and pat around roast to cover.

Skewer together and bake at $325^{\circ}$ for 20 minutes per pound.

## VEGETABLE LOAF

Ingredients: 1/12 pounds spinach or broccoli, cooked, drained, and finely chopped (if frozen spinach or broccoli is used do not cook); 2 eggs; 4 ounces sharp Cheddar cheese, $1 / 2$ cup light cream; salt, pepper, and nutmeg to taste; 1 tablespoon onion juice.
Method: Preheat oven to $350^{\circ}$. In a large bowl, beat together spinach and eggs. Add to this mixture cheese, cream, salt, pepper, nutmeg, and onion juice. Pour mixture into an oiled 2 pound loaf pan. Cover loosely with foil. Set pan in baking dish containing 1 inch of hot water. Bake for about 1 hour. Loosen around edges and turn out on board to slice. Serve the vegetable loaf with Mornay, tomato, or aurore sauce.


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Plaque urges the aware approach to life: "Don't hurry, don't worry, and don't forget to smell the flowers." Grantland Rice quote is on $41 / 4^{\prime \prime}$ by $6^{\prime \prime}$ gloss coat white background with colorful flowers, gilt edged walnut. Hanger attached for your convenience. Each $\$ 4.25$; two, \$8. Ppd. Bruce Bolind, HG6, Boulder, CO 80302.


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You'll capture the nostalgia of book-carrying school days with this delightful little charmer from the famous Hummel factory in Germany. A sure-to-please present for the budding collector of Hummel figurines. Available in two sizes. Standing $4 \frac{1}{2} 2^{\prime \prime} \mathrm{h}$., $\$ 12 ; 5^{\prime \prime}$ h., $\$ 16.50$. plus $\$ 1$ post. Trein's, HG6, 201 W. First St., Dixon, IL 61021.


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R. H. Smythe's, "The Mind of The Horse" explores how a horse sees, reacts, and learns. The 123 -page indexed hard cover book packed with illustrations. Tells how to be the horse's master, why he learns, jumps. Traces history, domestication, emotions. $\$ 6.95$ plus 35c post. Sleepy Hollow Gifts, HG6, 6651 Arlington Blvd., Falls Church, VA 22042.


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REPLACEMENT HOOD Bonnets for portable hair dryers become tired so quickly, and replacements are hard to find. Wildflower pattern hood fits all table model dryers, attaches with a clamp and a turn on the hose. A new hood increases the dryer's life, too. $\$ 2.98$ plus 25 c post. Anthony Enterprises, HG6, 585 Market St., San Francisco, CA 94105.

MIRROR IN THE ROUND Take tin and see what a delightfully decorative medium it can be. Fiesta flowers in relief on the circular frame. Hangs happily in a group of wall ideas or solo in bath, hall, or perhaps on a patio wall. $161^{1 / 2 \prime \prime}$ dia. $\$ 12.95 \mathrm{ppd}$. Shopping International, Inc., 714 Shopping Intl. Bldg., Norwich, VT 05055.

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Mountain chalet in the Alps is a refreshing scene to show in an June issue and a charming tapestry to hang all year 'round. Woven in France of $100 \%$ cotton, it measures $20^{\prime \prime}$ by $20^{\prime \prime}$ and is in white, greens, blues and brown. $\$ 7$ plus 75 c ins. post. Color catalogue, 75c. Lovelia Enterprises, Inc., P.O. Box 1845HG, New York, NY 10017.

PLANNING TO BUILD? Four hundred house designs in many styles by Richard B. Pollman, illustrated in four 96 -page books. "114 Most Popular Homes," "110 Homes," "84 Home Designs," "108 Traditional and Contemporary Plans." \$1 ea.; four, \$3. Ppd. Blueprints, low additional cost. Home Planners, HGE673, 16310 Grand River Ave., Detroit, MI 48227


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A natural for summer comes, of course, in natural, tough cotton canvas with bold black accents, adjustable strap of rugged webbing and a snap closing. It goes everywhere. Roomy with zipper, tuck-away pocket, initials. $101 / 2^{\prime \prime}$ by $133^{1 / 2} 2^{\prime \prime}$ by $3334^{\prime \prime}$. Print initials. $\$ 4.98$ plus 35 c post. Lillian Vernon, G61, 510 So. Fulton Ave., Mt. Vernon, NY 10550.


