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ON THE COVER: This is a Super Kitchen. Carved from a huge 25 -by28 -foot space in a made-over barn, warmed with Tangerine tones and the natural easy grays of weathered wood, it is an everything room for an active family. It is also-as it should be, these days of worldwide problemsan energy saver. Range and refrigerator were chosen with an eye to the gas or electrical energy they save; other appliances save the energy of the cook. House \& Garden's new super kitchen was built with the cooperation of Evans Products and the American Gas Association. For shopping information, turn to page 103.

## JANUARY, 1974

Decorating, Architecture, Building
46 Home improvement ideas for the house fixer
by Will Morris
50 Decorating that comes naturally
54 A hilltop house full of sun and serenity
58 Look-ahead furniture, everything that's
new-naturally
A breakaway house that's
heated by the sun
76 Portable gardens that grow in
new super-sized planters
78 The new super-garden bath
82 The new naturals for building materials
86 Decorating that comes naturally and
keeps the best of old and new

## Kitchens and Housekeeping

64 The new super kitchen at the
heart of your house
140 For household renewal,
a super laundry

## Entertaining

90 Thoughts for the hostess by Mary Moon Hemingway

## Wine \& Food

9320 sensational hamburgers by Jane Ellis
94 Delicious quick meals in a wok by Joan Lorring
96 Crème Brûlée
98 Rum-the sunshine drink by Henry McNulty

## Gardening

76 Portable gardens that grow in
new super-sized planters
136 Gardener's notes by James Fanning
138 Garden mart

Beauty and Health
16 How to use more personal energy to live longer, feel better,
and enjoy life more
by Beverly Russell

## Features

8 Questions \& Answers: Antiques by Louise Ade Boger
24 Eight steps you can take to
conserve household energy
by A. M. Watkins
49 A great new way to live,
forecast for 1974
(Editorial)
70 How soon can energy from the sun the earth, the ocean, and the air be put to work for you?
by Sandra Oddo

## Reader's Service

103 Shopping information
104 Shopping around with Audrey Nichols
141 Best in booklets


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dENISE OTIS
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## QUESTIONS \& NSWERS: ntiques

## BY LDUISE ADE BOGEIE



AMERICAN TEA SERVICE I have always wanted to know the background of thisteaservice.Here is a copy of the mark. B.T.G.-Upland,Cal.

Your plated silver tea service was illustrated in a catalogue of the Meriden Britannia Company of Meriden, Conn., in July 1867. 1873 is the design number, not the date. Most of these old sets had three pots -for coffee, tea, and water. The numeral " 6 " is used on the teapot and " 5 " on the water pot, and this also indicates the capacity in terms of half-pints.

## JAPANESE CANDLESTICK

My son bought this candlestick in an antique shop in Japan. Can you tell me something about it? How was it used?
P.F.C.-Philadelphia, Pa.

This folding brass candlestick is Japanese in origin, dating from the 19 th century. It was intended for use in traveling.

## MECHANICAL BANK

My bank is inscribed "Hall's Excelsior Bank." When you pull the doorbell, the roof of the cupola raises and a monkey seated behind a desk receives the coin and turns his head. I have been told this is the oldest iron mechanical bank. Is this true?

> J.F.-Mt. Kisco, N.Y.

Yes, it is true. The earliest patent for a mechanical bank made in cast iron was issued in December 1869 to John Hall of Watertown, Conn. It was manufactured by J \& E Stevens of Cromwell, Conn.

## CONNECTICUT SHELF CLOCK

 This clock chimes every hour and half hour. The name inside is "Ansonia Clock." About how old do you think it is?> B.V.-Bronx, N.Y.

The Ansonia Clock Company, located at Ansonia, Conn., from 1851 to 1878, probably made your shelf clock between 1860 and 1875. It is in the Victorian Renaissance style and is an elaborate version of a popular shelf clock model.


Continued on page 13

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[^1]ANTIQUES continued from page 8


Aurene glass was created by Frederick Carder who founded and was in charge of the Steuben Glass Works at Corning, N.Y., 1903-1932. He numbered the items in the order he designed them, beginning with l in 1903 and ending with 7,749 in 1932.

## ENGLISH FIGURES

 Can you identify these mantel ornaments? We have owned them for as long as I can remember. L.C.-Greenwich, Conn. You have Staffordshire chimney-piece earthenware ornaments dating about
 the 1840 s. They are a version of the ever-popular pair, the Tailor and the Tailor's Wife Riding Goats, first made at Meissen in 1740.


## GERMAN PORCELAIN MARK

Attached is a rough sketch of the marking on my china bowl. Can you identify the mark and tell the age of the bowl?
H.A.S.-Prattville, Ala.

Your bowl was made at a German porcelain factory started by Beyer \& Bock in 1890 at Volkstedt-Rudolstadt, in the forest region of Thuringia. Your mark dates from 1891 or shortly thereafter.


ENGLISH FLOWER BOWL We have a pair of these vases, but know nothing of their background. I would appreciate any informadion about them.
A.L.B.-

Boa Ratoon, Fla.
The design for your decorative flower bowl was registered at the London Patent Office in 1888 by Whitman and Roth, who were importers and wholesalers. These bowls are frequently attributed to English firms of an earlier period.

## AMERICAN QUEEN ANNE CHAIR

My American Queen Anne chair has stretchers. Is this right? What style do the ball and claw feet represent?
M.J.P. -New York, N.Y.

American Queen Anne style wing chairs were made with or without stretchers. In America, the ball and claw foot is usually associated with the Chippendale style. The Queen Anne wing chair with wings and arms as one continuous unit is a choice 18th-century piece.


Note: The 20th Annual Winter Antiques Show (7th Rat. Armory, Park Ave. at 66th St., New York City) will be held from January 17 to 27.


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In return you receive a personal history, photograph, plus a description of the Project where your child receives assistance. You can write to your child and your child will know
who you are and will answer your letters. Correspondence is translated at our overseas offices.
(If you want your child to have a special gift-a pair of shoes, a warm jacket, a fuzzy bear-you can send your check to our office, and the entire amount will be forwarded, along with your instructions.)

Won't you help? Urgent requests come from overseas every day. Children wrapping rags on their feet, school books years out of date, milk supplies exhausted, babies abandoned by unwed mothers.

Since 1938, thousands of American sponsors have found this to be an intimate person-to-person way of sharing their blessings with children around the world.

Little Mie-Wen and children like her need your love-won't you help? Today?

Sponsors urgently needed this month for children in: India, Brazil, Taiwan (Formosa), Philippines, Indonesia and Guatemala. (Or let us select a child for you from our emergency list.)

## CHRISTIAN CHILDREN' FUND, Inc. <br> Box 26511, Richmond, Va. 23261

I wish to sponsor a $\square$ boy $\square$ girl in (Country)
$\square$ Choose a child who needs me most. I will pay $\$ 12$ a month. I enclose first payment of \$ Send me child's name, story, address and picture.
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# HOW TO USE MORE personal encrigy <br> TO LIVE LONGER, FEEL BETTER, AND ENJOY LIFE MORE 

## An interview with Dr. René Dubos by Heverly Russell

Edrtor's note: Solar energy, re- age American intake, about 1200 cycled garbage energy, and many to 1800 calories a day, and despite other technological developments the spartan character of this diet, are going to change our lives and which seems quantitatively and pull us through the current fuel qualitatively deficient by our stanemergency. But in the meantime, dards, the people engage in hard if we have to push fewer buttons, physical work. They are expected ride fewer vehicles, this won't be to lead an independent life, what's so bad for us, according to Dr. more, an active social role, even René Dubos, eminent microbiolo- when they are past age 80 or 100 . gist, environmentalist, patholo- Throughout their lives they have gist, and Professor Emeritus at had to walk and work. I'm not Rockefeller University, author of preaching or suggesting that we many books including the Pulitzer- should become more athletic or prize-winning So Human an Ani- that there is something fundamenmal. Dr. Dubos believes that if we tally wrong in using labor-saving use more personal energy, we'll machinery, but I think we could all very likely live longer, feel better, and enjoy life more.
Contrary to general belief, longevity has not improved in the past century. Admittedly statistics life. You show a progressive increase in life derfully positive and enriching exexpectancy at birth, but this is en- perience. It's fun to look at things, tirely due to the virtual elimination see how people dress on the of child mortality, not to better streets, listen to them talk, to feel health or longer survival in adults. yourself walk. I'm afraid most peoThere are quite a few centenarians ple never experience this and are in the world. Their number is less not aware of how much they dethan 10,000 in the United States. prive themselves by not walking. In several parts of the world, how- In springtime I walk slowly, trying ever, the number is proportionate- to feel the softness of the air. If ly very much higher than in the it's fall, I walk briskly and notice U.S. Longevity is often better in everybody looking vigorous. I countries that are economically think those are very small, pleaspoor and the individual does more ant experiences of life.
himself. The three communities with a high percentage of centenarians have been well documented. They are in the Caucasus highlands of Soviet Georgia, in the Hunza principality of West Pakistan, and the Andes of Ecuador. The people of these regions are not prosperous and some of them live under conditions that are to us primitive.

But let's come closer to countries we know better. I'm always startled when I go back to Europe to see people my age-seventy-twoor even older out in the countryside and to see how active and vigcrous they are. All these places lave some characteristics in cominon. Daily loric at the tremely low half that of the aver or or intremely low, half that of the aver- stead of feeling the earth under

Continued on page 18


The Sweet Charity of Gwen Verdon is well known to many people. For even while starring in Broadway hits from Damn Yankees to Redhead, Gwen's life has been people. Teaching. Working with the underprivileged. Giving. That's what Gwen Verdon is all about.

Gwen brushes with Colgate, a toothpaste for people who like people. Colgate freshens breath as long as a leading mouthwash as clinical test results show. And the taste is brisk and clean.

Only your dentist can give teeth a better fluoride treatment than Colgate with MFP. But a great cavity fighter can be a powerful breath freshener, too.

If you like people, be sure you brush with Colgate.
Gwen Verdon wouldn't think of brushing with anything else.


## How Jerry Baker grows quick with GRO QUICK



- Sony Baber

Now you can grow the plants you used to buy, or start almost any seed weeks sooner. And then enjoy big, beautiful blooms, and home grown vegetables, weeks before your neighbors.
These Gro-Quick electric soil heating cables supply gentle, thermostaticallycontrolled bottom heat, to speed germination and growth of almost all plants, bulbs, shrubs and tree starts.

boxes, and window boxes. pre-set thermostat automatically soil at the ideal growing temperature of 74 , yet it only costs a few cents a month to use, and is guaranteed forever.

A lot of professional gardeners call

Gro-Quick "Your underground sun." You can see the dramatic difference Gro-Quick makes with the petunia plants below.


Both flats were planted 8 weeks ago and treated exactly the same-except the flat on the right got Gro-Quick. Jemy Baker loves the idea, and you will, too!

Look for Gro-Quick at your hardware or garden supply store-and enjoy a beautiful, blooming garden weeks sooner.



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of the publisher's edition, while Alternates are offered at up to $75 \%$ off. (A shipping and handling charge is added to each shipment.) To receive both Club Selections, do nothing. They will be shipped automatically. Otherwise just state your choice(s) on the form supplied and return it so that we receive it by the date specified. This date gives you at least 10 days to decide. If for any reason you have less than 10 days, and receive any unwanted Selections, you can return them at Club expense

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 using LIQUID GOLD, you'll find no wax build-up, n surface and, when used on a wax-free su imbedded dirt or finger even hides scratches, he dust and will remove grease and crayon mar on your natural finished panelling or furniture easy and really does the something super happer home-use Scott's LIQUI regularly. Either way or spray, there's noth like it!
*Not recommended for bleach

nates surface build-up that can collect dust, dirt, finger marks and grime. This can't help but mean the surfaces stay cleaner longer, and, of course, less time consuming up keep for you. Easy to use? Simply spray it on, wipe it completely dry with a clean, soft cloth, then stand back and watch the beauty shine through. When you're finished in the kitchen, you might want to use it in your bath-

## SEA ISLAND

GEORGIA


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ARIZONA осно rios
JAMAICA

## EIGHT STEPS YOU CAN TAKE

 TO CONSERVEhousehold energy

BY A.M. WATKINS

In recent years household appliances and equipment powered by electricity and gas have multiplied vastly in our houses. So has our dependence upon them. With energy shortages looming does the use of time- and labor-saving devices conflict with the need to save energy? Must we forgo these valuable aids to help conserve the natural power supply? The answer is no, not at all, we're happy to report. And "no person need feel guilty every time she turns on an appliance" says Mrs. Ann Asher who early this year headed an energy study group for Concern, Inc. a nonprofit consumer group.
That's largely because the usual labor-saving devices, such as mixer, blender, vacuum cleaner, use mini quantities of energy. But other equipment does gobble up large quantities. In fact about two thirds or more of the total national energy consumed in American houses and apartments goes for house heating, hot-water heaters, air conditioning and refrigeration according to utility companies. Only one third of total household expenditure is used for all your kitchen appliances and other equipment and for lighting, radio and TV, power tools, and the like. So if you want to save energy you should reduce the demands of the major consumers. You can do so by following the measures outlined here, by concentrating your conservation efforts upon them.
Saving energy at home is vital because nearly one third of all electrical power generated and one fifth of our national production of all energy is consumed each year in our 75 million houses and apartments. Reducing such consumption is clearly essential and it can also save you money. Energy scarcities are likely to force up the cost of household gas, electricity, and fuel oil as much as 7 to 10 percent a year in the next ten to fifteen years and that would mean that the cost of cooking, running appliances, and heating the house would be twice as much in 1980 as today. Another 50 percent is possible by 1985. Carrying out con-
servation procedures can also help give you a more comfortable home, one likely to minimize the disastrous effects of possible future blackouts or brownouts.
You can save energy expenditures by these measures:

## 1. Beef Ep on House Insula-

 tion. A report from the Office of Emergency Preparedness (OEM) states that "the most significant, realizable measure to affect energy conservation is improved insulation in homes." Insulating materials are made in various forms; enclosed as batts or blankets of glass fiber, mineral or rock wool, as rigid boards or as loose fill and are located in the outside walls, roof, ceilings, and foundations of houses. (A) Ceilings: You need 6 inches of insulation in all top-floor ceilings in a cold climate or with air conditioning. Eight inches is advisable with electric heating and at least 3 inches over a ceiling that has unheated space overhead. The latter can be laid between attic floor rafters, a project you can undertake yourself. (B) Walls: Exterior walls should be lined with 3- to 4 -inch-thick insulation even if they are of brick, stone, or concrete block. It is a myth that thick masonry walls insulate; they do not. Installing the insulation is simple in new buildings but insulating existing walls requires a professional to blow the fill into hollow outside wall space pneumatically. Its cost can often be repaid in heating and cooling savings within a few years. If your house has a basement the foundation walls should be insulated 2 to 3 feet below ground level or to the frost line. (C) Floors: The floors of basementless houses should be well insulated. With a concrete slab floor, insulating board, 2 to 3 inches thick, should line the edges of the slab all around the perimeter of the house. If there is a shallow "crawl" space under your house pack the underside of the floor with 2 - to 3 -inch-thick insulating batts. And the floor of rooms over an unheated garage needs to be insulated as well.Continued on page 28

## Giant new garden catalog

RAND NEW ROSES! Presenting RED MASTERPIECE, the 1974 Rose of the Year - natu'e's artistry eates the classic rose for spring '74. A wonderfully fragrant deep, deep red hybrid tea. Superb for rangements!
ND INTRODUCING J\&P'S EXCLUSIVE "NEW RACE" OF ROSES - the most significant eakthrough in rose hybridizing since we created the floribunda nearly 30 years ago. New
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## ackson \& Perkins Co.




People start pollution. People can stop it.
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## "In winter, put reflective aluminum foil behind each radiator to reflect heat back into the rooms"

HOUSEHOLD ENERGY continued from page 24
2. Weatherproef windows and deors. Window and door frames leak heat in most houses. You can detect the cold, incoming drafts easily and plug up the leaks with weatherstripping materials. Obtainable in hardware and building material centers they are not difficult to install. Storm windows and doors are also excellent conservers of indoor heat and energy savers in cold climates. Use them on the cold windward and north sides of your house at least. And leave them on in summer if you have air conditioning. Insulating glass (panels of glass enclosing hermetically sealed air space) will insure that you retain heat in the house in winter and it will shut it out in summer. And, as a minor but effective measure, consider adding automatic door closers. Gas company engineers estimate that fuel consumption in winter and air conditioning operation in summer rise 3 percent a year because of children running in and out of the house without closing doors.
3. Tune up your heating plant. Just as an automobile responds to loving care with more efficient performance, so will your heating system. So keep it tuned up and clean. With oil heat, seasonal cleaning of the furnace, tuning and readjustment of the burner are virtually mandatory because an untuned burner will cause oil consumption to soar. And although soot removal from inside the oil heater may cost $\$ 50$ a year, it can reduce fuel bills by a third and save $\$ 100$ a winter in an average house in the north. Because a gas heating unit leaves less combustion carbon it need be checked only every three or four years. If you have a forced warm air heating system (with grille outlets, heat distributing ducts, a blower fan in a furnace) clean or replace the air filter every two or three months. Also have your serviceman set your furnace blower switch for "continuous air circulation" or CAC operation. It provides more uniform temperature control throughout the house and avoids the ups and downs that waste heating energy. With a hot water or steam heating system, clean the radiators often, and, in winter, put reflective aluminum foil behind each radiator to reflect
heat back into the rooms and no radiate it outside.
4. Lower your heating thermostats at might. By turning your thermostat down 5 to 10 degrees you can reduce fuel consumption and save 10 percent or more of your total winter expenditure of fuel. But such savings depend greatly on outdoor temperatures. The milder the nights, the greater the savings. The greatest benefits occur when outdoor night temperature is about 30 degrees; energy saving declines when nighttime temperatures drop sharply because of the extra heat required to warm up your house the next morning. So if your thermostat is set in the sixties at bedtime and the temperature goes to zero outdoors you won't conserve any energy. It isn't wise moreover, to turn down the thermostat at all on 10-degree nights. Or to lower it for possible 20-degree temperatures even in an exceptionally well insulated house You may save fuel but you could damage the heating plant by a sharp start-up acceleration next morning. You need not keep changing the thermostat anyway if you have a clock thermostat, which automatically lowers the house temperature at night and turns it up at a preset morning time.
5. Ease up on liot arater ase Next to your heating system the hot-water heater is the greatest single user of energy in the house. So the less water you heat and keep heated, the more energy you'll save. Turn down the thermostat setting on the water heater to "medium" or lower. It will produce 130 to 140 degree water which is enough for all ordinary purposes. (The dial is usually located at the front, at the bottom of the unit.) A typical dishwasher needs hotter, 180 degree water, but usually has its own integral heater.

Good household habits can also help save energy. Remember that cold water can be used for washing many clothes; showers take 25 to 50 percent less water than filling a tub; leaky faucets waste energy as well as water. You should also check the hot-water heater pipes and insulate them to insure faster response at hot-water faucets. If

Continued on page 34


Skin Life...
works with your natural skin cycle. Smooths away the years. Makes your skin feel renewed and revitalized.

Your skin has a life cycle all its own. The surface cells wear away while new, fresh cells work their way up from below. So your face should always have a glowing surface. But sometimes Nature's plan needs a little help. And that's what we have for you - with our Skin Life Beauty Treatment.

Skin Life contains GAM, our
exclusive protein substance imported from France, which is comparable to the natural protein of the skin. It's this natural protein that helps keep skin toned, maintains moisture, prevents wrinkles. So that just a little Skin Life used every day will help keep your skin looking fresher, brighter, younger. And that's a promise.
Helena Rubinstein

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They're the brightest new idea in remodeling.
They're lightweight plywood paneling.
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Unfinished red oak planks
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Stone panels on walls and ceilings
WEST POINT PEPPERELL
Towels by Martex

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

American Gas Association Andersen Corporation Samuel Cabot, Inc. Chambers Corporation
Cotter \& Company
Dacor, Inc.
Delta Faucet Company
Evans Products Company
H. P. Products, Inc. Hobart Manufacturing Co. Rolscreen Company Scott's Liquid Gold, Inc. Sub-Zero Freezer Company, Inc. Tile Council of America Waste King Universal Water Refining Company, Inc.