## SILK SCENES

Flowers featured in the far eastern manner add oriental splendor at a pin money price tag. Handpainted screen with four panels, framed in black lacquer, is on a pretty silken fabric. $11 \frac{1}{2} 2^{\prime \prime} \mathrm{h}$., $17^{\prime \prime}$ w. Just $\$ 4.98$ plus 85 c post. Harriet Carter Gifts, Inc., Dept. HG12536, Plymouth Meeting, PA 19462.


CHOICE VEGETABLES
To frame, not to eat, and get in the vegetarian mood. Crewel is the way in $6^{\prime \prime}$ by $6^{\prime \prime}$ miniatures. Try asparagus, carrots, beets, broccoli, eggplant, artichoke. Natural Belgium linen included and Paterna wool yarns. Each kit, $\$ 1.75$. Walnut stained wood frame, $\$ 1.75$, plus 45 c post. Victoria Gifts, 12 H Water St., Bryn Mawr, PA 19010.

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MAKE A WINDOW BOX Super-strong sanded box of unpainted pine, nails together. Three-sided shield lifts for planting, re-planting. Green enamel planter is vented. Rustproof. $6^{1 / 2} 2^{\prime \prime}$ high, $9^{\prime \prime}$ wide, $26^{\prime \prime}$ long, $\$ 8.95$; $32^{1 / 2} 2^{\prime \prime}$ long, $\$ 9.95 ; 38^{1 / 2} 2^{\prime \prime}$ long, $\$ 10.95$. Ppd. Add $\$ 1$ each west of Miss. Yield House, G6-3, No. Conway, NH 03860.

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The Colonial fiddleback design in fine stainless steel goes perfectly with clean modern or traditional flowered dinnerware. In five-piece place settings-four settings, \$9.99; eight settings, \$19.99; 12 settings, \$29.99. Add $\$ 1.50$ post. Magellans, HG12, 21 W. 16th St., New York, NY 10011.


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# Shopping information 

All prices approximate. *Consult your interior designer or store decorating department. Postage indicated by ( ).

## COVER

Sofa: $104^{\prime \prime} \times 42^{\prime \prime} \times 31^{\prime \prime}$ high, 15 pillows, back row attached to sofa. \$1155. By Selig. To order at Gimbels. Ottomans: $31^{\prime \prime}$ square $\times 17^{\prime \prime}$ high. $\$ 125$ each. By Selig.
"Frejus" cotton canvas: on ottomans. $50^{\prime \prime}$ wide. By Brunschwig \& Fils.*
Corner cabinet: $481 / 2^{\prime \prime} \times 211 / 2^{\prime \prime} \times$ $8^{\prime} 10^{\prime \prime}$ high. Bleached pine, imported from England. $\$ 2700$.
 Imported from India, one of a pair shown. $\$ 675$ each.
"Kabul" linen and cotton fabric: on chair. $481 / 4^{\prime \prime}$ wide, $237 / 8^{\prime \prime}$ repeat. Fabric treated with Zepel. By Brunschwig \& Fils.*
Platter: $131_{4}^{\prime \prime} \times 18^{\prime \prime}$ long, imported from China, $\$ 210$. Cabinet, chair, and platter are all from David Barrett.
Rug: $9^{\prime} \times 15^{\prime}$, all wool blue and white durrie, Agra design. $\$ 2200$. By Rosecore Carpet.
Coffee table: $30^{\prime \prime}$ square x $171 / 4^{\prime \prime}$ high, split hamboo, made to order only. At Charles R. Gracie \& Sons,* Handscreened table: $24^{\prime \prime} \times 21^{\prime \prime}$ high, blue and white Chippendale design by Bill Bell. Baked enamel finish, stain resistant. To order through Bill Bell.
Porcelain vase: $16^{1 / 2 "}$ high, $\$ 380$. At Objets Plus.
Yellow vase: $16^{\prime \prime}$ high, one of a pair shown. $\$ 975$ a pair. At H.J. Kratzer. Oblong planter: $111 / 2^{\prime \prime} \times 81 / 2^{\prime \prime} \times$ $71 / 2^{\prime \prime}$ high. At Rose Cumming.

## WELCOMING KITCHEN

Pages 52-53:
Built-in oven: black glass door front. Thermador.
6-burner gas range: oven below, black finish. Garland.
4-burner electric cooktop: chrome finish. Modern Maid.
Waste disposal unit: In-Sink-Erator.
Stainless steel sink: double compartment. Elkay.
Undercounter dishwasher: front panels match wood cabinets. KitchenAid.
Refrigerator/Freezer: 2-door, wood front panels match cabinets. PhilcoFord.
Stainless steel singleboard sink: Just Manufacturing.
Hot water dispenser: National Disposer.
Worktable: chopping block top, stainless structure. Bally Block Co.

Blender: Hobart.
Mixer: KitchenAid.
Terra-cotta and glazed colored tiles: Country Floors.
MAKE-OVER ZEST

## Pages 56-57:

1. "Melody" cotton chintz: 36 " wide, $20^{1} / 2^{\prime \prime}$ repeat, Everglaze finish. $\$ 3$ a yd. By Cyrus Clark. At Bloomingdale's.
2. "Sara" glazed ceramic tiles: $12^{\prime \prime}$ sq., $5 / 8^{\prime \prime}$ thick. Made in Italy. $\$ 8.50$ a sq. yd. At Country Floors.
3. "Polka Dot," "Gingham," and "Houndstooth" vinyl flooring: $12^{\prime \prime}$ and $24^{\prime \prime}$ sqs. available. At Herbert Bright.*
4. "Lattice" ceramic tile: $41 / 4$ " sq., color shown harvest gold. 50 c a tile. By Wenczel Ceramic Tile Co., a member of The Tile Council of America. 5. Blue ceramic tile: $12^{\prime \prime}$ square, for floors. Franciscan Custom Ceramics Collection by Interpace, a member of The Tile Council of America. 6. "Bunker Hill" hardboard paneling: $4^{\prime}$ by $8^{\prime}$ panels, may be cleaned with soap and water. $\$ 12.95$ per panel. By Abitibi.
5. "Atalante" cotton fabric $: 50$ " wide, $231 / 2$ " repeat. From France. $\$ 9.90$ a yd. By Boussac of France. *
6. "Plaid" vinyl tiles: 18 " square. By Eden.
7. "Trellis" paneling: 4 ' by 8 ' panels, wipeable finish. From the BrightOns Collection by Evans.
8. "Gourmet" ceiling tiles: 12 " sq. sculptured design for the kitchen. From the Decorator Chandelier Ceil ing Collection by Armstrong.
9. Wet Look vinyl flooring: material available in $6^{\prime}$ and $12^{\prime}$ widths, $36^{\prime \prime}$ pattern match. From The Now Floor by Congoleum.
10. "Portsmouth" hardwood paneling: $4^{\prime}$ by $8^{\prime}$ panels, color shown is hemp. $\$ 8$ ea. By Georgia-Pacific.
11. Terra-cotta basket: designed by Diane Love. $5^{\prime \prime}$ square, $6^{\prime \prime}$ high. $\$ 30$. At Diane Love.
12. "Botanie" cotton fabric: 48" wide, $24^{\prime \prime}$ repeat. $\$ 9$ a yd. By Liberty of London. At Robert Allen Fabrics.* 15. "Arabesque" indoor/outdoor cement tiles: $4^{\prime \prime}$ and $8^{\prime \prime}$ squares available. Made in Mexico. $\$ 6$ a sq. ft . By Elon. ${ }^{*}$
13. "Geranium" cotton fabric: $52.53^{\prime \prime}$ wide, $36^{\prime \prime}$ repeat, color shown is scarlet. $\$ 19.50$ a yd. By Franciscan Fabrics.*
14. "Jungle Cookies Stripe" vinyl
wall covering: $26^{1 / 4 / 1 "}$ wide, $36^{\prime \prime}$ repeat. $\$ 15$ a roll. By Scalamandré Silks. ${ }^{*}$
15. "Unit-Wood Block" squares: $6^{3} / 4^{\prime \prime} .71 / 2^{\prime \prime}$, and $9^{\prime \prime}$ squares available in oak or four other prefinished shades. $\$ 1.65$ a sq. ft. By Bruce Hardwood Floors.
16. "Swallow" glazed cotton fabric: $54^{\prime \prime}$ wide, $19^{\prime \prime}$ repeat, treated with Zepel. $\$ 7.45$ a yd. Companion wall covering available, $20^{1} / 2^{\prime \prime}$ wide, $19^{\prime \prime}$ repeat, 7 yds, a roll. \$9. From Wedg. wood Collection by Schumacher. ${ }^{\text {t }}$