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

# Just tolook a tit, Pan youd never know our Retained Heat Oven is a 64 yearold conservationist. 

 John Chambers invented the concept of Retained Heat ${ }^{*}$ Cooking in 1910. Sixty-four years later his idea makes more sense than ever. The Chambers Retained Heat Oven uses less fuel than ordinary ovens. And with decreasing energy supplies costing increasingly more, that's important indeed. Conserves energy and your pocketbook, too.
## Retained Heat

 Cooking is simple.

As simple as ordinary cooking methods. The Retained Heat Oven is large enough to cook an entire meal all at oncemeat, vegetables and even dessert. Requires no attention after the first few minutes; cooks with the fuel turned off. ${ }^{\text {TM }}$ Holds food for hours without overcooking.

## Yourre Free!

Simply put your complete meal in the oven in the morning and take off for the rest of the day When you're ready to serve that night, so is your foodmoist, delicious and piping hot. No more basting, pot-watching or last minute rush. And of course, your oven self-cleans


See the complete line of Chambers appliances at your local Chambers Dealer.


Cheaper cuts of meat cook up moist and tender; flavor is sealed in. And Retained Heat Cooking won't dry foods out, so meat shrinks less. That means more meat for the money.


## Cabot's STAIN WAX

Time was when wood finishing was a long, arduous task. Today, Cabot's Stain Wax does the job in a single application. This unique "three-in-one" finish, suitable for all wood panelling, brings out the best in wood, enhancing the grain and producing a soft, satin finish in your choice of thirteen colors plus black, white, and natural. When a flat finish is desired, use Cabot's Interior Stains.

## Samuel Cabot Inc.

One Union St., Dept. 116, Boston, Mass, 02108
Send color card on Stain Wax \& Interior Stains $\square$ Enclose 25 \& for Cabot handbook on Wood Stains


## Building or remodeling? This new guide will help!

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

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

Please send me your free booklet, "How to get good windows." Mail to: Andersen Corporation, Bayport, Minnesota 55003

I plan to build. $\square$ I plan to remodel a
Name
Address
City $\qquad$ State

Zip

## *-Awnings and outdoor blinds, trees and shrubbery block the sum's rays before they get into the house

## HOUSEHOLD ENERGY continued from page 28

your water is hard and high in mineral content, drain a pail of water from your tank once a month to prevent sediment build up. It reduces heating efficiency. 6. Coddle your refrigerator. Although it uses only a modest amount of electricity each operating hour, your refrigerator rates high in total energy consumption annually because it runs twentyfour hours a day year round. Replace any door gaskets that leak cold air and increase the refrigerator's demand for more energy. And defrost regularly; don't let frost accumulate in refrigerator or freezer because it too ups the demand for operating power. Frost-free models avoid this build up but use more kilowatts of energy annually When you buy a new refrigerator, particularly a refrigerator-freezer combination, look for a new energy-conserver model with new power-saver features and improved insulation that also preserves the refrigerator's contents longer during a power failure. It has a higher first cost but operating savings over the years repay the extra purchase price. And place your refrigerator or freezer so it has breathing room at both back and sides and provides ventilation for the condenser coils behind and under it. An automatic ice maker in refrigerator, incidentally, takes virtually no more energy than ice making trays or about the same as a separate ice-cube maker. Ice is ice regardless of how it is made.

## 7. Be energy conscious when

 you cook. It is important that you operate ranges correctly and follow sensible cooking practices in your kitchen if you want to save power. Reread the range instruction booklet (or send for a new one if you've lost the original enclosing the range model number and 50 c ). This is particularly wise with an electric range and oven, which have an astronomical appetite for power consumption. Efficient operation of the range consists mainly of basic, familiar rules: Don't leave the heating elements of the range top or oven on after cooking; don't over-roast, over-boil, don't oven peek and let out heat, use flat-bottomed, straight-sided pans that make full contact with the heating elements especially with an electric range.A typical self-cleaning oven uses less total energy a year than you'd suspect. Based on one cleaning cycle per month it takes only about 20 to 30 kilowatt hours of electricity a year or 2.5 kilowatt hours per month according to the Association of Home Appliance Manufacturers. That applies to a pyrolytic type of oven. Actual power consumption is 60 kilowatts a year but at least half of that is offset by savings gained by the oven's high-efficiency insulation. So a self-cleaning oven may be well justified, particularly if you balance it out by saving power on the major energy consumers in the house. In considering electrical appliances you should know that there are two basically different kinds. One turns electrical energy into heat and would include the bot-water heater, range, toaster, coffee maker, and hair drier. They generally require large amounts of operating electricity. Electric mo-tor-driven appliances, such as the mixer, blender, dishwasher, vacuum cleaner, are the other kind where a motor accomplishes a great deal of work from a comparatively small amount of electrical energy. Many labor-saving appliances are motor driven and there is no need to feel guilty about using them if they are properly and efficiently operated. But don't leave a heat-from-electricitycoffee maker on the cooktop all morning. You could run your dishwasher through two or more complete washing cycles with the amount of energy you would save.

## 8. Healuce the lheat load on

 Hour air comditioning system. In summer your air conditioning system has to combat the hot sun shining down on your house. It is the source of most heat entering it and the amount of energy the air conditioning system has to expend largely depends on how much sun heat gets indoors. Luckily, ample insulation added to ceilings, roof, and walls to keep out the cold (as we described earlier) also has the inestimable benefit of keeping out the heat. So insulate ceilings, roof, and walls thoroughly. And provide shade for all windows exposed to direct sun. Awnings and outdoor blinds will do this and trees and shrubbery. They block the sun's rays before they get into the houseContinued on page 40

# He sacrificed his sanity and his life to see and to paint as no one ever had before 

# The World of Van Gogh 

yours for 10 days free as a guest of the Time-Life Library of Art



Van Gogh sought peace in painting this church at Auvers.


Many other artists, such as Gauguin, are represented


In The Harvest, Van Gogh captures both the lushness and the deep tranquility of the southern French countryside.

$$
\begin{array}{ll}
\text { TIME } & \begin{array}{l}
\text { Actual book size: } 9^{\prime \prime} \times 12^{\prime \prime} \text {. Hlustrated } \\
\text { slipcase, hard covers, } 188 \text { pages. }
\end{array} \\
160 \text { illustrations, } 72 \text { in full color. }
\end{array}
$$

$\mathrm{H}^{\circ}$e tried to express his feeling for man and nature by becoming a minister but his fervor alarmed his superiors. He fell in love with two women of his own class and they fled from him as from a dangerous lunatic. The famous incident in which he cut off part of his ear and gave it to a prostitute was only one more attempt to give something of himself to anyone who would accept it.
This torrent of emotion-for which society had no use-turned Vincent Van Gogh into one of the greatest painters of all time. Never has a man poured so much pure responsiveness into his art. You can see in it everything from salvation to suicide. Sacrificing his sanity and his life to his work, he burned himself up in a blaze of perception... in a controlled riot of color that washed over modern art like a tidal wave of lyricism.
Love, for Van Gogh, was a means of seeing. . of fusing himself with his subjects. Even the lavish way he squeezed a tube of paint directly onto his canvas symbolized a generosity that knew no limits. To the humblest subject-an old pair of boots, an empty chair-he brought the special light of his own fervor. As one critic put it, Van Gogh had the courage to look the sun squarely in the face and steal its radiance.
Beside almost 1,700 works of art, Van Gogh also bequeathed to the world-in 661 letters to his brother-one of the most moving autobiographies ever written. It shows this dauntless man trying to learn Greek in order to be allowed to preach to Dutch coal miners. You find him, his hatband stuck full of candles, painting the stars at midnight. You trace letter by letter, canvas by canvas, the collapse of his sanity and his subsequent suicide.
The World of Van Gogh is your introduction to the Time-Life Library of Art.. a magnificently illustrated series that shows you-and helps you appreciate-the most


Death haunts Van Gogh's last self-portrait.
important achievements in 700 years of Western painting and sculpture. Focusing on a major artist such as Michelangelo, Rembrandt or Picasso, each volume is a splendid exhibition, a thoroughly reliable reference work, and a most enjoyable way of increasing your family's awareness and understanding of art.

160 illustrations, 72 in full color Written by Robert Wallace, The World of Van Gogh is $9^{\prime \prime} \times 12^{\prime \prime}, 188$ pages, with 160 illustrations, many of them full- or double-pages. To put Van Gogh into perspective, the book also offers profusely illustrated chapters on Gauguin and Toulouse-Lautrec, as well as examples of Cézanne, Degas, Penoir, Monet and others. For all its luxurious features, The World of Van Gogh costs only $\$ 6.95$ plus shipping and handling. With it, you will receive a specially written 3,500 -word essay on art history . . . plus a large, full-color chronology chart listing 368 major Western artists.

## Browse before you buy

Borrow The World of Van Gogh for 10 days free. If it doesn't make you want to own it, send it back. If you keep it, you pay just $\$ 6.95 \ldots$ and we will then send you other volumes in the Library of Abt at the rate of one approximately every other month, on the same free trial terms. There is no obligation, so why not fill out and mail the order form now?

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HOUSEHOLD ENERGY continued from page 34

which is twice as effective as in－ door window shades，Venetian blinds，and curtains．But don＇t omit the latter because they also contribute to keeping down the heat load inside．Windows facing east need shielding just as much as western windows．The morning sun pours just as much heat into the house through them as it does into west windows in the after－ noon．Adequate ventilation helps to keep down the heat load in－ doors as well so be sure any attic spaces are ventilated，turn on the kitchen exhaust fan to rid the house of heat and vapor produced by cooking，make certain the clothes drier is vented to the out－ doors．Don＇t turn off the air con－ ditioning system when you go out of the house during hot weather If it operates at a moderate level around the clock it should con－ sume no more power than if you shut it down．This may seem il－ logical but it will take consider－ able extra energy to remove the heat accumulated during your ab－ sence，more than if you leave it on a moderate level．A compromise measure might be to raise the ther－ mostat a few degrees for less cool－ ing power when you are away． Then it won＇t overcool．Another consideration is that if you return to a hot house in late afternoon， the energy demanded to cool it down may come during the peak load time for the power company＇s electric generators．

In selecting a central air condi－ tioner or a room cooler get an energy－conserver model．It，too， like the new energy－conserver re－ frigerator，saves power and oper－ ating expense．Manufacturers of room units are now listing the＂en－ ergy efficiency ratio＂of such equipment，an invaluable index of the ability of the conditioner to convert electrical power to cooling． In the name plate of the unit，its cooling power，expressed in BTU＇s （British Thermal Units），and the electric power in watts needed to operate it are indicated．Dividing the cooling power by the watts will give you the energy efficiency ratio of the conditioner．The high－ er the ratio the better because a high ratio means more efficient， less wasteful energy consumption and less operating cost．The best units have efficiency ratios of 10
to 12 and you should not choose a central air conditioner of less than 7.5 energy efficiency ratio or a room cooler of less than 8.5 ener－ gy efficiency ratio．
Here＇s a check list of additional energy savers for the house，some culled from the University of Illi－ nois Bulletin，Living with the Energy Crisis．
Fireplace dampers：Close them when not in use to keep in heat． Glass fireplace shields also help． Loss of warm air to the outdoors： Keep open windows and doors to a minimum in winter．Enough out side air filters through the average house generally to freshen it．
Shutting off rooms：Close off un－ used rooms and shut off the heat supply to them．But don＇t let room temperatures drop below 40 de－ grees（to prevent frozen pipes）， and don＇t close off return air grilles or more than $\frac{1 / 2}{}$ of the house regis－ ters in a warm－air heating system． Lowering house temperatures： Test how many degrees you can lower your thermostat without feeling uncomfortable．For each degree reduction you save about 3 percent on fuel consumption and cost．
Operation of ventilating fans：In winter don＇t overdo operation of ventilating fans in kitchen and bathrooms；they remove heat from the house．
Heating the garage：Heating should be minimized or，if accept－ able，eliminated．
Lighting：Room lighting can be lowered for energy saving and shut off when not in use．Fluores－ cent or krypton gas bulbs con－ sume less energy and last longer． Water conservation：Conserving water in bathing，washing，cook－ ing，or gardening reduces the energy needed in pumping it．
Cooking：Cooking several dishes in the oven at one time is more energy efficient than using several surface units．
Windbreak planting：A stand of trees，evergreens，or fences can help shield your house from win－ ter winds and cut down heat loss and save heating energy．Decid－ uous trees planted to shade win－ dows in summer will not only re－ duce air conditioning needed to cool the house but，when they lose leaves，they will also admit sun in－ doors to warm it in winter．

# Thelma Turkel. Wife, mother, and Interior Decorator. 

A growing number of women are leading successful double lives. Thelma Turkel is one of them.

She spends most of her day cooking, cleaning, chauffeuring, and looking after her family in a lovely suburban town.

But for two or three precious hours she lives in another world, enjoying all the excitement and rewards of a career in Interior Decorating.

It's shame more women don't take it up, as an enjoyable way to make money.

As an interior decorator you never have to punch a time clock or drag yourself through a $9-5$ day.

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You can even take your career as an interior decorator with you if you move. There are countless open-ings-highly paid jobs (part-time or full-time) to be found throughout the country as the interest in home furnishings continues to boom. (Forbes magazine calls it, "perhaps the hottest growth field of the 1970's.")

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Today, ICS, America's oldest nome-study school offers a complete, ractical and up-to-date program in nterior Decoration and Design.

The entire program is based on he experience of John Gerald, ounder of one of America's toplight decorating firms.

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as well as sales people in furniture departments and decorating shops to make sure each idea or way of working is not only interesting but logical and easy to follow.

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## CeramicTile. It'sthe classic example of you get what you pay for:"

If imitation of your product is the sincerest form of flattery, ours has certainly been flattered.

Because ceramic tile has been imitated in every conceivable form of synthetic material.

However, the fact remains: none of them looks as beautiful, feels as luxurious, cleans as easily, or lasts as long as ceramic tile.

In other words, those materials that try to look like ours end up looking just like what they really are: cheap imitations.

As you can see in the photo on the left-hand page, the most beautiful bathrooms built today are still made with ceramic tile.

Yet, a lot of substitutes get into bathrooms these days because they're supposed to be cheaper.

But if you'll take a good look at some five-year-old bathrooms using some of these substitutes, then you'll

people see when they come into your house. The foyer.

The effect can be spectacular. But the beauty of ceramic tile doesn't outshine the practicality.

Muddy footprints wipe clean with a damp cloth. And, of course, it never has to be polished.

That's what makes it perfect in hallways and foyers, where daily traffic can wear a path in the best in a short time. And that gets costly.

If ceramic tile makes sense on the floor, you can imagine how much sense it makes in a kitchen - on walls, countertops and splash backs. More than any other materials, tile resists scorching, fading, burning, warping or cutting. And Acri-fil, a new joint filler, resists staining and chipping.

But ceramic tile can do more than make your kitchen practical. A mixture of textures, colors, and designs can make it sensational.
So if you don't want to end up with a kitchen just like the folks next door, that alone should make ceramic tile worth considering.

But there's another place that ceramic tile makes a lot of sense.
So, while you may save money with ceramic tile "look-alikes" in the beginning, you'll probably spend a lot more in the end on replacement and remodeling costs.

Probably the last place you've thought of using tile is the first place


And that's the great outdoors.
Frame your front door with it. Make a garden path with it. Use it on your porch.Your patio. In and around a swimming pool.

If you're thinking that ceramic tile can cover almost anything, you're
right. Which makesitone of the most versatile remodeling materials ever.

And the money put into it is a real investment, because if you ever sell your home, ceramic tile can make it look like it's worth a whole lot more than your asking price.

Now we've told you just how durable ceramic tile is. And here's a classic example: the Imperial Mosque of Isfahan, Iran. One of the old world wonders of architecture, the Mosque exterior is decorated in ceramic tile floral designs and swirling arabesques, each still intact and beautiful after more than 360 years of exposure to the temperatures of the Middle East.

Yet with all of its advantages, tile is
 sensibly priced. (So you don't have to be the Shah of Iran to afford it.)

For a beautiful full-color book that's filled with pictures and ideas for decorating every room in your house, just send 254 and this coupon.

[^2]
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[^3]
## HOME IMPROVEMENT IDEAS FOR the House Fiver



The Shower Massage by Water Pik is a new showerhead for massaging as well as showering and shampooing. I has an outside ring you turn for a regular shower and dial that allows you a choice of spray or massage, a com bination spray-massage (good for facials), or any in between action. Adjustable center holes can deliver 800 to 9000 pulsating jets of water per minute for soothins or stimulating massage, gentle or tingling shower. Th chrome-finished wall-mounted model and the hand-hel model, with a 60 -inch chrome hose, can be attached to standard $1 / 2$-inch shower arms. The hand-held model car be hung as a stationary showerhead or used flexibly bathing in the tub. Teledyne Acqua Tec.

If you are building or remodeling, new Sheetrock gypsum panels are available with an alumi num foil backing, which acts as a vapor barrier. In winter it prevents the indoor moisture cre ated by cooking, washing, bathing from passing into cold outside walls and condensing int water, which can rot wood framing and sheathing, warp exterior siding, and damage paint. In summer it worlss in reverse and keeps out humid outdoor air, which would increase humidit indoors. The "Foil-Back Sheetrock" panels also provide some insulation for outside walls ana equal $11 / 2$-inch-thiek wood fiber insulation or 1 -inch mineral wool. United States Gypsum Co

Leaving outside doors open in your house lets out heat in winter and air conditioning in summer and raise your bills. Since children will race in and out thoughtlessly, Jaafri Industries has come up with automati door closers for sliding glass doors and sliding screen doors. They also help keep out insects and let you walk in and out with your arms full. The Sure Close Automatic Closers, one for sliding doors, one for slidin screens, can be attached to the top rail of a 36 -inch or 48 -inch sliding glass door or screen and work with simple spring in tension. A special screw at one end of the unit also lets you regulate and vary the closin speed of the doors and a stop washer will keep the door open if you wish. Prices are $\$ 10.75$ and $\$ 13.50$ for th 3 - and 4 -foot screen door closers, $\$ 18.25$ and $\$ 21.50$ for the 3 - and 4 -foot glass door closers.

A plan for a simple rack to store skis is offered by the LouisianaPacific Corp. It requires only an 8-foot lengith of 2-by-4-inch Ponderosa or Douglas fir and a S-foot-Iong single wood dowel. Only ten steps are necessary to cut, fit, assemble, and finish the rack and they are clearly outlined in the plan. Long enough to attach firmly to a minimum of twe studs on a typical wall, the rack will hold five pairs of aver-age-sized skis and poles and could be put together with hand tools by a do-it-Hourselfer or with power tools. Detailed construction plams are lOe from Lonisiana-Pacific Corp.

For ski houses or other weekend retreats a prefabricated, woodburning fireplace is a major asset. The Majestic Co.'s "Jupiter" is a conical shaped steel unit available in three sizes (with hearth openings of 24-, 30-, and $38-$ inches). There's a choice of red, gold, green, orange, black, and white enamel finishes in the two smaller models, while the 38 -inch fireplace is in matte black. The new mesh fire screen rolls back on tracks for full access in placing logs. The fireplace is in three partsbase, conical fire chamber, chimney pipe for 8 -foot ceilings.


Cleaner inaloor air is an urgent need these alays since technical re ports indicate household air may be more polluted than the atmos phere outside. The new "Space-Garal High Efficiency Air Cleaner' for central forceal air heating and cooling systems, mounteal in the return air duct, has deep space folds, which provide 78 square feet of filtering surface. With continuous blower fan operation of your heating or cooling system, it claims to remove as much as 99 percent on pollen and spores, and up to 90 percent of tobacco smoke and airborme dust. It uses mo eleetricity and needs no wiring for installation. The only maintenance is replacement of the filter about once a year, which you can do yourself. Research Products Corp.

## If Colgate is just a kid's cavity fighter, how come Angie Dickinson wont brush with anything else?



For some actresses, life is only real when a director calls, "Action." For Angie Dickinson, blessed with family and rich with friends, life is truly meaningful when she's with the people she cares most about.

Caring about people comes naturally to Angie. That's one reason she brushes with Colgate. Clinical test results show Colgate freshens breath as long as a leading mouthwash. And the taste is brisk and clean

Only your dentist can give teeth a better fluoride treatment than Colgate with MFP. But a great cavity fighter can be a powerful breath freshener, too.

Ask Angie Dickinson. She wouldn't think of brushing with anything else.