## SILVER

Pages 74-75:
Snail paperweight: $4^{\prime \prime}$ high, silverplate. \$10. By Gorham.

1. Bulldog paperweight: $8^{\prime \prime} \times 5^{1 / 22^{\prime \prime}}$ high, silverplate. $\$ 30$. At Bloomingdale's Cul de Sac.
2. Ginger jar: $47 / s^{\prime \prime}$ high, sterling silver. \$165. At Tiffany.
3. Dice: $1 / 2 \prime \prime$ square, sterling silver. $\$ 25$ each. By International.
Octagonal bowl: $10^{1} 1 / 2^{\prime \prime}$ diam., $31 / 2^{\prime \prime}$ high. $\$ 450$. At Cartier.
4. Place mats: Plexiglas with silver berders. $\$ 21$ each. At Bloomingdale's Cul de Sac.
5. "Fish Dish": 10 " x 22 " long, sil verplate, $\$ 29.75$. By Reed \& Barton. 6. "Tea For Two" Newport Silverplate: 12 oz . teapot. $\$ 21$. By Gorham. 7. Iee bueket: silverplate, $\$ 150$. At Bloomingdale's Cul de Sac.
6. Trowel: $11^{\prime \prime}$ long, silverplate wooden handle. $\$ 10$. By Towle.
7. Cork bowl: silverplate rim, $12^{\prime \prime}$ diam., large size shown. \$110. At Bloomingdale's Cul de Sac
8. "Biscuit Box": 41/s" cube, sterling silver. $\$ 650$. At Tiffany.

## COOKBOOK COVER

Page 83:
All Crystal from Tiffany.

## VEGETABLES

Page 88:
Stainless saucepan: 2-qt. with steamer inset, \$17. By Ekco.

## ADDRESSES OF STORES

IN THIS ISSUE
bill bell, 7 Tilton Street, Norwalk, Conn., 06851
bloomingdale's, Lexington Avenue at 59th St., New York, N.Y., 10022 cartier, Fifth Avenue at 52nd St., New York, N.Y., 10022
country floors, 300 E. 61st St., New York, N.Y., 10021
david barrett, 24 E. 54th St., New York, N.Y., 10022
diane love, 851 Madison Avenue, New York, N.Y., 10021
gimbels, Broadway at 33rd St., New York, N.Y., 10001
h.j. kratzer, 1144 Second Avenue, New York, N.Y., 10021
objets plus, 1164-A Second Avenue, New York, N.Y., 10021
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[^1]It's the season for leaf chewers to get busy. Those of us who have seen cherished shade trees defoliated by cankerworms or gypsy moth larvae are understandably edgy at the prospect of this happening again. But there is cheerful news from the Connecticut Department of Agriculture, whose scientists have been studying pests of all kinds for longer than most of us can remember. Their observations show that the defoliating worms operate in what might be called a tidal wave. That is, they become established in a particular area, the infestation grows by leaps and bounds for a few years, and then natural controls in the shape of predatory wasps and various insect diseases take over and the pest population makes a sharp decline and stays down thereafter. The Connecticut scientists have also determined that almost any tree can stand being defoliated once without serious damage. If this happens a second year, though, oaks and needle evergreens may suffer severely; maples and other trees are less likely to be damaged. Best course of action for the owner of a tree-shaded yard is to keep informed by reading the bulletins issued by county agents or state agricultural bureaus. If the infestation of defoliating bugs is expected to be heavy for a second or third successive year, a local arborist should be called in. Key to getting rid of the abominable leaf-chewers is spraying with the right thing at exactly the right time, and only professional tree men are prepared to do this.

The flower, right, looks like hibiscus because that's just what it is. Hibiscus esculentus, though, is usually grown as a garden vegetable under the name okra, or, in some parts of the world, gumbo. Some people dislike the mucilaginous texture of the cooked pods, but, even if you don't eat them, okra is worth growing just for the sake of the creamy yellow, maroon-eyed flowers. It's a fast grower in fertile ground with full sun and will produce flowers and pods for months on end. One thing to keep in mind when growing okra as a vegetable is to use the pods when they're young, before the tough fibers develop. Allowed to dry, the seed pods are great to use in winter bouquets.


A calendar without dates. This is the Gardener's Diary (Workman, \$2.45) by Joan Lee Faust, garden editor of the New York Times. Miss Faust, wise in the ways of gardening, knows that on at least half the days of the year there will be nothing to write, while noteworthy events crowd thick and fast for a big proportion of other days. So she has divided the diary according to seasons and months, with a double page for each week of every month. Weeks are divided into columns for listing plant names, what is in bloom, work done, and the like, and there are separate, roomy sections for writing in the events of the weekend. Each page is headed by a few paragraphs of useful information, ranging from pruning tips to ideas about how to grow and use herbs. A section at the back lists sources of seed and plants, public gardens to visit, where to get information or advice about all conceivable garden questions. This is a diary to begin keeping at any season and to go on with through the endless circle of the gardener's years.

Everybody loves the herb basil_particularly white flies, those tiny pests that attack so many garden plants in the clear, hot days of midsummer. So let the pest's fondness for basil be the cure. Plant it near tomatoes or eggplant or whatever else may be susceptible and the pests will throng to the herb, rather than to the fruiting plant. Since basil grows so easily from seed it may be considered as expendable and the plants pulled up and burned, white fly and all. Or they may be sprayed with Diazinon-also sold under the name Spectracide-one of the few chemicals that really work on this particular pest. The tomatoes or other food plants are, of course, left unsprayed and the treatment repeated whenever the white fly population builds up again. Meanwhile, naturally, you will have a patch of basil growing somewhere else for use in your
kitchen as fresh leaves or to dry for winter.


A spot that's hot, dry, and sunny can be as much a problem as one that is dark and soggy. There are few plants that thrive and produce flowers in such a location, but those few, mostly natives of South Africa, are very good indeed. One that is rapidly becoming a favorite is Gazania, above, a daisy relative with single flowers 2 or 3 inches across. Flower colors may be orange, chocolate brown, yellow, or creamy white, strikingly zoned with a contrasting tone at the center. Gazania grows about 12 inches in height, which makes it a good edging plant, and it will flower about eight weeks after you have planted the seed. Varieties of Gazania that particularly strike your fancy may be increased by taking cuttings in late summer and wintering these over in pots indoors.

Warm, wet weather encourages the spread of molds and mildews that attack plants. But it does not follow that dryness keeps off these diseases. Quite the contrary: A plant wilted and weakened by drying out is more susceptible to disease than one that is adequately supplied with moisture. The spores of fungus diseases sprout in water droplets on plant surfaces, and find a ready toehold if the plant is limp and weakened by drought or starvation. Therefore, the way to prevent disease is to keep the plants well fed and well watered without allowing excess moisture to accumulate on leaves, stems, or on the earth around the plants.

The name Rodale has stood for many things in the past several years. To many people, J. I. Rodale was the prophet of the new religion of organic gardening. To others he was an eccentric, spouting unscientific nonsense. Truth of the matter lies somewhere between the two extremes: Mr. Rodale tried to remind gardeners of the important old laws of conservation, tried to point out that so-called improvements are not always what they're cracked up to be. A large part of the credit for the strength of the present movement for recycling waste goes to his foresightedness. The publishing firm that he established has provided a whole generation with information about plants, gardens, and nutrition. Some of this has been polemical, but then, how can you put a message across without showing a little enthusiasm? It is good to know that a second generation of Rodales is now at the head of this publishing enterprise. Robert Rodale, son of the late J. I., has put together a book called Sane Living in a Mad World (Rodale Press, \$7.95). It is mostly about nutrition but goes into detail about growing things for food and has a lot of information about growing, harvesting, and using practically everything the garden can produce.