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



FORECAST FOR ${ }^{4}$ new year is the traditional time for forecasting, and as we look into the futuree trends in architecture, decorating, and design, into upcoming ideas for entertaining, traveling, and spending our leisure and pleasure, we anticipate a factor that will be common to all. The attempt to simplify living all around us. It is evident in furniture design, where one piece of furniture may serve three or four functions. And in planning interior space, where one room may become a center for many activities. You see it in the way people dress, in the current insistence for pure whole food, for decorating with natural materials. It all comes down to a new appreciation of simple things, natural things, basic things.

The new search for reality in living that is becoming so evident today may have been inspired by some people with their romantic, idealistic way of retreating to the countryside to set up farms. Though what we now see is a more positive plan to confront the issues and to define principles that will reconcile all the contradictions. Closing the gap between the way we live and how we want to live. We seek honesty and a sense of quality, whether it's in a piece of fabric to cover a chair or the food we eat or a plan for a new city that works. We're looking for practical and sensible measures to deal with the environmental crisis and the energy dilemma. And sorting out our priorities in the process, rethinking criteria and ethics. The man of today is thinking more for the man of tomorrow. Are neon advertising signs really necessary? Can we afford to build sealed-in skyscrapers that demand so much energy? Could a more intensive exploitation of our current technology provide a system for solar heating, cooling, and lighting such buildings?

We are thinking up the questions-and coming up with some rational answers. "We have the same need in every aspect of our whole life, to live in a more realistic way," says architect and city planner Roberto Brambilla, director of the Institute for Environmental Action, who will be launching an exhibition "More Streets for People" during 1974. "I would call this philosophy a sort of new humanism. We see that traffic mobility occurs on the surface in most city centers at an average speed of 3 to 8 miles an hour in the rush hours-and we know this is ridiculous. You can walk that fast. We know we have to change. What we are turning to is a simplified existence, which is also richer at the same time, taking maximum advantage of existing resources but at the same time trying to emphasize as much as possible the potential of people."

We have made living with reality the theme of our first issue for 1974. And we stress that the simplified existence doesn't mean a spartan existence. What is more esthetically satisfying than walking barefoot on grass? Our new Super Bath is a tribute to architectural and building know-how that allows for this possibility in your own house, page 78. So you'd like a kitchen-living-entertaining center that really gets it all together-the bar, the music, the laundry, the sewing, the tools for little domestic repairs, the paperwork corner, the proper space for food preparation, the snack for two or the dinner for twenty? Our new Super Kitchen, page 64, is planned with all this human activity in mind and equipped with machinery that saves energy, not only yours, but ours-the energy that belongs to us all-in the planetary sense.

And on this urgent subject of fuel and power, we have four reports...from a couple in New Mexico who designed and built their own solar-heated house, page 72 , from Dr. René Dubos, page 16, who tells us we'll all be happier in the long run if we adjust to pushing fewer buttons and riding fewer vehicles ...from A. M. Watkins who points out eight major ways to conserve energy at home now, page 24, and from some of the top technologists, page 70, who are looking at the future supplies realistically and working out alternative power sources.
"There comes a time," adds Roberto Brambilla, "when you know you have to clear the table, see what your real essentials are and put them back in order. The moment we start to surround ourselves with reality, then we begin to think with reality. We plug our energy into the right things, put our potential creativity in directions where it is really deserved." What all this seems to offer is a much more coordinated, clearer kind of life, which will be very much worthwhile living. In reality, what could be a better prospect than that?









## Look-ahead furniture with the soft touch


 lacquered pop-together pieces make table plus magazine rack. By Paolo Caliari for Depa.

Instant chair flips down, from wall-hung framework,
right. By Ricaldo Arbizzoni and Achille Castiglioni for Del Piccolo \& Ridolfi. Bed, below, unfolds from a chair. From De Sede Collection at Turner Ltd. Opposite page, top left, adaptable chaise, wicker with rattan frame. By Adalberto Dal Lago with Adam Tihany from Germa. This page, left, U-shaped table by Robert Salleroli for Interior Enterprises.

## Look-ahead furniture,

 great shots of color


## THE NEW SUPER KITCHEN AT THE HEAR zeriace to use your energy wisely

More and more, these liberated days, the kitchen is a cooperative in which everybody wants to take a hand. Warmth and comfort originate there as well as food; families gather there naturally; when friends drop by everybody drifts there to settle for good talk. It is the new heart of the house - and the first and best place to start a concerned campaign to save energy - in both its senses. The world's dwindling supply of fuel, your own personal reserves of power are precious resources that careful planning can help preserve. In the huge space of a made-over barn, House \& Garden, with the American Gas Association and Evans Products, has designed a room where food and its preparation, companionship and its enjoyment-and conservation-are taken seriously.

## where the family gathers





## conserve

## the energy you have

Here are a few hints to help you use the appliances you have most efficiently, with the least energy:
STOVE: Put small pots on small burners; cover to avoid heat loss. Use oven for complete meals; preheat only 10 minutes; don't peek. Thaw food before baking it; avoid using aluminum foil on shelves directly under pans since it can reflect heat away from them. Wait till oven really needs it to use self-cleaner.
HEFIRIGERATOR: Locate it away from heat sources, out of sunlight. Make sure door seal is tight (it should hold a sheet of paper firmly). Cool food to room temperature before refrigerating. Defrost when ice is about $1 / 4$-inch thick.
FIEEEZERE: Keep it full: a solid mass uses less energy to keep freezer cold. Chill the food before you freeze it. Don't freeze too many packages all at once.
HOT WATER: The hot-water heater uses enormous amounts of energy, so be stingy with hot water. Set its thermostat low. Don't wash dishes under running water. Use as cool a setting as possible for clothes. Wait till dishwasher is full to use. Fix leaky faucets: a drip a second wastes 700 gallons a year. WASHER AND DIBIEIR: Clean the lint traps often to keep the appliances working at top efficiency. Use only when full (but not overloaded), and use as cool a setting as possible. Do not over-dry clothes-and use the free solar energy outside whenever possible.
SMALL APPLIANCES: These can often substitute for major appliances when the job is small. An electric fry pan, for example, uses less energy to cook a one-pot meal than an electric range. Motor driven ones like mixers, blenders are particularly economical.


## the new super kitchen:

WHERE ENERGY WORKSTO SAVE YOU


Creature comfort, that warm snuggly feeling that makes you remember grandmother's house even if grandmother never had one, is a specialty of kitchens, an intangible compounded of details like old Indian baskets, wooden walls interrupted with stretches of books and a finish of Evans "Bright-Ons" in House \& Garden Tangerine, as well as of friendliness and good will. Personal ease is part of it. The hard-working appliances, easy furniture, and green living plants all contribute. Another ingredient-a stereo system with two speakers that puts you in the middle of the music-makes energy-conserving virtue anything but grim. Furniture from Pennsylvania House, upholstered in "Kalmia" by Clarence House

## efficiency with comfort built in



It's an absolutely up-to-date room that still cherishes hints of history like the made-to-order patchwork quilt, from Such Outlandish Stitches, on the sofa. Tucked behind the wall paneling, the entertainment center, $\boldsymbol{5}$, also has a television set (doors closed), room for tapes and records. All by Sanyo. The carpet from Harmony Carpet. Animals, antique platters from John Rosselli. Sterling lighting; Tru-Test paint used.


"A place for everything and everything in its place." So neatly arranged, every detail has its own function and its very own space. I Instead of a fourth burner, the Chambers range has a second oven for small baking that also works on retained heat to save fuel, and a range-top broiler that becomes a griddle, just out of sight to the left. 2 Flush doors left of the refrigerator conceal a larder with shelf room for everything. : KitchenAid hot-water dispenser makes easy instant cocoa, coffee, bouillon, to serve in Stangl mugs. 1 To the right of the refrigerator, storage cabinets hold pots, pans, even a roaster. All cabinets by Riviera, paneled in Evans "Bright-Ons." 6 Side-by-side Philco-Ford refrigerator/ freezer holds 20.7 cubic feet, more than 250 pounds of frozen food. Baskets on top from Stephen Barany. 7 Cabinets hold homey Stangl "Green Caughley," elegant Spode "Summer Palace." Dishwasher is by KitchenAid, the front panel custom finished to match sinks,



# An exciting report on the future of planet-Iseeping, with some surprising answers to the energy dilemma 

## HOW SOON CAN emeI! $!$ FROM THE swri, THE carrth, THE DCeaIns. AND THE aiir• BE PUT TO WORK FOR $\boldsymbol{J D I I}$ ?

## by Sandra Ddd

Energy crisis? What energy crisis? It's true that it's a little chilly around the house this January. And probably next January. And the January after that. It's true that our national need for energy is escalating ( 7 percent last year alone) a lot faster than available sources of energy are, that our oil imports will be 50 percent of our consumption in less than ten yearsand that we can't control the production in countries it will have to come from. And it's true that the world is running out of gas, oil, and coal-forever. If we scrounge out every speck of coal dust, the most plentiful fuel, and strip-mine every possible U.S. vein to leave a barren wasteland the size of half the country, we still have perhaps 500 years' worth left-or 200 to 300 years, if we convert coal to gas and oil. At our present growth rate there is less than thirty years' worth of gas and oil left, according to the National Science Foundation.

but energy crisis? Oh! You mean the energy problem! The dilemma. The challenge. The opportunity. "We have reached an evolutionary watershed," says Dr. Peter E. Glaser, vice president of Arthur D. Little, Inc., head of a three-part investigation of solar energy that will, he believes, create a whole new energy industry to serve a billion-dollar market ten years from now. "If I can wax Biblical, somewhere in the Old Testament, shortly after God created the world, et cetera, it says he put Man there to subdue nature-and to replenish it. My accent is on the replenishing."

Until now, Western industrial civilization has tended to look upon the world in pieces, seeing nature as something to be dominated and used. We are just beginning to see the Earth whole. The shift may be as important as the prehistorical shift from man-the-hunter, who took what he wanted or could catch, to man-thefarmer, who replenished his resources and provided against the morrow.

Apollo XI helped show us how. Five years ago we saw our whole home for the first time as the astronauts looked earthward from the moon. That wondrous Christmas ball of a world with its swirling patterns of blue and white and ocher hung in the black velvet of utter infinite space, so huge-and so very, very small and finite. What an admirable house it is, the décor grandly conceived and at the same time rich and complex in detail. As a mechanism for comfort control, it has features we are only begin-
ning to appreciate. It is built to last. Powered by the sun-which sends no fuel bill for the energy it supplies to heat the air, run the planetwide garden, keep the winds blowing and the oceans blooming with oxygen-producing plant life-its operation is basically self-contained, selfrepairing. If we cooperate. If we can learn planet-keeping.

We are learning. And one of the most elementary, most essential lessons is that energy is life. Whether you measure it by calories of food consumed by plants, animals, or men, or by calories of fuel consumed to run machines, energy is what makes everything work. The closer you come to enough energy, the better the quality of work, the quality of life-now seriously threatened as the fossil fuel stored in the basement of the world by millions of years of geological change runs out, as our free ride ends.
It's a problem, all right, but it does have solutions. "We have very many options," says Dr. Glaser, "and I believe we will need all of them. We will have to do an awful lot of work, and we are not certain which of the options we are pursuing, whether nuclear, geothermal, or solar, will have the best potential-but there are very exciting possibilities."

## SOLAR ENERGY

So far, the best bet seems to be solar energy-a term that covers power sources as diverse as temperature differences in the ocean, green growing algae, and the wind. Solar energy has been there, literally, since the beginning of the world. It's free in daily amounts 400 percent greater than we are ever likely to need, it rarely goes on strike, it's inexhaustible-at least for the next couple of billion years-and, best of all, it's absolutely nonpolluting. Man has used the sun as a power source ever since the first Neanderthal figured out how to focus it through a hole to start a fire. Even industrial use of the sun is not outrageously brand new: there was a solarpowered steam engine at the Paris Exposition in 1878. But gas, oil, and coal were so plentiful, so easy, so cheap that-except for the invention of the electricity-generating solar cell more than twenty years ago-little was ever done to develop the sun's potential. Now we need it.
And it looks like we are going to have it. It will come in two forms: as electricity and as
heat. Getting electricity from the sun is the mo complicated process. We might build huge sol reflectors to concentrate heat on boilers th generate electricity by steam-like the 1500 -w: Russian plant near Tashkent. Or we might u solar batteries, one form of which looks like thi blue cellophane streaked with silver, spread arrays over our roofs, in walls or on antenn: possibly strung like tents over parking lots. Su focusing mirrors may sprout on solar farms the sunny Southwest. We may get electric beamed to us from a butterfly-winged satell launched out of the earth's shadow into twent four-hour sunshine. Or we may get it from boat floating on the ocean, dangling a he pump.

Every new house built might have its or solar collector, or we may buy electricity alrea produced as we do now-or we might re equipment the way we do telephones, fro companies whose business it is to keep sol energy coming in.
This isn't guesswork. Each of these is a d tinct possibility fairly soon. In Newark, Del.-n one of the country's sunniest places-the Institu of Energy Conversion of the University of Del ware, headed by Dr. Karl Boer, has just bu Solar One, a sun-powered house that generat 80 percent of its own electrical needs.

The solar satellite is a project headed by I Glaser. As soon as a working space shuttle is d veloped to make round trips between satellit and the earth-something NASA expects to a complish in the next few years-it will be techn logically and economically feasible.

Dr. and Mrs. Aden Meinel, with financi from Itek, have recently left the University Arizona to form Helio, Inc., and begin the pr cess of solar energy-farming. Honeywell and tl University of Minnesota also have a solar far project. One square mile covered with solar d vices operating at only 10 percent efficiency ( t ) standard coal-fired plant runs at $35-40$ perce efficiency) could produce 180,000 kilowatts.

But solar electrical energy has a problen money. Not technology-the technology is there, ready to go. But at the moment it cos about $\$ 20$ to generate one watt of electricit We're used to paying about $\$ 1$. Costs for co ventional electricity are headed skyward, fas but solar electricity will not be competitive, ar therefore attractive both to consumers and manufacturers, until it edges under $\$ 5$ or so
att according to J. Thomas Ratchford, Science onsultant to the Committee on Science and stronautics of the U.S. House of Representa-es-a roughly estimated $\$ 5,000$ for a typical use, with no operating costs-and that may t be for 10 to 15 years. "Twenty to thirty ars, in any field, is just about the time of delopment," says Dr. Glaser. "The jet airplane, rn in 1936, was not widely used until the e'50s.
Solar heating, on the other hand, is here toy. It has been here, for anybody interested, quite a while. Japan, Australia, Israel-even rida during a brief fling in the ' 40 s when fuel s scarce-use the sun regularly to heat water, ally in rooftop tanks. It is also possible to t whole houses. Mr. Harry Thomason, who It the first of his four solar-heated houses Washington, D.C., in 1959, says his system plies 90 percent of the necessary heat with a age capacity that outlasts five cloudy days. George Löf, head of a National Science indation solar thermal power study at the versity of Colorado, has lived in the solarted house he built there for fifteen years. across the country about twenty-five others luding Mr. and Mrs. Stephen Baer, whose se appears on page 72) have constructed rown free-heat systems.
he principle is simple: a sheet of black, heat-absorbent material backed heavily / with insulation to keep heat from going on ugh is propped up-usually on the roof-to ch the sun. Glass covers the collector to keep t from reflecting back into space; air or er, pumped over the space between to warm flows back to a well-insulated holding tank storage. It is called upon as needed-and uld demand prove more than supply, there's uxiliary system that kicks in. The house can lmost any shape, even old Colonial or young h-style. All you need is a good, unshaded thern exposure.
he Massachusetts Audubon Society is builda solar-heated addition to its Lincoln, Mass., es. The system is expected to supply 65 to ercent of the heat load-a reasonable estie, says the Society, for any solar system, in one of the coldest states. An air-condiing system based on adsorption, like the old refrigerators, uses the sun in summer. three to five years, however, you won't to be the Audubon Society or a do-itselfer to have reliable solar heat. The gap reen technology and commercial availability have been closed. On October 30, 1973, gressman Mike McCormack of Washington duced HR 10952, a bill to establish a five$\$ 50$ million program for research and comial development of residential solar heatand cooling. By November 1, it had 140 cosors. Hearings were held in November; it Id come before the House this month. eantime, a lot of other people are working et solar heating and cooling to the public. O will have a pilot study on heating and ng ready some time this year. The National ree Foundation has three studies of possible ms underway. The General Services Adstration, which has charge of all federal rnment building, is putting up a house in naw, Mich., and an office building in Manter, N.H., both to be partially solar heated cooled. "There are all sorts of possibilities," architect Alan Balfour at Arthur D. Little, where a cooperative effort involving more
than forty major companies is underway. "We're looking at all building types. Residential housing may not be the most attractive first market. Very large-scale arrays of collectors may make more sense to new developments, to hospitals, to universities."
"It's an organizational and attitude problem more than a technical one," says Elliott Wilbur, head of ADL's building and materials program. Residential and commercial use accounts for 20 percent of U.S. energy consumption. "If every new building built three years from now were solar heated," says Charles Hauer of the National Science Foundation's Advanced Energy Research Division, "that would still be only a 2 percent reduction in use." But that 2 percent is equivalent to 200 million barrels of oil a year. "If you go up to 7 percent, something we could hope to achieve over the next fifteen years," says Dr. Glaser, "that is equivalent to the total oil that will ever flow through the Alaska pipeline."
Solar energy takes many other forms. Here are some ticklers, many of them theoretically possible right now, or actually in limited use. Biological methods. Bacteria are being put to work to produce gas, oil, and charcoal from organic materials that run the gamut from algaeencouraged to run wild over ponds by careful additions of things like old phosphate-filled dishwater, then harvested-to the by-products of pig farms, to city sewage. On a do-it-yourself level, methane production from farm manure is probably the furthest along. Richard Shuttleworth and the Mother Earth News have a demonstration plant going in Redkey, Ind. L. John Fry, a South African pig farmer now in Santa Barbara, built a plant that ran a 13 -horsepower engine day and night for six years. Only trouble was that it needed about 2 tons of manure a day to run-possible for a pig farmer or a city, but rather impractical for a private individual. Thirty gallons a day, the amount a typical household might produce, will light one lightbulb and boil one pot of water.

Continued on page 142


Ihouse powered by the sun will be as ordinary or as extraordinary as your taste may dictate. Collectors will shape themselves to fit most houses that turn a face to the sun. TOP: An artist's conception of an apartment house with a façade of solar cells. Center: The solar-powered house in which Dr. George Löf has lived fifteen years without having to service the collectors ranked across his flat roof. воттом: Solar One, the University of Delaware's new experimental house. Sunlight, striking its rooftop cadmium sulfide cells, generates electricity, which is stored in 12 -volt car batteries, the excess sent to the Delmarva Power $\downarrow$ Light Co., which returns the favor when the sun doesn't shine. The sun's heat is stored in eutectic salts, which melt to hold heat, recrystallize to release it. The sketch, RIGHT, shows a system which stores heat as hot water in an insulated tank. Auxiliary heaters kick in when necessary.



If you're young, adventurous and imaginative, like the Steve Baers, you put a s lar heating system in your house today, and stay warm in winter without ever pa ing a fuel bill. The Baers' innovative house, a few miles outside of Albuquerqu New Mexico, is a breakaway from architectural tradition, born of their natural $\epsilon$ thusiasm for living differently and trying new ideas. Steve Baer, a talented math matician, inventor, and designer, experimented with many structural desig until he found the zome-a geometric shape with a parallel zone in it-work better for housing than the dome. "It's a more flexible shape, a zome can stretched out, joined together with other zomes and makes very satisfying fre form building," he says, "unlike the dome, which is always circular." Steve Bae first experimental zomes were built from old automobile tops, bought for 25 cer each. After he worked out the shape and chopped up a thousand cars in t process, he went on to build unconventional houses like the one he and his wi Holly, left, and their two young children live in now. It's a cluster of elev zomes, clinging together like a series of different sized bubbles. Despite its spa - 2,000 square feet-the house derives 85 percent of its heating from the SL When necessary two fires are lighted in the children's rooms, which face nor



in addition to the heating derived through the drum walls, the house has anier source of solar energy, coming from rhead Skylids, right. These roof devices, other invention by Steve Baer, are placed rooms not directly influenced by the drums in the kitchen, the entrance foyer, and one the children's rooms. They are bubble skyits with three aluminum louvers beneath. "Again a perfectly simple idea," Steve Baer remarks. "The Skylid no switches or wires or motors to go haywire." Two canisters filled with Freon gas on each side of one el respond to shifting climatic temperature and cause the louvers to move. When the sun pours through rooms it hits heat-retaining surfaces-the floor, a concrete slab painted with red driveway paint-and walls, which are faced with adobe. Warmth is slowly released in the cooler part of the day and night. Zome ses developed by the Baers' construction firm, Zomeworks, are strong and durable and quick to construct. $y$ have a cement foundation with a wooden "sill." The walls are aluminum panels with a sandwich filling been of honeycomb cardboard filled with urethane foam, right center. "It's the ne type of material used in trailers and airplanes. This is our adaptation of the a, which we thought could be improved. Our version gives better insulation $n$ in most trailers." The panels were laminated locally and the entire building up without any professional help, just a team of friends and unskilled workers. took a year altogether because we were working on several projects at the e, but we know now that eleven zomes could be put together in two weeks," y Baer continues. The silvery satin-panels are pop riveted together with minum strips at the joints and the seams protected with a silicone sealant. construction allows for expansion and contraction of the metal outer "skin" ording to changes in temperature, so the building is always making a popsound. As for family living, Mrs. Baer adds, "I think our zome is good for children and they for it. They participate in making it work, rolling out the doors in winter when it's sunny -they know we can't turn up the thermostat."