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## Buididies

## Materials and equipment used in the house on page 46-49

architects: Charles Tapley \& Associate.
contractor: Koening Construction Company
stze of new addition: Approximately 2,678 squa . e feet
stze of bot: Several acres
STRUCTURE OF NEW ADDITION
Foundation: Built up concrete
slab at ground level.
Framing: Standard wood construction.
EXTERIOR OF NEW ADDITION Exterior walls: Stucco.
Exterior finish: White paint.
Roof: Slate.
Insulation: 4- and 6-inch thickness fiberglass.
Windows: Wood casement sash by Andersen Corp.
Skylights: Super Sky Products, Inc. Special tinted glass from Dearborn Glass Co.
Doors: Wood frame, fixed glass panels.
INTERIOR OF NEW ADDITION
Interior walls and ceilings: Gypsum wallboard.
Interior finish: Paint. In major rooms, white; in dining and living rooms, yellow stucco; in library, taupe.
Floors: In new Gallery wing,
Luders stone rectangles; in kitch-
en, white hexagonal ceramic til by Summitville Tiles, Inc.
Lighting fixtures: Exposed Durc Test G40 bulbs in porcelain re ceptacles by Duro-Test Corp. Hardware: Hadam design, Ruse win.
Kitchen and bathroom cabinets Wood, custom made with whit enamel finish.
Countertops: In kitchen, natura wood block.
Plumbing fixtures: In kitcher island, double ceramic sink, Es presso color, by Kohler Co.; ir wall cabinet and in bar, stainless steel sinks by Elkay Mfg. Co. with soda fountain faucets.

## MECHANICAL EQUIPMENT

## AND APPLIANCES

Appliances: Two built-in wall ovens and warming oven by Thermador Div. of Norris Industries; four-burner gas cooktop with "Combo Grille"; "KitchenAid" dishwasher by The Hobart Mfg. Co.; food waste disposer, In-Sink-Erator, refriger-ator-freezer by Frigidaire Div. General Motors Corp.; ventilating exhaust fan by Jenn-Air Corp.; toaster built-in island counter by Swanson Mfg. Co.
Heating-cooling system: Carrier.

Materials and equipment used in in the house on pages 50-51
architects: George Hartman and Warren Cox.
contractors: E. A. Baker Co.

## STRUCTURE

Foundation: Concrete spread footings.
Framing: Standard wood frame. EXTERIOR OF HOUSE
Exterior walls: Brick and brick veneer.
Roof: Slate.
INTERIOR OF HOUSE
Interior walls and ceilings: "Drywall" wallboard by U.S. Gypsum Co. Kitchen trelliswork by Arlington Millwork.
Interior doors: Flush doors by Masonite Corp.; special millwork doors by Arlington Millwork.
Floors: Oak strip. In kitchen, indoor/outdoor wall-to-wall carpet by F. Schumacher \& Co.

Lighting fixtures: Recessed ceiling spotlights and wall washers by Lightolier, Inc. Dimmer controls by Lutron Electronics, Inc. Fireplace: Fireplace unit by Thul-man-Eastern Corp. Slate hearth. Hardware: Corbin Cabinet Lock/ Safe, Div. of Emhart Corp., Baldwin Hardware Mfg. Corp.
Kitchen cabinets: Custom made wood, faced in white Formica.
Kitchen countertops: Natural tone wood block.
Plumbing fixtures: Double stainless steel kitchen sink by Jame Co. In pantry, bar sink by Elkay Mfg. Co.
MECHANICAL EQUIPMENT
AND APPLIANCES
Appliances: Six-burner gas range with 2 ovens, 2 warming ovens, "Carefree" by Crown Stove

Continued on page 136

## lildew-resistant

 ub \& Tile Caulk gives tight, long lasting eal around tubs, inks and showers.
## WHAT IS LUXURY continued from page 66

So, here are the things that people have told me they consider luxury without being too banal:

To have a perfect silent servant (plus a polite answering service! ).
To be able to say "no" when you feel like it.
Never to have occasion to be jealous.
When you live with another person, both to feel sleepy at the same time.
Peace, plus peace of mind.
Knowing you are making a mistake and making it all the same.
To be able to think without anybody to disturb you.
To be in a position of doing a favor for somebody you dislike intensely.
In a certain group of people not to be rich and thus not to be obliged to compete.
To have a friend (a real, real friend!).
To listen to a conversation between three intelligent people.
Liberty to make whatever use you choose of your time. To work when and at what you choose. To be alone when you so incline. To exercise discrimination without impediment.
To be loved passionately but only at welcome moments.
Now, to end, my idea of luxury. To have a poet sitting in my room reading his poetry for me alone. TODAY.

## OOD LOOKS continued from page 28

your eye-the sky blue one will make a fine line inside your wer lids.
EDNESDAY, JUNE 27. If you're patient enough to last while e revivals start rolling by, they may bring back something u've really longed for, such as a smashing loose powder mpact again. Clinique has already had this inspired thought d is bringing out a new powder that goes on your face like e foggy, foggy dew. Comes with a brush-not a puff-the fference that makes all the difference.
hursday, june 28. Although the mood of this month is ati-dreary, you probably never thought that you'd see the last those dreary gray pumice stones that come in so handily for olishing feet and elbows. However, at Caswell Massey, you can nd a pumice stone that's canary yellow or electric blue or bright d. Comes the Revolution.
riday, june 29. Possibly the most forgotten man of the eek is your host. So, if you want to make a lasting impression is weekend, remember him and with a definite new cologne om Yves Saint Laurent called YSL for Men. This scent will emind you of an interesting conversation.
Aturday, june 30. Even if you haven't anyone special in ind, you could put on your Present Shelf one of the most illing little presents you're likely to come across-a drop-of-aontainer from Estée Lauder copied from an old Battersea box. his one has an engaging note on its little cover that reads "The ift is small, but love is all."

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## DELICACIES OF JUNE continued from page 92

t is inspired by what is in the market, or whatever can be gathered from our own shores. Lobsters, and the necessary small chickens are easily available, and we dig clams and pull mussels right in front of our house. The precious saffron to flavor the dish and give it its golden color, I keep sealed in small glass tubes in my herb cupboard.
The salad of garden greens that I serve with the paella is enhanced, too, by things we find on our Rocky shore: "Goose Tongue" and "Sea Blite," two small plants, washed by the tides, that add their piquancy to the salad bowl. For dessert we serve an impressive chocolate roll, with a whipped cream filling. Being quite rich, a small slice should suffice, but the men always come back for more.

Two easy-to-make desserts, recently learned from two French chefs-one London based, the other in France.

Put one and a half cups of plain yoghurt into a bowl. Coarsely chop into four or five pieces each, about a dozen pitted dates. Separate the pieces as
they tend to stick together, and mix them into the yoghurt with a fork. Add ${ }^{2 / 3}$ cup coarsely chopped walnuts to the mixture, mixing in gently with a fork. Chill and serve.

For the second, cut into halves, one cup seedless small green grapes. Mix with one and a half cups plain yoghurt. Chill well. Sprinkle with a layer of brown sugar, put under preheated broiler just long enough to caramelize, then chill until ready to serve. (Looks like a Crème Brûlée, but not as rich.)

These two desserts are very good made with diet yoghurt, which is slightly firmer than the ordinary. Also, cut-up pears or peaches may be substituted for the grapes.
and while I'm on the subject of yoghurt, a rather nice dessert is made by boiling a cup of fresh cranberries with $7 / 3$ cup sugar, putting them through a blender or a food mill, and when cold mixing with yoghurt, sprinkling the top with sugar and cinnamon, just before serving. A deep rose color, it looks pretty when it is served in a glass dish or bowl.

## DECORATE-IT-YOURSELF continued from page 20

knits and elasticized fabrics. The Q-Set is available in three designs for low-bar, high-bar, and super high-bar Kenmore sewing machines. ... In case you have difficulties in measuring bedspreads, curtains, slipcovers and the like, Singer has a handy booklet that helps clear up all the mysteries. Called Singer Home Decorations Measurement Charts, it is 29 cents. Send a self-addressed stamped envelope to Singer Co., Dept. 6219-HG, 30 Rockefeller Plaza, New York, N.Y., 10019. Singer has also introduced a completely new sewing machine, very contemporary in design, with remarkable built-in features. $\$ 469.94$ with carrying case.