## solar collectors



ide the Baers' bedroom is the solar collector, right, which
5 water for their bathroom. This rectangular wooden box is ed to catch the sun's rays and can be adjusted from time to during the year. Copper tubing filled with a mixture of wand antifreeze is fixed behind the glass top. Then there are ecting pipes into a 55 -gallon storage tank in the bathroom. iluid heats up and circulates into the bathroom tank, which another smaller 40 gallon tank inside it, filled with cool, ped water from the well. "The hot fluid heats the cold water sives us more than enough constant hot water. We have a ar larger collector near the kitchen and this gives us plenty
t water for the children's bathroom, kitchen, and laundry t water for the children's bathroom, kitchen, and laundry
. Light and air flow onto the zomes in many ways. Far The Skylid with its aluminum louvers is seen from the inside. A stained glass
ow, bottom right, designed by Carol Caroling ow, bottom right, designed by Carol Caroling, makes unusual patterns over the livpom floor, as do the drums, which are painted white on the inside. The zome clusarranged in a V-form, see plan opposite page, with living room and kitchen in the $r$, master bedroom and bathroom at one end, children's rooms off in the opposite tion beyond the kitchen and laundry. An experiment in living certainly. Yet all the
confirm: "It's a wonderful place to live, and we hope it will inspire others."





Although it is a romantic supplement to the bathrooms in the main house, the garden bath is not a plaything: It holds all the conventional necessities-a shower, washbasins, toilet, and bidet. These familiars are housed in a little less than half the 20-by-26 feet of space required for the pavilion. To bring overhead light to the dressing-counter, above, a fixed, slanted glass skylight at ceiling height runs wall-to-wall and is screened with a bamboo roller blind. This area of the room stops at the edge of the garden, left, where one steps down from the bare wood floor to the velvet of greensward-real grass, no fakery-cut with a half-size lawn mower. At one end is the soaking tub (by Kohler, as are all the fixtures). Beautifully blue and 20 inches deep, it permits the bather a luxurious degree of immersion. Beyond the lawn is the water garden, crossed by a gently bowed bridge, more graceful than a flat platform, that leads to the swimming pool.


Without the total enclosure it needs to work for twelve months of the year, a garden bath designed only for summer pleasure is an indulgence that, to most people, would not be worth the investment. But because of its ingenious engineering, the super bath is as much a garden in January as June. Its disappearing glass wall, of course, is the answer to leveling the ups and downs of our climate. Closed in winter, it seals in warmth so that grass and flowers thrive with the same healthiness they would have in a greenhouse. A temperature of around 70 degrees is agreeable to most growing things, and certainly not disagreeable to a bather soaking in hot water. A watering can takes care of potted plants-even with a little work, the grass. The water garden, consisting entirely of aquatic plants, fends for itself. And on a winter's day, it should


One wood, red oak, is used in the super bath for the flooring, the washbasin-dr ing counter, and water garden bridge, left. The oak planking, by Bruce, is pale because it is completely unfinished-no filler, no stain, no varnish. It w only the soft sheen that nature gave it. A scrubbed look. The ceiling and al one wall are paneled in "Sanspray," a product of U. S. Plywood created by b ing finely crushed stone to plywood. The effect is of a crystalline surface, shimr ing, faintly opalescent. The entire wall behind the dressing counter, abov covered in a mirroring Plexiglas with all the reflecting power of a perfect loo glass that extends right to the floor to give the tub-bather an indoor view of outdoors. Nature on the right, its image on the left. Tubular lighting fixtures hung over each washbasin, and during the day, the desired amount of sun -a lot of it or a little-is determined by adjusting the bamboo roller blind head. Hung on guy wires paralleling the skylight, it works just like an awr

gh few shower stalls are approached by a path, this one is-nature's treat for bare The shower enclosure is moss green fiber75 inches high, with triangular shelf for and a corner bench. The door, of clear las, is the same height and $31 / 2$ feet wide

Tucked away in a semicompartmented corner of the bath, the bidet and toilet, below, right and left, are both of vitreous china in the same moss green as that of the shower stall, and both, like the yellow washbasins, have fittings of brushed chrome. Glass shelves over the bidet hold towels, and the toilet compartment is lighted by the skylight-window that stretches across this end of the room. Around the corner from the bidet is another shelved recess with towels and sponges for the soaking-tub bather. Although the garden bath is primarily a daytime room, it is beautifully lighted at night by a series of wall fixtures inspired by ricepaper lanterns. Fragile looking, they are not. For shopping information, turn to page 103.



## the new naturals for building materials

here's new visual excitement in building materials-in the shine of ceramic glaze or hardwood veneer, the roughness of "barnboard." Wallcoverings and fabrics have a new architectural vigor. Panelings are light and easy to install. And more than ever colors are natural and down to earth. 1 Vinyl wallcovering joins the all-stars with "Holmes." 28 inches wide. $21 / 8$-inch repeat. $\$ 9.45$ a roll. By Richard E. Thibaut. 2 Woodgrain patterned vinyl floor tiles come in colors nature never dreamed of-fifty in all. 12 inches square. $\$ 3.60$ each. From Herbert Bright.* $\mathbf{3}$ The look of weathered barnboard at a fraction of the cost: new wood distressed and stained to look like the authentic antique. Silver Gray or Mountain Brown.



p
attern a wall, 4, with cork-1 inch squares or thick and thin stripes that go up in big 2 -foot widths. Here from a collection of seven cork wallcoverings, left to right, patterns 6, 1, and 7, all fabric-backed. \$1.75 a square foot. By Expanko Cork. 5 "Mexicotta" hardboard paneling looks just like handlaid terra-cotta tile, down to the glowing "glaze" that gets darker toward the edges, a stippled color and texture that looks straight from the kiln Panels 4 by 8 feet, about $\$ 14$ each. By Masonite. 6 Handpainted "Marittimo" ceramic tile with strata of yellow, black, and oranges makes a bold-almost volcanic-statement on walls or floors. Eight inches square. At Country Floors. 7 Murray quarry wall tile in pale earth colors: from the top, Sahara, Sand Flash, Fawn Gray, and Golden Glow. Three darker colors as well. 6 inches square. Priced according to installation. By American Olean. 8 "Ecol-O-Vane" soundcontrol system for ceilings, walls. Mount the support runnerseach light-weight aluminum vane snaps in-or out-of place with finger pressure. Over fifty solid colors, plus woodgrains, linens, and others. \$1.05 a square foot. By Levelor. Even more effective with an acoustical blanket beneath-price depending on type and installation.

* available thrqugh interior designers. AlL Prices are approximate. Addresses, PAGE 103.
SUSAN WOOD






tairs bedroom, top, in the new wing opens to a windowed stairwell, t , and both are filled with light and curios. The bedroom's 19th. ury ivory pieces were collected mostly in England. Polychrome anabove the beds are from Mexico; curtains are old lace. Stairwell e next to an antler-framed mirror holds art-nouveau glass, gleaming nozzles, other finds. 1840 wire chairs, above, from an English garmake a nook for dining under a plum tree, near tomatoes and fennel.


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## THOUGHTS FOR the ostess

## BY MARY MDON HEMINGWAY

The new year is here and with it that sense of a clean slate, which stimulates me to reconsider old habits. This year I seem to be particularly struck with a renewed need for good, old-fashioned, intelligent frugality. It should be a year of saving-I don't mean the ball-of-string syndrome, but good husbandry of time and methods.

Save on cooking fuel. No need for a pot on every burner with, perhaps, the oven turned on as well. Try quick stir-fry cooking or cook whole meals in the oven. Consider the hot one-dish meal with uncooked side dishes. Saves on clean-up time, too, as you can cook and serve in the same dish. Even when not cooking Chinese, I stirfry many vegetables in a wok.

Cooking in the oven is great for easy entertaining as the food keeps nicely. There are many foreign dishes as well as American to prepare without wasting heat. Here, for example, is an international menu. As a first course, Australian green pepper cocktail for six: 3 green peppers, seeded and halved, stuffed with a mixture of 6 tablespoons each cold flaked seafood, diced celery, diced cucumber, lemon juice, mayonnaise; salt to taste plus a pinch of cayenne and a dash of paprika. Serve with lemon wedges.

For the main course try Jordanian Tajen: $11 / 2$ pounds ground beef mixed with 2 small, finely chopped onions; 2 teaspoons minced parsley; 1 teaspoon salt; pepper to taste. Shape into 1 -inch balls. Peel and cut into $l$-inch cubes, 3 medium potatoes; 3 medium tomatoes; 2 small eggplants; 2 small zucchini. Add 1 pound string beans in 1 -inch lengths. Salt and pepper vegetables to taste. Put in shallow baking dish. Place meatballs on top. Add 2 cups water, 2 tablespoons butter or oil. Bake at $400^{\circ}$ for $45-60$ minutes. Serves 6 .

With this have Sudanese Robe (yoghurt and cucumber salad) : a mixture of 2 chopped cucumbers; a pint of yoghurt; salt to taste; a dash black pepper and garlic powder. Serve on lettuce.

Finish with American hot baked fruits: drained Elberta peach halves; apricot halves; 3 cored, peeled apples sliced $1 / 2$-inch thick; 2 cups frozen or fresh strawberries; 2 firm bananas sliced lengthwise; $1 / 2$ cup Triple Sec; $1 / 2$ cup honey; $1 / 2$ cup brown sugar; 2 teaspoons ground cinnamon; 1 teaspoon nutmeg; 1 cup unsalted walnut halves. Put all the fruit in a 2 -quart casserole except the bananas. Cover with liqueur and honey. Sprinkle with sugar and spices. Bake uncovered at $400^{\circ}$ for 20 minutes. Remove. Cover with banana slices and nuts. Bake for 10 minutes and serve hot. Serves 8 .

Vegetables, particularly frozen green ones, do admirably in the oven and cook along with the meat at the same temperature. Add almost no water. Just plop vegetables into a buttered casserole, dollop with more butter, cover, and let them cook away. Experiment for time. Frozen peas, for example, take about 30 minutes.

Fireplaces should be used. In small fireplaces, patented pressed sawdust logs are excellent; in big ones, the sizzle of apple wood, the smell of pine add cheer. Cooking in a fireplace is fun. Hi-bachi-type grills work well on any low heavy rack model. Cook directly on the coals too, wrapping meats in foil unless you want them really charred. Foil-bake potatoes, frozen corn, buttered squares of squash in the embers. Shish kebabs are easy if you have a good bank of coals. Just develop a solid base of glowing embers. While so doing, you will heat up the room nicely.


## Outdoor cooking all year round. <br> 

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# 20 Sensational hamburgers Tricks and recipes from great cooks 

## by Jane Ellis

amburgers, the classic American way with chopped meat, can be as simple or as elegant as you wish. Here's ow some great cooks who respect s simplicity, love its variations, nd are not above serving them for arties like to prepare their own. Chips of ice added to the hamurger patties before broiling eep them moist says James eard, who sometimes varies this y adding a little cream or onion ice to the ground meat. For a ally whopping juicy hamburger e suggests searing it quickly in a illet and finishing off for half a inute in a microwave oven.
"The best hamburgers in all the orld are made in an iron skillet ith no fat just salt," insists Craig laiborne, who heats a heavy on skillet with coarse salt until e salt begins to brown. He apes patties out of ground sirin. "Handle meat lightly, so it st holds together." (This tip om several good cooks! It keeps e meat tender, too much haning makes it tougher.) Sear pats well on one side, flip over tickly with a pancake turner, rece heat and cook until they're ne, about three minutes. When tties are done, season with salt d pepper, top with a pat of but: Remove to hot serving plate d sprinkle with Worcestershire ace, parsley, lemon juice, TabasServe on buttered toast.
Mr. Claiborne also makes Paresan hamburgers, which he ves with al dente spaghetti and simple tomato sauce. Mix 1 und of chopped sirloin with 4 lespoons butter, salt, pepper, d $1 / 2$ cup grated Parmesan. Mix th fingers into egg-shaped patand broil until done.
Mimi Sheraton likes her hamrgers au poivre; pounds black ppercorns in a mortar and pestle presses them into the hamrger patties. She sautés them in tter and deglazes with water. A brushing of soy or teriyaki ree on the outside and green oper butter on the inside is the y José Wilson prepares her
neat, uniform, 5-inch
nburgers, try chrome-plated steel nburger press from Paprikas ziss, which can be bought for $\$ 8$.
hamburger. Sauté quickly. Julia Child prefers hamburgers the French way with herbs and flavorings and sometimes a deglazing sauce with mustard and cream. She makes her hamburgers from finely minced, tender cooked yellow onions, lean beef, a little beef suet or marrow, seasonings, thyme, and an egg to bind. Flour and sauté in butter for 2 or 3 minutes. "They puff up so nicely in the skillet." Remove hamburgers and add a little beef stock, dry white wine, or vermouth and reduce liquid, scraping coagulated pan juices. Swirl in a little butter. Mrs. Child might vary this by swirling into the skillet parsley, herb, mustard, shallot, garlic, or snail butter after it has been deglazed with stock.

Edna Lewis Edna Lewis Cookbook (Bobbs-Merrill), now writing a book on her Virginia childhood, mixes her ground meat with a little cold water; likes to spread the patties with a thin layer of
soybean) added to ground meat half and half makes an even more economical dish; it's rich in protein and has an undetectable taste.

Lime juice, just a dash, salt and pepper flavor Diama Kennedy's hamburgers, author of The Cuisines of Mexico (Harper and Row). She likes to cook them over charcoal or on a lightly greased iron skillet just to sear on each side. Serves them with green chili peppers. Thickly slice 1 onion, wilt in a little hot cooking oil, add peeled, seeded strips of chili peppers, cook about 5 minutes longer.

Press dried rosemary into thick hamburgers suggests Emerick Bronson, who grills them over charcoal, and does the same with sweet paprika.

Perla Meyers The Seasonal Kitchen A Return to Fresh Foods (Holt, Rinehart \& Winston) likes to mix her hamburgers with sage.

Longchamps at Sixty-fifth Street and Third Avenue makes

## "Try making a skillet-sized hamburger and cut into wedges"

bacon grease before frying in a very hot skillet.
"Capers give a good flavor to hamburgers," says Maurice Moore-Betty, who mixes 4 tablespoons of butter with 1 heaping tablespoon capers. Shape into 4 or 5 balls. Freeze. Form chopped meat around caper butter ball and broil as usual.
"Balls of fontina, Bel Paese, Port Salut or any other quick melting cheese popped inside a hamburger give it a delicious flavor too," says Mr. Moore-Betty.
Vegetable protein (processed

its Bleu Jacques hamburgers with 8 ounces of freshly ground sirloin grilled over very hot coals; at the last minute top with a mixture of blue cheese and sour cream and a slice of Monterey Jack cheese. Melt slightly under broiler.
A. great improviser with ground meat is Janet Wurtzberger. She makes "Edible Hamburger" from Private Collections (Walters Art Gallery). Lightly mix 1 pound lean beef, I teaspoon chili powder, $1 / 4$ cup buttermilk, salt to taste, and form into four patties about an inch thick. Heat 2 tablespoons of butter with 1 tablespoon olive oil in a skillet and cook patties quickly for about 2 minutes with aid of screen spatter guard. Turn and cook 2 minutes. Turn again and cook 2 minutes; turn yet again for another 2 minutes. Remove and serve on dry toast.

Malvina Kinard, from Cooks Corner in Westport, Conn., adds Gruyère and prosciutto to her hamburgers for special occasions. Combine 1 pound lean hamburger with 1 egg, $1 / 2$ cup fresh bread crumbs, 1 tablespoon cream, 1 tea-
spoon salt, few grinds pepper and mix lightly. Form into 63 -inchwide patties and place in shallow baking dish. Cover each with a slice of prosciutto and top each with a final slice of cheese. Bake at $450^{\circ}$ for 10 minutes. Serve with a mushroom sauce.
Carl Sontheimer from Cuisinarts makes hamburgers in his Cuisinarts food processor. Add to the machine $\frac{1 / 2}{}$ pound stewing beef or chuck cut into 1 inch cubes ( 1 cup tightly packed), 1 cup raw mushrooms, quartered, if large, 1 small tomato, seeded and chopped, $1 / 4$ cup parsley, 2 tablespoons allpurpose flour and run machine until mixture becomes coarse hamburger consistency. Add an egg, process 10 to 15 seconds more. Drop by large spoonfuls into preheated greased skillet. Shape into ovals, cook over moderate heat until medium or well done, turning once. Makes 4 patties.
The Hichard Hares like very thin hamburgers; place ground bottom round patties between wax paper and keep in the refrigerator. Whisked out at the last minute, patties are broiled on a hibachi over charcoal very quickly.

The "21"" Club's famous burger is made by sautéeing 1 cup finely diced celery in 2 tablespoons butter until soft. Combine with 2 pounds ground beef round, 2 eggs (beaten), $1 / 2$ cup water, 1 teaspoon Worcestershire sauce and mix lightly until blended. Shape into 4 1 -inch-thick patties, sauté in 4 tablespoons butter 5 minutes on each side for a medium-cooked hamburger.

Tuck a knob of parsley or chive butter in the center of a hamburger suggests Mrs. Howard Wolfe, Jr. It melts and gives a lovely buttery flavor.

Sauté a giant hamburger the size of an iron skillet and cut it into pie-shaped wedges. Make miniature hamburgers the size of a quarter and serve with mustard sauce for cocktails.
Dot hamburgers with a little black or white truffle, horseradish sauce whipped with a little cream, hot mustard butter, a homemade tomato sauce, avocado mashed with lemon juice and Tabasco, feta cheese mixed with softened butter.

# Delicious quick meals in a Wok 

by Joan Lorrins

We're the only two-wok, one-car family I know. We have a city wok celebrating its twenty-fourth birthday this August, and a country wok going on eleven. I come by my admiration for this unique cooking utensil quite naturally, having been born in China where I was first introduced to the wonders of the wok by a sweet and beautiful lady, who came to take care of me when I was three. Her name was Ta Mei Mei. It was in Shanghai, and we lived in a very large old house in the midst of beautiful grounds-in one corner of which was a smaller building where all the household help lived. It was the custom in those days for the Chinese who worked for foreign families to be paid a food allowance, in addition to their wages, so that they could cook in their own quarters the foods that pleased them. It was $m y$ custom in those days to accompany Ta Mei Mei whenever she went back to her quarters to cook herself a meal, which she very often shared with me, and then return for a meal with my parents later. My love for food showed itself very early -watching Ta Mei Mei cook at her wok, and, in later years, watching sidewalk vendors of all sorts of delectable foods in Shanghai cooking at their woks. Then, too, seeing woks used in the kitchens of private homes in Shanghai I was witness to its adaptability to almost every

## Joan Lorring adds diagonally sliced

scallion stalks to shrimp, which has just been toss-fold-fried in the wok
in swirling hot peanut or corn oil.

edrtor's note: A gifted natural cook, Joan Lorring is working on her first book, The Wide World of the Wok. "If I had to choose but one pot for my kitchen it would be a wok," she says, and she uses hers for everything from browning meat to frying eggs. A great bread maker, too, Miss Lorring plans to teach classes in international bread making in New York.
method of cooking and the wide range of quantities that this single pan can accommodate . . . from a teaspoonful of parsley to a whole duck. And it will cook whatever the quantity, in whichever method it's necessary to cook it, to absolute perfection. It will toss-fold (usually called stir fry), deep fry, braise, poach, steam, simmer soups, boil noodles, roast chestnuts, bake yams; it will even smoke foods.
I'm so accustomed to a wok and find it so irreplaceable that when we go away for any length of time I take the wok with me. I wouldn't stir without it! It has traveled with us to Denmark, the British Isles, Italy, Israel, the Bahamas, California, Washington, and on innumerable camping trips, one of which was a three-week trip in a mobile home. On those camping trips, the fuel we used was the original wok fuel, charcoal or wood. This the most ancient of cooking utensils, still being produced, was designed in its half moon shape for several reasons; one to conserve fuel, difficult and expensive to come by in former times, another to conserve space.

We often have Chinese food at home. But I don't use the wok only for Chinese cooking. Sometimes I use it to brown beef, which I'm going to use in a stew, or to brown a pot roast. It's much easier than in a frying pan or a deepsided pan, which might capture the steam and not brown the meat nearly so quickly and efficiently as a wok. I've used it for making beef stroganoff. I think it works for a paella better than any other pan unless you have an enormous wood fire and a paella pan. It seems to me that the wok is the best utensil for deep frying too, because the hot oil won't bubble over. I've used it for deep-frying raised dough, piroshki, samosa (which are deep-fried Indian turnovers of a very light unusual dough), raised doughnuts, tacos, and fried chicken. The wok will deep-fry a great quantity of food, given time, in a much smaller amount of oil. So it's time saving and economical as well. In my 16 -inch-diameter wok, in a quart and
half of oil, I can deep fry one and a quart breaded, sectioned fryers at a time.
The wok is good for preparing vegetables go into stews or as the base for baked, braise or roasted meats or fowl. A mirepoix can't more simply or quickly prepared than it can a wok. Onions can be cooked in large quan ties.

I can't imagine a more nourishment-conse ing way of cooking vegetables than toss-fol frying them in a wok. They are beautiful color, good in texture and most nourishi provided you don't overcook.

Wok cooking is great for dieters. With a the bit of oil, you can cook mountains of ve tables with a very little bit of meat so that total calorie count is so small you can ev afford to splurge and have a cup of rice with
My favorite wedding present to give a frie (and I can't remember how many such I ha put together in these years past) is a wok a all its accompanying utensils: a spatula, lad straining sieve, wok cover, trivet (on wh pans, plates, or bamboo baskets rest so $t$ fish or other foods can be steamed in the wo and a steaming basket.

## BASIC TECHNIQUES OF WOK COOKING

Seasoning a new wok: Follow manufactur recommendation for removal of the protect sealing matter. If it's an old-style steel wol will have a heavy grease sealer in which put wok and its steel implements over a $h$ flame with 2 quarts water and 2 tablespo baking soda, bring to a boil, wash each pi thoroughly, rinse well, towel dry, evapor remaining moisture over medium flame. Ap light coating of peanut or corn oil on piece. Wipe off excess with paper towel. season a wok, cook in it frequently, onc day if possible, in order to build a protect coating (much like that of a well mellov cast-iron skillet). This will allow for fut inclusions of any acidy ingredient. Cook sim dishes for the first thirty or so . . . eggs, m fowl, fish, vegetables or noodles and be sur exclude tomatoes and lemons, or their juic vinegar, grapes, wine. Some grain or root uors are all right to use as flavorings such scotch, bourbon, gin, and vodka. When w cooking surface has acquired an adequate 1 tective coating, acid ingredients may be cluded in dishes without drawing a meta flavor into the dish.
Washing and drying the wok: To wash
ween preparation of several dishes have wok on stove over medium flame. Pour in one cup boiling water, drop in paper towel and using spatula to guide it rub and scrape the surface clean of juices and particles from rim to the center. Swish spatula through water and towel to clean paddle very well. Rinse well and wipe with paper towels. Return to stove and allow to preheat before starting next dish. Fuel: The best fuel is gas, but charcoal or wood or even elecricity can be used. Cooking in the wok: Preheat wok minutes or more over medium lame. Add oil by pouring from vok's spatula, drawing a circle of
it for browning cubed stew meat as well as for browning large pieces of meat for braising or pot roasting. It's even possible to cook from start to finish braised or pot roasted or stewed dishes in the wok, using its cover.
Steamed foods: Plain or seasoned steamed dishes, as well as some steam-cooked pasties and buns, are best done in steam baskets or in perforated aluminum pans both made especially for that purpose. Vegetables: Small or large quantities of mirepoix and duxelles (using less intense temperatures than usual since butter can't take high heat without burning) or large quantities of onions, which can be
> "It will toss-fold, deep fry, braise, poach, steam, simmer soups, boil noodles, roast chestnuts, bake yams"
il at mid-height of interior surface f wok so oil will heat on its way , the bottom. Oil is hot enough hen heat currents make visible wirling movements. Now add first rain ingredient. Increase flame to igh for quick return of heat after od is added to minimize steamg. To add liquid, have stock or ater boiling and add as for oil. oss-fold-frying: The rotation of feoods being cooked in a wok often called "stir-fry" but "stir" unds leisurely to me. The moon would more closely be deribed by "toss-fold-fry." The degn of the wok allows a great freeom of movement so that a "toss" possible and the motion is a mbination of tossing a salad ith vigor and the folding in of hipped cream except that the diction of the folding is reversed. ide the spatula down the wall of e wok, bring it up to the outer rimeter and toss the food toard the center of the contents the bowl. Repeat the motion atil the food from all sides has en tossed toward the center. his "toss-fold-fry" sautéeing relts in crisp vegetables with vivid lors and meats, tender and oked without a moment's teaming."
eep frying: Deep frying at its st presents dry crisp-coated, lden-surfaced foods containing oist light interiors. The best reIts come from having the oil ach the properly high temperare before slipping in the first ece of food.
owning meat: Since steam espes freely from a wok bowl, use
quickly browned (depending on the quantity of oil and the degree of heat) or sautéed to a translucent softness, are beautifully prepared in the wok. Mushroom catsup is better made in a wok as "steam" escapes so readily.
Preparation of foods: Most foods that need slicing will call for slicing on a deep diagonal. The greater the cut surface, the quicker the searing and heat absorption, the shorter the cooking time. A deep diagonal slice usually cuts across the long fibers of meat and stalk vegetables in two directions, which makes them more tender.

Several ingredients to be used in one dish are sliced to correspond in size and shape for even cooking as well as for their attractive appearance.

Stalk vegetables need outer fibrous layers peeled. They're then sliced on a diagonal, blanched, and thoroughly drained before being added to a dish.

The leafy parts of thick stalked vegetables are generally sliced, too, for example, Chinese cabbage (Bok Choy) or celery cabbage or scallions, and the leaves added after the stalk slices are almost ready. In fact, the leaves are more "wilted" than cooked.

Fish of up to about 3 pounds are generally eviscerated, scales removed, fish washed, but otherwise, left intact to be cooked whole by steaming, deep frying, or frying. Large fish are usually cut into cubes for toss-fold-frying or sliced for stir-frying or steaming.

Meats are most often sliced on a
deep, double diagonal into ribbons about $21 / 2$ inches long and up to $1 / 2$ inch wide by ${ }^{1 /}$ inch thick.
Garlic cloves are usually skinned and left whole to be smashed into one larger, flat unit.
Preparations for cooking in a wok are more detailed since the actual cooking time is very short and requires that all the ingredients for a given dish be "at the ready" when it's time to cook-all the cleaning, slicing, soaking, measuring must have been finished. I prefer to have all the ingredients for a given dish, each in its own container, on a single platter or lined up in rows, each row made up of all the components for each dish. I group together those ingredients that go in first, then the next in the order and the next, winding up with the premeasured dry seasonings (monosodium glutamate, salt, sugar) and then the liquids (soya or corn starch combined with stock or water, if thickening is needed). Individual plastic ice cube forms or individual cream and jam containers (saved from meals served in airplanes) are good for small ingredients. Sesame oil is the one ingredient I never put in a separate container; just put the bottle in its place in the line-up.

Sesame oil, added for seasoning as a rule, is used sparingly and included in a dish after it's cooked and the flame has been turned off. Pour several drops onto the bottom of upturned wok spatula and dribble evenly over the surface of the cooked food. Toss-stir to mix in thoroughly the sesame oil.

Marinades for meats, fowl, and some fish dishes generally call for a combination of soya and a rice wine (for which some other light grain liquor may be substituted) or dry vermouth, sherry, and sometimes an egg white along with some other seasonings.

When a large portion of grated ginger is called for in a marinade, be sure not to exceed 20 minutes marinating time.

Oils: The oils least intrusive in flavor are peanut and corn oil. They are acceptable for Chinese dishes. Olive oil for wok cooking is acceptable for those dishes, other than Chinese, in which the olive oil flavor is desirable. Cottonseed oil or "vegetable oil" mixtures or hydrogenated vegetable oils have decided flavors too strong for Chinese, as well as most other dishes. Fried chicken is sweeter, more chicken-flavored when fried in peanut or corn oil rather than any

Continued on page 100

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## Crème Brûlée Step by step to a fabulous make-ahead dessert

Crème Brûlée is an elegant, rich dessert, which can be prepared ahead for a party or dinner. It is a light, not sweet baked custard topped by a crisp crunchy caramel crust. It is the contrast between the tender custard and the crunchy caramel crust that makes this one of the great desserts. Crème Brûlée (pronounced krem-brōōlā'), brûlée meaning burnt or caramelized, is deceptively simple to make and it is a great make-ahead dessert for the hostess whose time is at a premium. This recipe from Mrs. David Wartels (who takes you through each stage in the pictures below) is from the New York Junior League cookbook to be pub-
lished in the fall by Doubleday.
The custard may be made 2 to 3 days in advance and stored in the refrigerator well wrapped. It should be well chilled before the final caramelizing takes place. Do not freeze the custard. The sugar crust should not be made more than a day in advance or it may lose its crunch. Having the custard well chilled before caramelizing, eliminates the necessity of setting the dish in a pan of ice cubes to prevent the custard from melting under the broiler.

A vanilla bean gives an especially nice flavor to the custard although you could use 2 to 3 tablespoons of vanilla flavoring made by infusing vanilla bean in cognac or
very dark rum (Myers is good), for at least 2 to 3 weeks. A little of this flavoring can be used in combination with a bean in the custard or use 3 teaspoons of vanilla extract.
The caramelizing is not difficult if you are cautious. If one part of the sugar starts to burn, put a tiny piece of foil over it or pull out from under broiler. Rotate dish as necessary under broiler to make browning and caramelizing even. Crème Brùlée may be served warm a few minutes after it comes out of the broiler, or if you make it in advance, allow to cool a few minutes then refrigerate uncovered or lightly covered. Remove from refrigerator at least 30 minutes before serving. It is important to put


1. Penelope Wartels whisks room-temperature egg yolks, in a deep bowl, with a steel whisk until they are pale lemon color. 2. Cream that has been scalded (heated until very hot but not boiling) in a thick copper pan with a vanilla bean is whisked lightly into the egg mixture. 3. Custard is poured through a fine strainer into a baking dish, a 10 -inch scalloped flan dish is a good size and shape or individual porcelain ramekins. 4. Set baking dish and custard in a roasting pan with hot water inside to come halfway up the sides of the baking dish. Be careful not to spill water on the custard. 5. When custard has been baked and well chilled in the refrigerator, push light brown sugar through a strainer into a bowl. 6. Spoon sieved sugar onto top of custard and spread all over to a depth of ${ }^{\frac{1}{4} / \text { inch. 7. The sugar topping should be }}$ as smooth as possible. Finish off with a finger stroked gently over entire surface to make sure sugar is flat and quite smooth. High spots will burn and become black instead of golden caramel shade.
sugar topping on custard just b fore broiling. If sugar is left to long it will harden and not car melize nicely.

## CRĖME BRÓLEE

Ingredients: 1 quart heavy crear 1 vanilla bean; 4 tablespoons su ar; 8 egg yolks; salt; ${ }^{2}-1$ cup Don no light brown sugar.
Method: Preheat oven to $350^{\circ}$. a large saucepan scald cream w vanilla bean. Add sugar and until sugar is completely dissolve

In a large bowl beat egg yo until light lemon color, then hot cream mixture carefully in yolks with a pinch of salt.

Strain mixture into a 10 -in shallow baking dish or eight ounce ramekins. Place dish in pan of hot water and bake in $350^{\circ}$ oven for $50-60$ minutes; ba ramekins $35-40$ minutes. Custa is cooked when a knife inserted center comes out clean, or alm completely clean; the custard continue to cook a bit as it co Cool. Refrigerate until chilled.

Push light brown sugar throu a sieve. Spread on top of custa making a layer about $\%$-inch thi It must be as smooth as possib Broil about 4-6 inches from bro until sugar has caramelized; t dish as necessary so sugar caram izes evenly. This process ta about 2 to 4 minutes and depe on degree and tone of carameli tion desired. Cool before servin

To serve, crack the crust w the back of a spoon and serv piece of crust with custard. Ser 8 to 12 .



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## PATRICIAN

AMARETTO

you may only think of rum as fun to drink, but that is probably because you have never meandered much in the Caribbean where the real thing is made and rum is a way of life. Listen to Mona Defour, an amber skinned twenty-two-year-old-Trinidadian beauty on the subject. "Let us not," she admonishes sternly, "look at rum as a thing that just keeps us happy, because it can be used in many other ways!
"It is one of the best ingredients for seasoning meat" she continues, "especially wild game killed in the forests. It preserves meat, ridding it of its wild taste and adding a new flavor. It is also used for soaking fruit in preparation for making wedding and Christmas cakes, and improves the flavor of freshly made orange and grapefruit juice.
"Long ago, mothers did not know about Johnson's Baby Cream or oil wash. They kept their babies bodies smooth and free from rash by mixing rum and coconut oil together and rubbing their babies with it. I can still remember whenever we had a headache and we had no tablets of Limacol at home, we used to soak our heads with rum and the headache would disappear." Trinidad sounds a wonderful place for hangovers.

But that is not all. Mona says that, "whenever a child had pneumonia, the older women mixed nutmeg, soft candle wax, and rum together and rubbed the child with it. I never dreaded having toothaches because I usually soaked my bad tooth with rum. This is as good as cocaine. Many of the older folks use it as a guard against ill health. If at any time they should fall or hurt themselves in any way they will soak a green papaw in rum and drink it, so as to melt the clots of blood inside them." Well, that brings us back to fun-rum things to drink, for rum is a most mixable and blendable alcohol.

Rum is a spirit distilled either from sugar cane juice, in the oldfashioned way, or from molasses. The United States is the world's largest producer of rum from "blackstrap." In Colonial days, rum was used as ballast when
ships returned empty to Europe after a slave trip Westward. Moravian missionaries shared space with these more volatile spirits in the old "rum and Bible ships" to Labrador for preachments in the early days of this century.

Rum is made wherever sugar grows, even Russia makes some. But the Caribbean is its true home where some of it is as smooth as a fine liqueur brandy. In the islands most people drink it almost as soon as it comes out of the still. But it is probably preferable to wait for a blender, a sort of spirituous adviser, to marry the various types and give you a legitimately wedded and properly mature blend. This takes about three years, but rum continues to improve in oak casks for twenty years or more.
Almost wholly confined to sailors in its early days, rum drinking became popular during the cocktail era after the First World War. Rum's flavor depends on the esters (or impurities) in it, and there are almost as many flavors as there are islands in the Caribbean. Rums tend to be darker and heavier the farther south you get. Jamaican and Martiniquais rums are the most highly flavored, with two or three times as much esters as the US made stuff, and five times as much as the light Cuban version.
Some Jamaican rum is like a black syrup it is so thick, while Barilla rum from Puerto Rico is almost as clear as gin. British Guianan Demarara has things like plums, raisins, and spice added to give it a fruity taste. Pale gold Cuban rum is made from molasses. Barbados rums are often flavored with bitter almonds, sherry, and even raw steak!
Old New England was once a big rum producing area, and the tax on rum was one of the irritants that helped to bring on the Boston Tea Party and the Birth of a Nation. In fact, Paul Revere is said to have stopped for a tot of rum before setting off on his famous ridewhether to bolster his courage or to keep warm is a moot point.
In the French islands where some of the best aged rum is made, they still speak Creole. Not to be

## by Henry McNulty

confused with pidgin, Creole is a mixture of French or English and African dialects. Today it is a true language on its own-the final evolution of mixing dialects-and used by entire populations. Pidgin is the specialized talk once used by Colonists and their employees trying to understand each other.
Being both French and West Indian, the cuisine of the Antilles is as delectable as its drinks, especially seafood like "feroce" (salt cod roasted and shredded in a hot onion sauce laced with pimiento, mashed avocado, and manioc flour), or "matoutou" (boiled crab with rice) typically eaten on Easter Monday pienics. In Paris, near St. Germain-des-Près, a bar called La Rhumerie makes all manner of Creole potions. There you can sample one of the best of the dark rums, Rhum St. James, from Martinique, made by slow distilling of pure sugar-cane juice-amber, aged, and delicious.
Rum is what makes the Caribbean world go round, and the national drink, no matter what nation you may visit is Hum Punch, slightly varying from place to place, but basically similar. The Trinidadian version is made by mixing I bottle of dark rum with syrup (made with $1^{1 / 2}$ pounds cane sugar in 1 quart of water, boiled until the sugar dissolves), the juice of 8 limes, and several dashes angostura bitters. Stir well and serve with crushed ice and a cherry. Sprinkle each drink with ginger or nutmeg. The longer it's kept, the better it becomes, so make a lot and keep it cold.

Another version is Pumeh-àCrème. This needs 6 egg yolks beaten into 2 tins of evaporated milk and 1 tin condensed milk (depending on how rich and sweet you like it), until the mixture is thick and creamy. Into this pour y/2 bottle dark rum, add several dashes angostura, sprinkle the drinks with nutmeg and enjoy.
But the real way to drink rumthe way its inventors do-is as follows. "Ever since I can remember," says Mona, my source of all rum knowledge, "I have been drinking rum. Every Trinidadian loves rum,

Continued on page 100

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## "The longer rum punch is kept, the better it becomes, so make a lot and keep it in the refrigerator"

## RUM continued from page 98

and knows how to enjoy it. It is an art. Unlike whiskey, rum is not mixed with water or ice, and it is not a drink to be sipped. First you pour out the amount you can drink in a rum glass; open your mouth, pour this slowly down your throa and swallow immediately. You can chase it with water or a soft drink. Then all that is left in your mouth is the cool-burning taste and smell."

The strongest drink in Mona's lexicon is a perilous potion, "commonly known as T.D.L. [Trinidad Dangerous Liquor], and only very strong people can drink it. Other favorites are Old Oak, Black Label, White Star, and Vat 19, and a very popular one that comes from Barbados called Mount Gay Eclipse.

Even the local population finds these a bit tough to drink straight, she says. "In the olden days the only soft drink that could be found was coconut water, so they formed a mixture with rum and coconut water and thought it made a smooth blend. This mixture is still popular among the older folks."

Mona's own invention is "Liquor ${ }^{->}$made with sorrel. Make a tisane by pouring boiling water on half a pound of sorrel flowers, from which the seeds have been removed (she means petals). Let this cool, and strain the petals out, sweeten to taste. Mix 1 pint of this infusion with 1 pint of rum and let it stand for five days. Drink it then, neat, as an after-dinner liqueur. Another good liqueur-like concoction is made with coconut, green ones preferably, but "up North" dry, brown ones will do. Bash in one of the eyes, pour out the milk and fill the nut with young rum. The white type is best for this. Plug the hole and leave it for six months-the longer the mellowerin a cool place. Some even bury it in the ground for this aging period. Then drink it neat.

The British are great rum connoisseurs, perhaps because of their naval tradition that decreed that sailors should have tots of rum before going into battles, of which they used to fight a wearisome number. That tradition has recently been abolished, but hot rum and coffee, once the British working man's morning beverage, is a wake-me-up still in use at London's Covent Garden market in the dawn hours. Scottish loch water,
by the way, is claimed to be the "only" thing for reducing rum's alcoholic strength.

In St. Michael's Alley, not far from the Bank of England, is one of the oldest "cauphe houses" left from the days of Samuel Pepys, the Old Jamaica Wine House. Founded by a Turk named Pasqua Rosee, the "best rum is obtained there" according to an old 1795 guidebook, and Roses Jamaica Rum, Lemon Hart, Captain Morgan, Coruba, and Myers Rums are still specialties of the house. A nip or two of these nectars prepares you admirably for an excellent English meal at the George and Vulture an almost equally ancient, noisy, crowded pub across the street.