Butterick has all kinds of news in patterns for the house: There is a slipcover for a studio couch, twin bed, or high riser, with round or wedge-shaped bolsters, Pattern No. $3182, \$ 1.25$. For the bath, there are four different patterns packaged together-shower curtain, window café curtains, laundry bag, and wall organizer. The 22 -by- 29 -inch wall organizer, meant to hang on a wall or door, has pockets, slots, and zippered compartments for paraphernalia. No. 3181, $\$ 1.25$. Another great idea for any room; three different sized pillows that zip together. It works this way-three put together, zipped end to end make an exercise or a beach mat; two zipped together make a portable floor seat. No. 3183, \$1.25. . . . And something new to make from a kit: a big jolly elephant to hang on a child's wall. He's 32 by 39 inches and puffed out like a comforter, comes in bright yellow or blue cotton. He has a gay paisley throw on his back. Tassels and tufting, a braided tail are in wool yarn. $\$ 16$ complete at Bloomingdale's.



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## DECORATING

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EATING AND
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12. THE DIPLOMATIC CHOICE-Marie Louise, the
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13. "HOW TO CHOOSE YOUR DINNERWARE AND GLASSWARE." A booklet from the Vernonware Division of Metlox Potteries shows 12 colorful, fine dinnerware patterns and their versatile accessory pieces. Brochures of table settings help you plan table arrangements and color schemes.
14. PARTY RECIPES. Helpful folder contains recipes for dips, spreads, sauces, salad dressings, and dessert toppings-all of which can be served in the Gourmet Susan, an attractive food stand with three compartments. From Irvinware. 25 c .
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## ... an easy way to fill plastic bags ... an new way to polish white shoes... frying without splattering ... refreshing large plants

## HAPPY HOUSEKEEPER continued from page 82

never found a really efficient way to fill plastic freezer bags I like to use. It was frustrating and very awkward to try to hold the bag with one hand and spoon the food into it with the other, and I've made many a mess trying. Help arrived one day when I happened to notice a letter in our newspaper's women's page from a reader who suggested using clean empty cans when filling the bags. Here's how it works: Remove the label and cut out the top and bottom of the can. Slip it into the empty bag and it will hold the bag open while it's being filled, I use a frozen orance juice can for small, single serving bags, a medium-sized can for pint bags, and a large juice can for quarts. When the bag is filled, the can is slipped out and the top of the bag closed and fastened. When not in use, I keep the cans nested inside each other on the pantry shelf.

White shoes seem to be popular again-at least my family has acquired several new pairs - which brings up the problem of finding a good shoe cleaner. I went to the shoemaker shop to buy some, my mind full of childhood memories of the chalky white preparation mother used to use on my high white shoes, most of which came off on the back seat of the car. Things have changed. In the first place, many women's shoes are made of plastic or vinyl, which are best cleaned by wiping with a damp cloth and using a little saddle soap. The saddle soap treatment is also recommended for all smooth white leathers and the makers of Esquire shoe polishes suggest that it be used frequently and the shoes not be allowed to become too soiled. I bought a can of Lanolin White Foam, Esquire's lanolin-based white shoe dressing that does not come off and some Sole and Heel Edge Dressing to give it that last profes. sional touch.

I've found that our deep black cast-iron Dutch oven is very helpful to sauté or fry without splattering all over the top of the stove. The high sides of the Dutch oven keep the fat where it belongs-in the pan. I even use it for bacon.

I had the chance to perform my favorite way of refreshing house plants the other day. It rained-a nice, gentle, steady rain that lasted several hours-and I managed to haul the big evergreen fig from the living room out onto the lawn. The pot is heavy, but it was worth the effort, because the foliage is all clean and fresh now, washed by the rain. The leaves on the fig are small and thick and it's hard to keep dust from collecting on them. Ivy and other small plants I clean easily in the sink and wipe off the broad-leafed plants with a damp cloth, but rain is the only solution for the fig.

After the fig had dried off, I brought it back into the house, picked off some dubious looking leaves, and gave it a good feeding with Peters Soluble Plant Food. It's very easy to use and a little goes a long way. I feed it to all my plants and it seems to agree with them because they're flourishing.



Our sofa is extravagantly filled in layers, each tautly secured with fabric, to inhibit lumping, sagging.

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