Some old faithfuls of the rum drinking set should be mentioned because they have been part of America's Heritage since the bad old days of Prohibition. Most rum drinks are sweet because sugar or sweet liqueur is often part of their recipe, but you can experiment with leaving out most or all of the sugar. A Daiquiri, for instance, is 2 ounces Bacardi rum, 1 teaspoon sugar syrup and the juice of 1 lime, shaken and poured over crushed ice. A Marie Galante is 3 parts Martinique rum, 2 Triple Sec, juice of 1 lime. A Port Royal uses one part Jamaican rum, 1 part Tia Maria, 1 teaspoon lime. This is supposed to cause the bells of a sunken church off Port Royal to peal at each ministration. A Hot Buttered is 3 ounces Jamaican rum, 3 cloves, 1 teaspoon brown sugar, pinch of cinnamon, 1 teaspoon unsalted butter. Dissolve the sugar in a tall glass in a bit of hot water, add the rest of the ingredients. Stand a spoon in the glass and fill with hot water.
Try an M.J.P. for a dry rum drink. This is a jigger of dark rum, juice of half a pink grapefruit, no sugar, lots of ice, stir and drink.
The thing to have, besides a good rum drink inside you, is what the Creoles call a "ti-mousse," or little monster. This is a sort of private sprite born from an egg laid by a black hen on Good Friday and hatched by holding it in your armpit. This goblin eats nothing but meat and is entirely devoted to its owner. If you own one, you will succeed in everything you undertake, which is essential for amateur cooks and bartenders-for instance, to prevent curdling in:

Hum Chicken Fricassee, a French Antilles dish: Cut a chicken in quarters and brown the pieces in a casserole in butter. Add a quarter pound chopped mushrooms, sauté for a minute, then pour in a warmed cupful of Jamaican or Martinique rum. Flame it. Pour in 2 cups bouillon, salt, pepper and let simmer for half an hour. At the last moment add a sauce of $1 / 2$ cup thick cream, which you have heated and mixed with 2 beaten eggs. (This is where you need a "ti-mousse"). Let this cook over a low flame for about one minute. Serve garnished with tomatoes that you have cut in half and sautéed quickly in a little butter.

Rum French Dressing is another exotic way to use rum, and wonderful on green or mixed salads. Three tablespoons olive oil, 1 tablespoon lemon juice, 1 tablespoon light Ronrico rum, I teaspoon minced spring onion, 1 teaspoon minced parsley, $1 / 4$ teaspoon dry mustard, dash of Worcestershire sauce, salt and pepper. Mix them all thoroughly.

Or for eating with a rum punch, you might like Itum and Gardenia samdwiches. Marinate the petals from one or more gardenias (one way to use those old corsages), depending on how much aroma you can take, for a few hours. On buttered white bread, spread thinly sliced cucumber, and on each slice lay 1 or 2 gardenia petals. Spread on mayonnaise to your liking, cover with another slice of bread, and there's your tropical sandwich.
Then there is Rum Pot, an old German idea that can be both imbibed and ingested. Fill a large container that can be tightly closed with layers of sliced fruitbananas, pineapple, and orange are good together; or plums, cherries and apples-pour in enough rum to cover the fruit and let it stand for a week or more. The liquor becomes very fruity and makes delicious sipping, while the fruit itself is marvelous over ice cream.

And to cap the climax, or top off the whole business, you may improve both your health and your looks with proper applications of a bottle of French of London's rum shampoe, taken externally, of course, which, I understand, is supposed to be obtainable in most fancy drugstores.

QUICK MEALS IN A W continued from page 95
of the others.
Preparations and timing in lowing recipes are recommen for 16 -inch wok.
BRAISED PORK AND RIC Ingredients: 3 tablespoons oil or more, if needed; ${ }^{3 / 4}$ cup o diced; $1 / 2$ teaspoon powdered (or more to taste); 2 pounds less lean pork, cut into 1 cubes (approximately 4 cup cup converted rice; 1 quart stock, chicken stock, canned b or cubes dissolved; 1 \#2 whole baby beets, drained serve liquid, $\%$ - 1 cup per can) proximately 18 beets or $1 \frac{1}{2}$ drained beets; 3 teaspoons le juice ( 1 large ripe lemon); 2 spoons salt; 2 teaspoons sug cup scalded peas for garnis thawed frozen peas (or cooke desired texture).
For stock: Break and chop b and cartilage of a loin roast enough to pack a fairly solid in stock pot. Add 1 quart a cup water; 1 onion studded whole cloves; 1 bay leaf; 1 ril ery; 10 juniper berries crus Bring to a boil, reduce to sin and cook tightly covered fo hours. Or use 1 quart ch stock or College Inn Chicken I simmered and covered with water and 6 whole cloves an crushed juniper berries.
Method: Preheat wok over um flame. Use 1 tablespoon oi wilt onions, remove from wol aside in large bowl and spr with powdered clove.

Add 1 tablespoon oil to wol increase flame to high, add ha cubed pork, toss-fold-fry qu to oil and sear all surfaces. Re pieces as they are ready and them to the bowl of onions. R with remaining meat and add oil if needed. When all the and juices have been rem from wok, add another spoon oil and the raw rice and tossfry until all the grains are tra cent. Mix the pork cubes, dered cloves, and wilted well, add to rice in wok, be s add all the juices accumulat the bowl, toss-fold-fry to con meat and rice, pour in 2 cups ing stock and continue stil When stock returns to boil re flame to medium and cook, st now and then to prevent stic until most of the liquid has absorbed. Check texture of ri it is not almost ready add boiling liquid and cook, st until most of the liquid has absorbed, check rice once Repeat if necessary until rice

# "Wok cooking is great for dieters. With a little bit of oil, you can cook mountains of vegetables with a very little bit of meat" 

most ready. Pour in juice from beets combined with lemon juice, salt, and sugar. Cook, stirring until iquids have almost evaporated, tir in beets and cook, stirring for 2 minutes more. Transfer to warm erving platter and sprinkle over jeas for garnish. Serves 6.

## SHRIMP AND SCALLIONS

 ngredients: $2 / 2$ pounds shrimp (12-15 per pound); 8-10 scallions vith full length leaves, if possible; -3 tablespoons peanut or corn oil; 2 teaspoons cornstarch; $1 /$ teaspoon nonosodium glutamate or $1 / 2$ teapoon sugar (optional); $1 / 2$ teapoon sesame oil or 2-3 tablepoons toasted crushed sesame eeds.Iethod: Shell, clean, and devein hrimp and place in paper-towelned colanders to drain well.
Wash and trim scallions and slice n a diagonal in lengths about $1 / 2$ ee length of shrimp keeping white talks and green leaves separate. Iave all ingredients at room temerature. Preheat wok over medim heat and add peanut or corn in.
Sprinkle 2 teaspoons cornstarch ver shrimp and toss. Increase ame to high. Put shrimp into wirling hot oil, toss-fold-fry for 1 ninute. Add white stalks of scalons, continue to toss-fold-fry for minutes more. Add scallion aves, and MSG or sugar quickly nd toss-fold-fry for 2 minutes. urn off flame, continue tossing rotion with spatula another minte. Add sesame oil, toss to disibute eveniy. Quickly remove to arm shallow platter. Serve at ace with steamed rice and steamilted spinach. Serves 4-6.

## STEAMED GINGER CHICKEN AND PEARS

rgredients: 4 tablespoons fresh rated ginger root (or very finely nopped); $/$ / cup light soya; 2 blespoons vermouth; 1 egg hite; 4 whole chicken breasts, ingless, boneless, and skinless; green Bartlett pears, unpeeled, red, sliced in quarters.
ethod: Soak ginger in soya sauca r 1 hour. Drain and press ginger extract all liquid from it-disrd the ginger residue and beat vermouth and egg white. Halve e chicken breasts-pour ginger asoned marinade into a 10 -inch ass pie plate, put the chicken inthe marinade, turn to coat on th sides, seal with plastic film. arinate at room temperature for
just 20 minutes. Preheat wok over medium heat. Place wok trivet in position, pour in 1 quart boiling water, increase flame to high.
While water comes to a rolling boil, arrange pear sections in circle, stem end to center of pie plate. Arrange chicken pieces on top. Drizzle marinade over chicken and pears. Place pie plate or bowl on trivet over water, which should be at a rolling boil, top with wok cover and leave to steam for 20 minutes without raising cover. Remove cover, add a pint of boiling
water, turn chicken pieces over gently, replace cover, and steam 20 minutes more. Arrange pears and chicken on a warm platter and serve with an endive salad, lemon dressing. Serves 4-6.

## VEAL PIQUANTE

Ingredients: Juice of 1 lemon and 1 tablespoon zest (set zest aside in plastic wrap); $1 / 2$ teaspoon finely crushed rosemary or 1 teaspoon rosemary leaves crumbled; $2 \%-3$ pounds boneless 1 -inch veal cubes; cornstarch (enough to coat veal lightly); 2 tablespoons olive oil; 2
tablespoons butter; 1 cup sliced fresh mushrooms (about 4 ounces) ; 1 teaspoon salt or to taste; 1 cup veal or chicken stock (if using canned or cube bouillon adjust salt); ${ }^{1}$ cup marsala or sweet vermouth; (if thickening is desired, make a paste of 1 teaspoon arrowroot flour in 2 teaspoons water); chopped parsley.
Method: In a bowl (glass, ceramic, or enamel) combine lemon juice and rosemary. Add veal cubes and mix (with hands or wooden Continued on page 102


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large red and green peppers, washed, cleaned, sliced into strips; 1 tablespoon cider vinegar; 1 teaspoon salt (or to taste); $\%$ teaspoon sugar.
Method: Preheat and oil wok. Increase flame to high and add onions, toss-fold-fry until onions are translucent, add garlic and chili pepper and continue to toss-fold-fry for 1 minute. Add pepper strips, fold-toss until peppers are evenly oiled. Add a little more oil if needed to prevent burning. Reduce flame to medium and, stirring, cook for 3 minutes. Sprinkle on vinegar, salt, and sugar and reduce flame to low, toss-fold-fry for 2 minutes more. Serve or keep warm on platter, uncovered, over not water. Serves 4-6.

## PARSLEYED PEAS

ngredients: 2 tablespoons oil; 2 vhole scallions, sliced finely; $1 / 2$ cup hopped parsley; $1 / 2$ cup sliced enlive or lettuce; $21 / 2$ pounds fresh eas, shelled (about $21 / 2 \mathrm{cups}$ ) (if ew tender peas, sprinkle with 2 ablespoons water, if older and a it starchy put in colander and our over 2 quarts boiling water nd drain) or 210 -ounce boxes rozen peas, thawed and drained; teaspoon salt for fresh peas, $\neq$ easpoon for frozen, or to taste; $1 / 2$ easpoon sugar; 1 tablespoon but-

Iethod: Preheat and oil wok. Add callions, parsley, and endive or ttuce, stirring between each of nem to coat well with oil, increase ame to high, add peas and toss-old-fry for 3 minutes. Add salt, igar, and butter and fold-toss igorously for 1 minute. Remove warmed dish. If you prefer soft ooked vegetables, cover and eam for 2-5 minutes. Serves 4-6.

## BROCCOLI

gredients: 2 tablespoons peanut corn oil; 4 quarter-sized slices of esh ginger (or use powdered dry nger in sauce mixture) or 2 large arlic cloves (if serving with ginred main course); 2 pounds esh broccoli or 2 boxes frozen, awed, well-drained broccoli. ethod: For fresh broccoli sepate blossom ends from stalks and t aside. Trim stalks using a vegeble parer or sharp knife, peel vay their fibrous outer layers aving only tender flavorful cores. ice on deep diagonal into inch ick slices. Blanch stalks for 1 inute in boiling water, drain oroughly at once. Toss in a dish wel to dry. Follow same process ith flower ends and squeeze alost dry. Keep stalks and blossom ds separate.
For frozen broccoli thaw and ueeze dry. Separate and set aside ossom ends from stalks. Cut Ilks into 1 -inch-long pieces. gredients for sauce: ${ }^{1 / 2}$ teaspoon wdered garlic or $1 / 2$ teaspoon
powdered ginger; $1^{1 / 2}$ teaspoons salt or to taste; $/ 2 / 2$ teaspoon sugar; 1 tablespoon arrowroot flour or corn starch; 1 cup pork or chicken stock (or bouillon cube diluted); 2 tablespoons butter.
Method: In a pint-sized bowl combine garlic or ginger, salt, sugar, arrowroot or com starch, with a little stock to make a smooth paste. Add more stock to measure 1 cup and stir well. Add butter.
Method for cooking broccoli: Preheat wok over medium flame and add oil. Add ginger or garlic, if using fresh cloves or fresh ginger root stir once or twice, add broccoli stalk pieces to wok and toss-fold-fry for 2 minutes. Add blossoms and continue toss-fold-frying for 1 minute more. Increase flame to high. Beat sauce mixture well to combine seasonings thoroughly, pour over broccoli and stir continuously for 2-3 minutes or until sauce has bubbled and thickened.

## BEEF STROGANOFF

Ingredients: 2 pounds welltrimmed flank steak; 2 large onions, finely diced; 5 tablespoons peanut or corn oil; $\%$ pound mushrooms, 2 teaspoons each salt, flour; 2 teaspoons salt; $1 / 2$ teaspoon coarsely ground pepper; 6 tablespoons tomato paste; 1 teaspoon sugar; $1 / 2$ cup homemade ${ }^{\circ}$ or commercial sour cream.
Method: Roll steak with grain. Slice at 2 inch intervals. Unroll strips, slice each on a deep diagonal to both length and thickness. Slices should be 2 to 3 inches long. Place whole mushrooms in large bowl, sprinkle with salt, flour, cover with cold water, quickly stir through liquid. Shake and drain in a colander. Slice. Put meat in large bowl, drizzle over 2 tablespoons oil, mix well. Preheat wok, add remaining oil. When swirling hot, add onions and toss-fry until translucent. Turn flame to high stirring onions. As onions begin to brown, add meat. Toss-fry till all meat surfaces are seared (about 2 minutes). Add mushrooms, tossfry through meat. Stir in tomato paste, salt, pepper, and sugar. Reduce flame to medium, toss-fry about 3 minutes. Stir in homemade sour cream, reduce flame to low, simmer 2 minutes, turn off flame, toss-fry again, cover and leave on stove to rest for 5 minutes. Uncover, stir and transfer to serving dish. If you use commercial sour cream, have it at room temperature and add after 5-minute "rest."
${ }^{\circ}$ note: Homemade sour cream has a higher percentage of butterfat and cooks without curdling. Blend 1/2 pint heavy cream with 3 tablespoons plain yoghurt in glass jar. Keep uncovered at about $100^{\circ}$ $8-12$ hours. Stir, cover and refrigerate for 24 to 36 hours until very

## Shopping imformation

## All prices approximate. *Consult your interior designer or store decorating department. Postage indicated by (). <br> COVER <br> seat cushion. At Vitorio Bonacina.

Handpainted stool: 885. At Stephen Barany.

## FURNITURE ZEST

## Pages 58-59:

Collapsible bamboo table: removable tray top. "Magic Cube": available in wood, brass, stainless steel. Folding chair and ottoman: positions 5 ways. All 3 pieces designed and patented by Gabriella Crespi. Table: $123 / 4^{\prime \prime}$ sq. x $14^{\prime \prime}$ h., solid square metal rod base. \$717. At Harvey Probber,* "Brusadelli" furniture: bed covered with cotton fabric; console table, rectangular table are glass topped; sofa and armchair upholstered in denim. By Base Interiors. "Eta Beta" canvas tent: basic octagonal unit with interior table and cushions. Units may be added to form a series of chambers. By Societa Anonima Castelli. Chair: canvas sling seat, stainless steel wiring and tubing. From The Maplewalnut Studio.* "Pillorama": foam pillows covered with canvas, tied with tapes. By Knoll Overseas Ltd. At C \& I, Paris. Apple trunk table: $20^{\prime \prime}$ diam. glass top; $13^{\prime \prime} \mathrm{h}$. hase, $\$ 300$. From Luten, Clarey, Stern.* Table: $18^{\prime \prime}$ w. x $32^{\prime \prime}$ d. x $26^{\prime \prime}$ h., cantilevered shelf. At Interior Enterprises. Pages 60-61:
"Flap": convertible square cushioned chair, zippered slipcovers for easy cleaning. By BBB Bonacina. "Teorama": tent-like flaps suspended above wedge-shaped cushions. By Poltrona Frau. Hot pink chaise: 75" 1. x $36^{\prime \prime}$ w. x $25^{\prime \prime}$ h., on casters. $\$ 775$; table: $25 \frac{1}{2 \prime \prime}$ w, x $43^{\prime \prime}$ I. x $121 \frac{1}{2^{\prime \prime}}$ h. Both pieces at Turner Ltd. Mobile vanity : $25^{\prime \prime}$ w. x $22^{\prime \prime}$ d. x $52^{\prime \prime}$ h., middle drawer pulls out to form a dressing table, stained wood available in several colors. Contact Saporiti Italia USA,
Thomas Campaniello Associates. Tshaped table: $25^{\prime \prime}$ sq. x $24^{\prime \prime}$ h., top section has drawer. At Interior Enterprises. Brass sculptured table: $12^{\prime \prime}$ w. x $22^{\prime \prime} 1 . \times 18^{\prime \prime}$ h. By Gabriella Crespi. U-shaped table: $24^{\prime \prime}$ w. x $40^{\prime \prime} 1$. x $15^{\prime \prime}$ h. $\$ 400$. From Luten, Clarey, Stern." "Blub-Blub" chair: 32" w. x $33^{\prime \prime}$ l. $\times 26^{\prime \prime}$ h., pressed foam rubber frame upholstered in stretch jersey. $\$ 360$. At Turner Ltd. Table: $52^{\prime \prime}$ diam. glass top, $111 / 2^{\prime \prime}$ h., iron base. At Gale-rie-Boutique Germain. Chair: $30^{\prime \prime}$ w. x $27^{\prime \prime}$ d. x $41^{\prime \prime}$ h., of beech and natural canvas. By Germa.
Pages 62-63:
Magazine rack: $40^{\prime \prime}$ sq. x $16^{\prime \prime} \mathrm{h}$. By Depa. Wall-hung chair: wood slats attach to 2 lacquered tracks. By Del Piccolo \& Ridolfi. Chair: $38^{\prime \prime}$ w. x $381 / 2^{\prime \prime}$ 1. $\times 271 / 21 \mathrm{~h}$ h., available in many shades of leather. $\$ 995$ shown in linen. From the deSede Collection at Turner Ltd. Chaise: $80^{\prime \prime} 1 . \times 48^{\prime \prime}$ w., rattan frame. By Germa. U-shaped table: wood inner base, exterior surface of dowels. \$450. At Interior Enterprises. Shell chair: $36^{\prime \prime}$ w. x $32^{\prime \prime}$ d. x $42^{\prime \prime}$ h., leather

Coffee table: $55^{\prime \prime} \times 331 / 2^{\prime \prime} \times 12^{1} / 2^{\prime \prime}$ h., glass top. Stripe available in several colors. \$650. At Turner Ltd. Table: L. shaped units are $4^{\prime \prime}$ poplar secured by steel bolts. At Mixed Media Design. "Centopercento" chair: 40 " w. x 38 " d. $\times 3 l^{\prime \prime}$ h., one of many units for sectional seating system by Zanotta. At ICF.* Sculptured wood coffee table: $18^{\prime \prime}$ w. x $40^{\prime \prime}$ l. x $18^{\prime \prime}$ h. In a limited, signed edition. By Keller-Williams. At Lord \& Taylor. "Canapouf" elements: pieces covered in Racine jersey. At Boutique Canapouf, Paris.

## SUPER KITCHEN

Page 64:
Chesapeake sofa: $84^{\prime \prime}$ L. x $35^{1 / 2^{\prime \prime}}$ w. x $311 / 2^{\prime \prime}$ h. $\$ 599$. Stratford wing chair: $31^{\prime \prime}$ w. x $28^{\prime \prime}$ d. x $401 / 2^{\prime \prime}$ h. $\$ 249$. Seeretary base and top: top, $38^{\prime \prime}$ 1. x $12^{\prime \prime} \mathrm{d}$. x $36^{\prime \prime}$ h., 2 glass doors, 4 drawers, adjustable shelves. $\$ 260$; base, $37^{\prime \prime}$ w. x $18^{\prime \prime} \mathrm{d} . \times 42^{\prime \prime} \mathrm{h}$., 3 drawers, 4 shelves. $\$ 440$. Double rudder drop-leaf table: $66^{\prime \prime}$ l. x $18^{\prime \prime}$ w. $\times 29^{\prime \prime}$ h., oak with Clarendon finish. $\$ 230$. Drop-leaf coffee table: $60^{\prime \prime}$ l. x $18^{\prime \prime}$ w. x $16^{\prime \prime}$ h. $\$ 175$. Windsor armehair: $21^{\prime \prime} \mathrm{l}$. x $16^{\prime \prime} \mathrm{d}$. x $40^{\prime \prime} \mathrm{h}, \$ 105$. Windsor side chair: $20^{\prime \prime}$ 1. $\mathrm{x} 19^{\prime \prime} \mathrm{d} . \times 38^{\prime \prime}$ h. $\$ 71$. All furniture by Pennsylvania House. "Kalmia" cotton and linen fabric: shown on sofa and chairs, $50^{\prime \prime}$ w., $31^{\prime \prime}$ repeat. From Clarence House." "Cedar Weatheredbord" plywood paneling: used in living area. $4^{\prime} \times 8^{\prime} \times 5 / 16^{\prime \prime}$ thick. $\$ 15$ per panel. By Evans Products. Paint used on ceiling: by Tru-Test. At True Value Hardware Stores. "Miracle Bricks": faux brick for fireplace wall, $21 / 2^{\prime \prime} \times 71 / 2^{\prime \prime} \times 1 / 4^{\prime \prime}$ thick, Master Pack contains 4 boxes, each covers 5 sq. ft. area. $\$ 35.80$. By Dacor, Inc. Fireplace equipment: antique andirons: $161 / 2^{\prime \prime}$ h., $\$ 260$; fireplace brush, $\$ 7.50$; five fold fire screen, $19^{\prime \prime} \mathrm{h}$., \$180; antique fireplace tools, $\$ 210$. All from Edwin Jackson, Inc. Beams and posts: available in distressed white pine, spruce, or hemlock. Stock and custom lengths, colors. $\$ 3$ a running ft . Write to Vermont Barnboard for nearest distributor. Portuguese grospeint rugs: $6^{\prime} 4^{\prime \prime} \times 8^{\prime} 10^{\prime \prime}, \$ 1400 ; 8^{\prime} \times$ $9^{\prime} 10^{\prime \prime}, \$ 1920$. Both by Harmony Carpet. "Tulip" quilt: shown on daybed; "Starry Crown" quilt: shown over sofa back, $\$ 350$ each, made to order; patchwork pillows, $\$ 35$ each. At Such Outlandish Stitches. Needlepoint pillows: from a large collection of readymade and do-it-yourself pillows from Woolworks. Posters: "Stamos," \$40; "Seattle Center" by Claes Oldenburg, \$60; "André Emmerich Gallery" by Morris Louis, \$45; all with chrome frames. At Poster Originals. Platters: 1 of 3 shown top shelf of bookcase. $\$ 675$ for set of $3 ; 1$ shown top of secretary. $\$ 180$. antique twisted candlestick: $\$ 60$ a pair; rose wood tea cad-


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The Biltmore table has many uses. It can be a spacious desk or a hall console table, a perfect buffet server or a lovely dressing table. One center drawer with brass pulls. Dark fruitwood finish. $48^{\prime \prime}$ w. by $24^{\prime \prime}$ d. by $29^{\prime \prime}$ h. $\$ 119.95$ exp. coll. Furniture catalogue 50c. Bryan Robeson, Rt. 10, Box 793, Hickory, NC 28601.


FOLIAGE OF SWEDEN
Large leaf design on 10 mesh mono canvas, to work in new longstitch wool embroidery. Kit includes $18^{\prime \prime}$ by 17 " mounting panel covered in textured fabric, wool yarn. Spring leaf \#3461 in greens, yellow greens, yellow; or autumn leaf \#3462 (shown) in browns, oranges, reds. $\$ 35.95$ each plus $\$ 1.50$ post. Catalogue $\$ 2$ (refundable with order). Skon
Embroideries, GE-1, 55 Lambert La., New Rochelle, NY 10804.

No use trying, this doughty duckling just won't budge from holding open even the heaviest doors. When not on doorstop duty, he stays put, decorously in place on patio or porch, in living room or hallway. Made of durable black cast iron by Virginia Metalcrafters. 12" by $5^{\prime \prime}$ by $7^{\prime \prime} . \$ 16.50$ plus $\$ 2.50$ post. Clymer's, HG-01, Chestnut St., Nashua, NH 03060.

$\qquad$

## FRESH VIEW

Give windows added charm with the delicate, lacy edging of these tiered curtains. Fringe has a crocheted look, is nearly an inch wide. Curtains are muslin, unbleached ( $80^{\prime \prime}$ w. pair) or bleached ( $74^{\prime \prime}$ w.pair). 20" $25^{\prime \prime}, 30^{\prime \prime}$ $36^{\prime \prime}$ or $40^{\prime \prime}$ long. $\$ 5.50$ pair; two pairs $\$ 10$. Add $\$ 1.50$ post. per order. Free brochure. Country Curtains, HG I, Stockbridge, MA 01262.


OND MEMORIES Nostalgia and modern design meet in a trivet with real beans and peas and flower sprigs encased in clear resin. Sealed with them is a typical old-fashioned family photograph. Extra tough for table use under hot platters and plants; has hook for hanging on wall. $8^{\prime \prime}$ dia. $\$ 4.98$ plus 35 c post. Lillian Vernon, G11, 510 So. Fulton Ave. Mt. Vernon, NY 10550.


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You'll marvel at the master skills that created this magnificent music box: the finesse of the mechanism, the charm of the design, the three lovely tunes. Made of heavy crystal with large gilt dolphins, gilt legs, and gilt movement. notes play Bach minuet, Handel's gavotte, and Handel's aria. $2^{\prime \prime}$ by $8^{\prime \prime}$ by $21 / 2^{\prime \prime}$ high. $\$ 239$ plus $\$ 3.50$ for insured mail. Idegarde's, HG1, 597 Farmington Ave., Hartford, CT 06105.

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Gourmets treasure the shallot that imparts a subtle, delicate oniony flavor to foods. Give a gift subscription for a fresh supply every month. $1 / 4 \mathrm{lb}$. for 6 mo ., $\$ 3.75$, for 12 mo . $\$ 6.50$ or $1 / 2 \mathrm{lb}$. for 6 mo., $\$ 4.75,12$ mo., $\$ 8.95$. $1 / 4 \mathrm{lb}$. sample, 65c. Ppd. GNL Shallot Distributors, HG41, 51 DeShibe Terr., Vineland, NJ 08360.


## PARTRIDGE FAMILY

For a favorite friend or relative, the handsome partridge in a pear tree from "The Twelve Days of Christmas" song. Limited edition medallion, the first of a series, is die struck sterling silver. $134^{\prime \prime}$ dia. $\$ 11$; six, $\$ 60$. $24^{\prime \prime}$ sterling silver chain, $\$ 7.95$. Ppd. Sarah Williams, HG1, 3520 Highland View Dr., Austin, TX 78731.


PENSIVEFROG
Needlepoint design to do in froggy greens on $12^{\prime \prime}$ sq. cotton canvas with Paterna Persian. $\$ 6.95$ with design, wools, needle and instructions. Add 45 c post. Wood frame: oak or white finish, $\$ 2.25$. Others: Purple hippo, pink elephant, beaming bull, breezy bouquet or topsy turtle. Victoria Gifts, 12 H Water St., Bryn Mawr PA 19010.

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What's happened to shoes is a revelation - wedgie walking comfort and now open-toed cool. The Edna says it in luggage tan, bone, black, white, blue, low $1^{\prime \prime}$ wedgie heel. 4 to $10, \$ 15.95,101 / 2$ to 12 $\$ 16.95$. For widths AAAA to EE Add $\$ 1$ post., 25 c each add'। pair Solby Bayes, HG1, 45 Winter St. Boston, MA 02108.

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Beautiful hurricane lamps of imported cut crystal are a decorative treasure. Hand-etched chimneys, $4^{\prime \prime}$ spears fit onto the handsome scalloped bôbeche Overall $16^{\prime \prime}$ high, $5^{\prime \prime}$ dia., $\$ 34.95$ a pair. Exp. chg. coll. Catalogue of crystal lighting ideas, 10 c . Luigi Crystal, HG1, 7332 Frankford Ave., Philadelphia, PA 19136.

QUICK CHANGE EASEL Change favorite snapshots in a trice by using wood grain easel that comes in three shapes to take square $3 \frac{1}{2} 2^{\prime \prime}$ by $3^{1 / 2^{\prime \prime}}$ photos or $33 / 8^{\prime \prime}$ by $41 / 4^{\prime \prime}$ verticals or horizontals, all Polaroids fit (specify which). $\$ 1.98$ each; $\$ 3.50$ a pair; add 20c postage. International Merchandise Corp., HG1, 15 Old Town Rd., Wellesley Hills, MA 02181.

THE SPORTING THING "I made it myself," will bring compliments when you give ties with design worked in crewel. Golf, tennis and skiing, mallard duck, sailing and fishing motifs on wrinkle-resistant beige fabric; wool yarns in appropriate colors; kit, $\$ 4.95$ each plus 45 c post. Catalogue, 25 c . The Needleworker, HGE-1, Box 488, Weston, MA 02193.




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GET IT TOGETHER
For the jigsaw puzzle fan, a gift that packs a surprise punch: it's a photo of a loved one! Any photo, color or black and white, can be made into an $8^{\prime \prime}$ by $10^{\prime \prime}$ die-cut jigsaw photopuzzle; photo's returned unharmed. Black and white, $\$ 2.95$; hand colored, $\$ 3.95$. Ppd. Cadlyn's, HG1, 2077 New York Ave., Huntington Sta., NY 11746.


DESK DELIGHTS
Handsome accessories for the student, businessman, homemaker combine practicality with good looks. Lucite $12^{\prime \prime}$ ruler is $11 / 2^{\prime \prime}$ w., $1 / 2^{\prime \prime}$ thick; scissors with steel blades, yellow or orange vinyl-coated handles, are magnetized to collect pins, other debris. Ruler, \$2; scissors, \$4. Add 90c post. The Dungeon, Box 4139, Silver Springs, MD 20904.

FLOWER EXPRESS
All aboard! It's a delight to stitch the "Flower Train"-red locomotive, freight car with flowers in yellows, oranges, whites and golds on marigold background. Fits standard $12^{\prime \prime}$ by $16^{\prime \prime}$ frame. Kit with stamped fabric, wool yarns, needle, instructions, $\$ 3.50$ plus 50 c post. The California Craft Guild, HG1, Box 15300, Santa Ana, CA 92705.

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CAVALIER PANT BOOT Best buy for H\&G readers: smooth glove leather boot with no-seam vamp, adjustable strap. Resilient ribbed sole, $1^{\prime \prime}$ well-balanced heel. 5 to 10 medium in brown, navy, black, red or white. A Kraus original, a boot beauty that's smart, comfortable at $\$ 16$ plus 80c post. Old Pueblo Traders, $600-$ H1C So. Country Club Rd. Tucson, AZ 85716.

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NEEDLEPOINT ORNAMENTS Stitch up the tree with timely trimmers inspired by childhood favorites. Soldier, Iollipop, candy cane, drum, Raggedy Ann and Andy and gingerbread boycomplete kits with canvas, Persian Paterna wool, needle, chart and instructions. $3^{31 / 2^{\prime \prime}}$ to $5^{\prime \prime}$. $\$ 2$ each. Any six, $\$ 10.95$. Add 50 c post. Victoria Gifts, 12 H , Water St., Bryn Mawr, PA 19010.



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## KEEPING TABS

Insurance companies, police, moving companies all recommend keeping household inventory. "My Possessions" has printed forms in several sectionsjewelry, silver, paintings, hobby equipment, credit cards, more. Black moire trimmed in red. $\$ 11.50$ ppd. Robert Shillinger Co., HG1, 409 Fidelity Bldg., Cleveland, OH 44114.

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Hand-painted cachepot from Portugal, with matching $511_{2}{ }^{\prime \prime}$ saucer, fired to a gem-like glaze, has shepherding motif with flowers, foliage, decorative rings. Soft blue brown tones. Use as plant holder or ornament. $6^{\prime \prime}$ dia. by $51 / 2^{\prime \prime} \mathrm{h}$. $\$ 9.98$ plus 75 c post. Lilly's Garden, Dept. G14, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

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The perfect travel companion anywhere! Compact $10^{\prime \prime} \times 51 / 2^{\prime \prime} \times 1^{\prime \prime}$ folded bag. It opens to a roomy $19^{\prime \prime} \times 14^{\prime \prime} \times 4^{\prime \prime}$ can imagine. Navy Nylon with Red trim. 1 lb. $\$ 10.00$ plus 75 c for post Catalogue free with purchase or send $50 \notin$ to be credited towards first purchase.

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"I know you believe you understand what you think I said, but I am not sure you realize that what you heard is not what I meant." Great gift guaranteed to improve communications. Black letters on golden plate in pine-finish plaque. $4^{\prime \prime}$ by $5^{\prime \prime}$. $\$ 1.98$ plus 25 c post. Anthony Enterprises, HG1, 585 Market St., San Francisco, CA 94105.


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Just the thing! Hi-intensity bed lamp with glare-free miniature bulb that concentrates light without disturbing mate. Swivel head, felt-lined spring clip that fits all headboards without marring finish. $6^{\prime \prime}$ by $31 / 2^{\prime \prime}$ by $2^{\prime \prime}$. White or brown. $\$ 11.98$ plus 85 c post. Harriet Carter, Dept. HG12341, Plymouth Meeting, PA 19462.

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## Gadenest $\mathrm{N}_{\mathrm{oles}}$

byJames Fannin

energy is where you find it, and the clever Icelanders are taking full advantage of two energy sources with which their island is blessed. Guests at Icelandic Airlines Loftledir Hotel in Reykjavik are pleasantly surprised to find fresh flowers on tables in the dining room. But it is even more surprising to be told that the flowers come from greenhouses heated by natural hot water. This comes from geysers that have been tapped, or from wells, some drilled as much as a mile deep. The greenhouse, right, grows hibiscus, with escaping steam from a hot-water well rising just outside. Other ranges produce roses, primulas, and just about everything you'd find in a greenhouse anywhere. Artificial light, a prime necessity during
 sunless winter days up there near the Arctic Circle, comes from electricity generated by water power with which Iceland is generously endowed. It goes without saying, of course, th the same hot water and electricity furnish heat and light for Icelandic houses and office bui ings. House plants are as important in Icelandic decoration as they are in the U.S., and gard centers are as common there as here. Some of these greenhouse-garden shop combinatio are quite elaborate, where visitors find no incongruity in walking under a bougainvillea vi blossoming in tropical luxuriance. The hot core of the earth comes close to the surface in I land, which makes tapping it relatively easy. But the same heat lies underground everywhe so it would seem to be only a question of developing means of reaching down for it.

## "With very little care, an amaryllis bulb will continue to produce flowers for years"

The seience of medicine began with the use of plants as remedies. Present day doctoring is done mostly with man-made chemicals, but it is surprising to consider how many of these syntheties are actually reconstructions of compounds found naturally in plants. This does not mean that modern doctors are mistaken in using synthetics, but it does mean that the original sources should not be ignored, either. Maurice Messegue, a Frenchman who has become widely known as nature healer and who uses plant remedies almost entirely, has set down his ideas in the form of a book, of Man and Plants (Macmillan, \$6.95). M. Messegue has so many interesting things to say about finding, growing, and using plants of all kinds that the book makes absorbing reading for anyone interested in botany, gardening, or medicine. Some of it may sound like mumbo jumbo, but there are enough fresh ideas-or old ideas freshly presented-to give us food for thought.

more and more people are giving ar ryllis bulbs as Christmas gifts. Ev the most amateurish of garden can hardly fail to entice a huge, brilliantly ored flower cluster from one of the high-qual bulbs commercial growers are selling nov days. If you don't want to be bothered w the bulb after the flower fades you can alw: give it to a neighbor or-heaven forbid!-t it out. But most of us try to keep our amary growing, since with very little care a bulb continue to produce flowers for years on e1 The growing plant needs light-although does not have to be direct sunlight-plenty water, and an occasional feeding, and may st in the same pot for years. Most of the bod say to let amaryllis dry out and rest after t summer growing season. But some very st cessful growers take a hint from the fact tl the plant (called Hippeastrum by botanist comes from the moist tropics where it nev gets a chance to rest. So they keep their plar watered and fed year round.

## HOPPING INFORMATION

## shown on coffee table. \$150. Fron

 in Rosselli. Pitchers: white marbel d and terra cotta, both shown 2nd If of bookcase. $\$ 57$ each; antique rtuguese plate: shown 3rd shelf vkease. \$90, All, Garvin Mecking. nall inset: Antique ink stand: on fee table. $\$ 135$; antique Portuese plate: $\$ 120$; antique footth: shown top of secretary. $\$ 375$. m Garvin Mecking.ble Setting: Plates: pewter-like al $\$ 10$ each. From the Plough Tavern ies by Wilton RWP Armetale. At omingdale's. "Illusion" water blet: Orrefors crystal, \$7.50 each. At d \& Taylor. "American Colonial" irloom stainless flatware: $\$ 18$ per iece place setting. By Oneida. Dinnapkins: $\$ 16$ each. At Porthault. cher holding flowers: \$57. At vin Mecking. Pyrex decanter: \$4. Corning. At Altman's. Aluminum oper mill: \$5. At Bazaar De La sine. Seneca basket: in bookcase,
diam. \$25. At The American ian Arts Center. Baskets hanging upper beam: egg basket, \$10. At tastic Arts; round brown basket n The Gazebo; wire lettuce basket. 5. At Bazaar De La Cuisine; basket n The Gazebo; tin colander, $123 / 44^{\prime \prime}$ m. $\$ 13$; iron chestnut pan, $101 / 4^{\prime \prime}$ m. \$4. Both from Bazaar De La sine. Baskets from The Gazebo. kets over cabinet, left to right: ket and tub from John Rosselli. ner cabinet basket, The Gazeho intertop: "Aromaster" coffee$: 2-8$ cups, $14^{\prime \prime}$ h., glass interior. $\$ 65$. Braun. At Gimbels, N.Y. Tin Box: . At Altman's. Pottery utensil der: \$3.25. At Fantastic Arts. ater island: "Summer Palace" newear china: $\$ 47.50$ per 5 -piece ce setting; $\$ 27.50$ per cream soup and saucer. By Spode. At Tiffany. ket with bread at The Gazebo. Orors crystal salad bowl: \$51. A d \& Taylor. Covered tureen: $\$ 295$ John Rosselli. Grocery cabinets wall: $231 / 4^{\prime \prime} 1 . \times 7^{\prime \prime}$ w., 6 drawers. By International Designers Group. Design Research. Basket with plant ohn Rosselli.
ge 65 :
rket basket: $\$ 10$. At Fantastic s. Sifter: $11^{\prime \prime}$ diam. \$14. At Bar De La Cuisine. Small basket hangfrom post at The Gazebo. Glazed $\mathbf{r}$ jars: shown in secretary, $\$ 75$ for of 3. At La Cuisinere.

## ges 66-67:

eritage \& Contemporary" wood inets: by Riviera Products. "Bright paneling: for cabinet door and wer fronts, backsplash, kitchen eling and center island. $\$ 10$ per 4' ' panel. By Evans Products. Cold ard Side-by-Side Refrigerator/ ezer: refrigerator, $13.3 \mathrm{cu} . \mathrm{ft}$; ezer, 7.4 cu . ft., overall dimensions, W. x 32 "s" d. x $65^{\prime \prime} / s^{\prime \prime}$ h. $\$ 680$. By ilco-Ford. Retained-Heat Gas nge. $37 \% \mathrm{~s}^{\prime \prime}$ w. x $291 / 2^{\prime \prime}$ d. x $48^{\prime \prime}$ $\$ 800$. By Chambers Corp. 3 -speed stom hood. $38^{\prime \prime}$ w. x $19^{\prime \prime}$ d. x $6^{\prime \prime}$ $\$ 165$ with blower. By P. M. Range ods. Saucepan on range: $71 / 4^{\prime \prime}$ m ., hammered aluminum. $\$ 13$. At chen Korner. "Superba" dishsher: $24^{\prime \prime}$ w. x $241 / s^{\prime \prime}$ d. x $341 / 2^{\prime \prime}$ h.
continued from page 103
\$340. "Superba" food waste disposer: $93 / \mathrm{s}^{\prime \prime}$ w. x $151 / 4$ " h., 2 qt. capacity. \$150. By KitchenAid, a division of Hobart Manufacturing. "Addison" bar sink: $12^{\prime \prime} \times 12^{\prime \prime}$ d., single bowl. \$80; "Lakefield" 2-bowl sink: 33" $\times 22^{\prime \prime}$ w. $\$ 130$. Both by Kohler. PermaShield gliding door and window: opening size door, $12^{\prime} 1^{\prime \prime}$ w. x $6^{\prime} 1034^{\prime \prime}$ h.; opening size window, $41 / 2^{\prime \prime}$ w. $\times 41 / 2^{\prime \prime}$ h. By Andersen Corp. Acrylic domed skylights: $301 / 4^{\prime \prime} \times 461 / 4^{\prime \prime}$ w. By Naturalite, Inc. Recessed wall wash units: $\$ 38$; down light fixtures: $\$ 21.50$ each; "Thin-line" fluorescent compacts used for countertop lighting, 3 sizes used. All by Sterling Lighting, a division of NuTone. "Excelon" tile: $12^{\prime \prime}$ vinyl asbestos squares, $3 / 32^{\prime \prime}$ thick. From the Craftlon Collection by Armstrong. "Natural Butcher Block" plastic laminate surfacing material: used on countertops in Super Kitchen and Laundry. By Panelyte.
Back counter: Pepper mill: comes in a set of salt and pepper shakers. $\$ 30$. At Kitehen Korner. "Brown Band" mortar and pestle: $\$ 13$. At Bonniers. 3 -qt. stainless colander: companion piece to Flint cookware. 88.50 . By Ekco. "Counter Saver": 16 " w. x 20 " 1 ., white Pyroceram glass ceramic. $\$ 12$. By Corning. At Altman's. Round basket on table, \$10. At Fantastic Arts. Salad drier: \$12. At Bonniers. Baskets above refrigerator: left, from The Gazebo; right, from Stephen Barany. Chef's carving knife: $8^{\prime \prime}$ blade. $\$ 19$. Chef's utility knife: $61 / 2$ " blade. $\$ 16$. Knives by Henckel. At Delbon \& Co. White soufflé dishes: $5^{\prime \prime}$ diam. $\$ 3.50$; 5a/4" diam. \$4.50. At Bazaar De La Cuisine. $13 / 4$ qts. covered terrine: $\$ 25$. At Kitchen Korner. "Green Caughley" china: plates, $\$ 4.55$; cup and saucer. $\$ 6.50$. By Stangl. At Nei-man-Marcus. Orrefors old-fashion glasses: $\$ 6.75$ each; Highball glasses, $\$ 8.25$ each. At Lord \& Taylor. Earthenware butter tubs: small, $\$ 6$; large, \$8. At La Cuisiniere. Porcelain enameled cookware: shown on range, $11^{\prime \prime}$ fry pan, $\$ 20 ; 1^{1} / 2$ qt. open saucepan. $\$ 16.50$. By Waterford. At all Design Research stores.

## Page 68:

Hot Water Dispenser: $7^{\prime \prime}$ w. x $7^{\prime \prime}$ d. x $12^{\prime \prime}$ h. $\$ 75$. By KitchenAid, a division of Hobart. "Green Caughley" coffee mugs: $\$ 5$ each. By Stangl. At NeimanMarcus. "American Colonial" stainless teaspoons: $\$ 2.75$ each. By Oneida. Enamel oval roaster: 171/4" diam. \$7. At Bazaar De La Cuisine. Porcelain enameled cookware: Teflon interiors. 8" fry pan, \$14; 10" fry pan, $\$ 17 ; 11^{\prime \prime}$ fry pan, $\$ 20 ; 11 / 2$ qt. open saucepan, $\$ 16.50 ; 11 / 2 \mathrm{qt}$. covered casserole, $\$ 20 ; 31 / 4 \mathrm{qt}$. covered casserole, $\$ 28 ; 2$ qt. oval casserole, $\$ 24 ; 53 / 4$ qt. oval casserole, $\$ 37 ; 2 \frac{1}{2}$ qt. sauté, \$27; 9" au gratin, $\$ 13.50 ; 11^{\prime \prime}$ au gratin, $\$ 16.50 ; 14^{\prime \prime}$ au gratin, $\$ 21$; $10^{\prime \prime}$ cover, $\$ 13 ; 11^{\prime \prime}$ cover, $\$ 13.50$. By Waterford. At all Design Research stores. Hammered aluminum cookware: 3 sizes of saucepans will be available late 1974; 23 qt. Marmite, $866 ; 11$ qt. Marmite, $\$ 34$; rectangular braisiere, 18 qt., \$85. At Kitchen Korner.
Pantry: Storage shelves: 2 shelves, 4
risers per box, shelf measures $211 / 2^{\prime \prime}$ w. x $12^{\prime \prime}$ d. x $8^{\prime \prime}$ h. $\$ 10$ each. By Copco. At Altman's. Stereo equipment: 4/ channel tuner-amplifier-receiver: \$270. "Dolby Cassette Tape Deck" \$300. Turntable: $\$ 200$. Wood Cabinet Speakers: $\$ 60$ a pair. Color TV: black with brushed chrome front. $\$ 480$ All by Sanyo.
Bottom left: Irish whiskey glasses: $\$ 16$ gift set of 2. At Ellie Conason.
"Melior" coffeepot: 8 cup capacity. \$80. At Design Research. Orrefors wine decanter: $24 \mathrm{oz} . \$ 72$. At Lord \& Taylor. Gold tray: $17^{\prime \prime}$ 1. x $12^{1 / 2^{\prime \prime}}$ w. \$30. (\$2). At Hammacher Schlemmer. Straw animals: duck, swan, ram, $\$ 180$ each; 3-handled trophy cup; antique flowered plate, both shown 3rd shelf of bookcase, $\$ 60$ each. At John Rosselli.
Page 69:
China storage
Top shelf: Flowered hexagonal plates: $\$ 35$ for set of 6 . At Hammacher Schlemmer. Half pint piteher: \$7; pint pitcher, \$9; 12" salad bowl, \$24. By Stangl. At Neiman-Marcus.
Middle shelf: "Green Caughley" coffee mugs and pot: coffeepot, $\$ 17.75$. By Stangl. At Neiman-Marcus. Bottom Shelf: "Green Caughley" china: dinner plates, $\$ 6.25$; salad, $\$ 4.55$; dessert, $\$ 3$; creamer, $\$ 6.50$; sugar, $\$ 3.75$; By Stangl. At NeimanMarcus.
Bowl storage
Top shelf: Beige earthenware bowl: $\$ 5$. At Bazaar De La Cuisine. Pyrex measuring cups: 1 cup, 75 c ; pint, 98 c ; quart, 81.29 ; By Corning. Bottom shelf: White cake mold: $\$ 8$; souffé dishes. Both from Bazaar De La Cuisine. Imported soufflé dishes: small, $\$ 7.50$; large, $\$ 10.50$. At Fantastic Arts.
Children's Play Area
Steiff Teddy bear: \$35; Raggedy Ann, $\$ 4-24$; wood blocks, $\$ 14$ a set. From FAO Schwartz. "Mother Goose" patchwork goose: $\$ 30$. From a collection of patchwork animals at The Gazebo. Built-in VacuFlo vacuum system: wall inlet painted to match cabinets and paneling. By H-P Products. Built-in bread and food toaster: $161 / 16^{\prime \prime}$ l. x $93 / s^{\prime \prime}$ h. x $59 / 16^{\prime \prime}$ d., 4 compartments for toasting. $\$ 85$ By Edison. Orrefors cake plate: $\$ 50$. At Lord \& Taylor. "Char-Glo" Gas Grill: $20^{\prime \prime}$ 1. x $21^{\prime \prime}$ h. x $15^{\prime \prime}$ d., infrared cooking. \$228. By Waste King Universal. Serving cart: 2 heat resistant trays. \$70. At Hammacher Schlemmer. Hot food server: two $6^{\prime \prime}$ d. warming drawers. $\$ 270$. By Edison. Red checked napkins: $\$ 2.50$ each. At The Tablerie at Bonwit Teller. Automatic ice cube maker: makes 50 lbs . of ice per 24 hrs. \$410. By Sub-Zero Freezer Co Bamboo cooler glasses: top of ice maker, \$16.50 a doz. At Hammacher Schlemmer. Foodmatic Food Preparation Center: $\$ 478$ for basic unit and attachments. By Ronson.
big, BEAUTIFUL PLANTERS Page 76:
Top, left to right: Ceramic pot from California, $241 / 2^{\prime \prime}$ diam., x $15^{\prime \prime} \mathrm{h}$., 64 lbs . $\$ 90$ at Country Floors. Middle: terracotta woven basket, comes in various sizes. $\$ 15$ to $\$ 200$. By Terrafirma for Ronaldo Maia Flowers. Right: "Casa

Bella" stainless steel and acrylic planter, $18^{\prime \prime}$ sq., x $15^{\prime \prime}$ high. Available in brass and acrylic. $\$ 384$. From Luten, Clarey, Stern. ${ }^{*}$ Large Inset: porcelain standing vase, handbuilt and painted by Artist Norman Bacon. 12" x $12^{\prime \prime}$ deep. $\$ 60$. By Eclipse-Norman Bacon.

## Page 77:

Large Inset:
Back row: planter, $8^{\prime \prime}$ w., $61 / 2^{\prime \prime}$ deep. $\$ 18$; front row: planter $9^{1} / 2^{\prime \prime}$ w. $x$ $51 / 2$ " deep, $\$ 18$; "Hanging Cloud I" planter $13^{\prime \prime}$ w. x 8 " deep, $\$ 40$; planter 9 " w. x $71 / 2$ " deep, $\$ 20$; "Hanging Cloud II" $12^{\prime \prime}$ w. x $10^{\prime \prime}$ deep, $\$ 40$. All Eclipse-Norman Bacon. Bottom left: Black triangular container $25^{\prime \prime}$ w, x $151 / 2^{\prime \prime}$ h. x $131 / 2^{\prime \prime}$ deep. $\$ 45$. By Beylerian Ltd. At The Workbench. Middle: Square cedar planters. $12^{\prime \prime}$ sq. $\$ 45$; $15^{\prime \prime}$ sq. $\$ 55 ; 18^{\prime \prime}$ sq. $\$ 65$. By Terrestris. To order at The Old Mill Shop. Right: Round white container $351 / 2^{\prime \prime}$ perimeter, $16^{1} / 2^{\prime \prime}$ high. $\$ 195$. By Beylerian Ltd.

## SUPER BATH

## Pages 78-81:

Soaking tub: blueberry $36^{\prime \prime} \times 60^{\prime \prime} \times$ 20 " d., "Man's Lav" lavatories: sunshine yellow 19 " x 28 " w. "Caravelle" bidet: 25 " x 14 " $\times 14$ " h. "Rochelle" toilet: $281 / 2^{\prime \prime} \times 193 / 4$ " h. "Tobago" shower stall: fiberglas, $48^{\prime \prime} \times 36^{\prime \prime} \times 75^{\prime \prime}$ h. All in avocado by Kohler, Shower door: $31 / 2^{\prime} \times 75^{\prime \prime} \times 1 / 4^{\prime \prime}$ thick clear Plexiglas. Available in stock and cus. tom sizes. By Rohm \& Haas. "Sanspray" stone panels on walls and ceiling: $4^{\prime} \times 8^{\prime}, 4^{\prime} \times 10^{\prime}$ crushed stone bonded to plywood panels. $\$ 25-30$ per $4^{\prime} \times 8$ '. By U.S. Plywood, a division of Champion International, "Provincial" plank flooring: used on floor, bridge and counter into which sinks are recessed. $\$ 2.50$ sq. ft . By Bruce Flooring. Plexiglas mirror: in sizes from 24" sq. to $48^{\prime \prime} \times 96^{\prime \prime}$, in $1 / 4^{\prime \prime}$, and $1 / s^{\prime \prime}$ thicknesses. $\$ 4.50$ a sq. ft. From Cadillac Plastic \& Chemical. Polished chrome light fixtures: above wash basins, $\$ 24$ each. From Harry Gitlin. Cork accessories: round bowls, covered boxes, $\$ 12.50$ each; round rimmed trays, near tub and on counter: small, $\$ 11$; larger, \$17. "Kitchen Chemistry" glass jars: 48 oz., $\$ 7$ each. By Pilgrim Class. "Williamsburg" foaming salts: $\$ 5$. Long handled bath brush: \$24. By Kent. Everything from Bloomingdale's. Pre-Columbian stone bowl: shown below glass shelves. $\$ 275$. At Gallery II Primitive Arts, Milwaukee. Red velvet robe: $\$ 65$. Alexander Shields. Large basket: shown near wall to right of counter. \$45. At La Tienda. Japanese pienic basket: shown on shelf above bidet, $\$ 90$; red lacquered bowls, $\$ 50$ each; anitque red lacquered boxes, $\$ 150$ each. At Art Asia. "Luxor" towels: bath sheet, $\$ 13$; bath towel, $\$ 5.75$; hand, $\$ 2.85$; washcloth, $\$ 1.20$. Martex.

## WINE \& FOOD COVER

Page 91: "Tulipas" tiles: shown in background. At Country Floors. Pint pitcher: $\$ 7.50$. By Iittala. Porcelain spoon: with fork, $\$ 17.50$. At Baccarat. Large flan dish: $\$ 11$; individual ramekins, $\$ 1$ each. At Bazaar De La Cuisine.
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# "What's outside? should be the first question the builder and buyer of a house ask. Where is the prevailing wind? Where will the sum rise? What shade is there?" 

## THE FUTURE OF PLANET-KEEPING continued from page 71

Other biological methods under study: the use of bacteria to break water down into oxygen and burnable hydrogen; fast farming to produce plants for breaking down into fuels chemically or by burning (pyrolysis).

Wind. The heat of the sun shifts as the earth moves under it-which keeps the world's atmosphere in a state of indecision most of the time. Winds blow everywhere, but stronger and more predictably in some places than in others. Dr. William Heronemus of the University of Massachusetts is engrossed with a project to float electricity-generating windmills in the strong off-shore breezes around all our coasts. He estimates that in fifteen years, windmills off the coast of New England, for example, could generate 159 by $10^{9}$ kilowatt hours-a mind-staggering amount. Meantime the old-fashioned farm windmill, used to pump water, is coming back into style. Unlike the woodburning stove, which people are buying in astonishing numbers as a strictly temporary way to fill the energy gap (the one Maine foundry that still makes them had 500 on hand last year, this year is 800 stoves behind its orders), the windmill is a practical, even a pretty piece of equipment for a country house. The Real Gas and Electric Company in Guerneville, Cal., will soon be ready to distribute Australian-built windmills in rural areas.

Ocean temperature. The surface of the ocean between the Tropics of Cancer and Capricorn never drops below 82 degrees. Two thousand feet down, the temperature rarely rises above 38 degrees. By exploiting the difference in temperature, scientists estimate they could turn out one BTU of heat for every pound of warm water flowing through the heat pump.
Each of these methods is renewable-that is, the power source will never rum out. Some are already in practice. Nashville, Tenn., and New York City are among the municipalities investigating trash as a fuel. Louisville, Ky., has already begun to convert garbage and sewage into energy. And there's an interesting bonus: the garbage problem is going away. Once every aspect of the life cycle is hooked into the life support system-as it is in nature-there are no ugly leftovers. Louisville is finding, on a very small scale, that planet-keeping pays.

## GEOTHERMAL ENERGY

Inside its seemingly imnocent envelope of rock and soil and water, the earth is a seething molten cauldron. Trapping and using that heat and that energy seems very practical although there are some serious environmental problems to consider (what happens, for instance, if you upset the temperature balance in the vicinity of a geological fault: earthquakes?). HR 11212 , now in the House of Representatives, would provide $\$ 80$ million for the study and implementation of geothermal energy.

HYDROELECTRIC ENERGY

We have used the force of falling water to turn electric generators for decades-but the spillways of giant dams or waterfalls like Niagara are not the only places where masses of moving water can be conveniently trapped. Under serious study for hydroelectric generation are the Bays of Fundy and the Passamaquoddy, where tidal bores-those huge waves of water that mark the turning of the tides in some placescan be set to work.

## NUCLEAR ENERGY

This is probably the big one for the years immediately after fossil fuels become impossibly scarce and expensive, and before renewable sources like solar energy are fully developed. There are twenty-nine nuclear fission power plants in operation in the U.S. now, fifty-seven more under construction and seventy-six are being planned (as of January 31, 1973). These 162 generators will add 40 percent to our existing output. They have all the problems of fossilfuel generators plus a few of their own: Their fuel is scarce and irreplaceable, they pose serious air, land, and water pollution problems, they are extremely expensive to build and operate, and they are big-a cooling pond of about 1,500 acres is necessary even for a small plant. Breeder reactors, which create more radioactive material than they use, would solve the fuel problem-and compound radioactive waste pollution problems beyond conceiving. Scientists have yet to find a way to "dispose" of wastes. which take thousands of years to degenerate.
If the technology of nuclear fusion can be solved, many problems will disappear-but the development time looks longer and more costly than for many renewable-energy systems.

## ENERGY MANAGEMENT

Energy management, the single most important attack on the immediate energy dilemma, is the use made of energy we already have, and it's one place where the private individual can make a real difference. If we all follow A. M. Watkins's rules on page 24 we could save several percentage points in annual consumption without affecting our standard of living. And there are steps new-home builders can take that not only save energy but improve comfort and quality too. Here are a few:
"What's outside?" should be the first question the builder and buyer of a house ask. Where is the prevailing wind? Where will the sun rise? What shade is there? By eliminating windows on the north, heating costs are cut. By locating breeze-catching windows east and west, by planting trees to use the climate-control system the planet already has, by letting natural breezes
blow, summers inside will be cooler.
"What materials" is the next question. The technology of temperature comfort has existed for centuries. Old adobe houses in the Southwest are cool in the daytime, warm at night. In West Pakistan, thick walls keep out heat while rooftop scoops pull prevailing winds into cellars to cool before they blow through the building, and slanting roofs channel rainwater into barrels in the courtyards. Americans can use insulation, and we are beginning to try tricks like half-burying houses in the cooling earth.
"What will it cost, in energy, to run?" That's a question that mortgaging banks ask as a matter of course-and that homeowners rarely really consider. One well-known Boston contracto says only one client has ever asked, in his thirty five years in business. It can make a huge dif ference. "Say in five years solar heating and cool ing added $\$ 4,000$ to the cost of a $\$ 20,000$ house, says Dr. Wilbur. "You say, '\$4,000-that's ridic ulous.' But once it's installed there are no run ning costs. You amortize it over twenty yearsand it knocks $\$ 30$ to $\$ 40$ off your monthl? budget." At the moment, solar heating, cooling and electrical generation are more likely to cos over $\$ 100,000$. But the same point applies.
"When it's finished, what kind of efficienc can I demand from my machines?" Anybod buying an appliance ought to ask this-and i will probably stump the salesman, though onl for the next few months. There are two ways t assess appliance efficiency: one is through it Energy Efficiency Ratio, or EER, a measure ment likely to be a legal requirement soon. Som companies, like Montgomery Ward, have ar ticipated events by listing it voluntarily. Th other method is to demand a life-cycle co: rather than a simple purchase price. New Yor City, for example, now does all its buying on th basis of lif-cycle costs-how much an air con ditioner, say, will cost to acquire and operat over the estimated seven years of its life.
All sorts of things are going to have to 1 built better, to last longer, because every mat ufacturing process consumes more energy. consumers, we can and should demand th loudly: we will, after all, be the beneficiarie with better-quality goods. Recycling will helh the Reynolds Aluminum Co. estimates that $r$ using aluminum cans takes only 5 percent of tl energy necessary to extract aluminum from or
The next ten years will be the hardest of $t 1$ energy dilemma. To ease them, we must all $g$ used to new habits-simple, virtuous things lii turning off lights, using public transportatio recycling everything we can lay our hands o curbing our consumer reflexes; and more con plicated things like learning how to plan o houses, our towns, and our cities. If we can c energy consumption now, well probably ha enough gas, oil, and coal to get us through tl coming years of change. From then on, the ene gy weather looks sunny and moderately clear.

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