

How to simplify your life

HOUSE & GARDEN

AUG. 51

More time for living

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Are you organized?

Top efficiency expert's test

How to have a house that's organized

even if you aren't

Vacation house that sleeps 8 at a ridiculously low cost

Instant furniture to take right home

Decorating- the easy uncluttered look

Working couples- how they get it together

Basic advice on organizing your money

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Exercises to do while you're doing something else

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NAME

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How to develop a flair for Decorating...

Thousands have learned decorating in their spare time at home. Does it work? Read what some of LaSalle's more successful graduates report. Then send for free booklet.

learn the art of blending traditional and contemporary styles. How to skillfully decorate all types of rooms — big or small — for dramatic beauty. And so much more.

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"I have fulfilled one of my life's dreams," writes Eneida B. Medina of Vega Baja, Puerto Rico, "... to learn interior decorating. I started out by decorating my own home, and now I'm planning to do my husband's office."

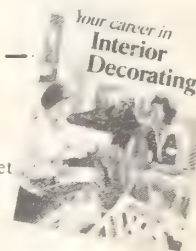
Faye Haynie of Madisonville, Kentucky reports: "I was able to put into practice the many decorating skills I learned from LaSalle, and watch my salary and clientele grow as I gained experience."

The LaSalle decorating course is backed by more than sixty years of leadership in the field of home education. More than 2,000,000 people have enrolled in LaSalle's home study programs. So you know that your training is in qualified hands.

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36G

It could help you turn your home into a showcase of your talents. Win you the praise of friends, as you help them solve their decorating problems.

Shirley Mears of Delmar, Delaware, reports, "After finishing LaSalle's course, I redecorated my entire home. My friends say it looks as professional as the rooms shown in decorating books."

And it could even lead you to a career in decorating. Full or part time. It has happened to other talented LaSalle graduates.

Helge Matney of Fountain Valley, California was a housewife when she enrolled with LaSalle. Today Helge enjoys greater self-confidence and a new lifestyle. She writes:

"My LaSalle training opened a whole new world for me. Now I'm an Interior Decorator for a design studio in Santa Ana, California."

So what are you waiting for? All it takes is only a little of your spare time at home to learn interior decorating with LaSalle. No previous skills or experience are required.

How you learn at home.

The practical, up-to-date LaSalle course in Interior Decorating was specifically designed to help you achieve the professional decorating results you want. Your lessons come to you by mail, so you can study in the convenience of your own home. In hours that you choose. At the pace you set. You are a class of one.

Step by step, you are shown how to develop your decorating ability. You work with templates and stencils to create room plans. You learn to use fine quality sketching equipment, color charts, and other decorator "tools of the trade" that are included with the course.

You are taught the principles of color and design. The selection and use of furniture, fabrics, accessories, lighting, floor coverings, wallpapers. You

There are few other fields today that offer more pleasure or personal rewards to a woman than that of interior decorating. So it's no wonder that women flock . . .

"How can I develop my talent for decorating?" Susan Wilson, a 21-year-old former clerk at J.C. Penney's in Opelika, Alabama, did it by studying interior decorating in her spare time at home with LaSalle Extension University, a correspondence institution. Today Susan earns twice her former salary because she traded her cash register for a decorator's tape measure.

The young Alabama decorator reports: "Now I most have more decorating jobs than I can handle after being with the company only a year."

An exceptional case, of course, but it does show how well some creative women can do when they develop their talents.

While most students enroll in LaSalle's interior decorating course to beautify their own homes, some of the talented ones have enjoyed a variety of other rewards as a result of their training.

Linda Kronberger went from secretary to part-time interior decorating instructor. The course taken by the Sturgeon Bay, Wisconsin woman led her to a teaching position at the Northeast Wisconsin Technical Institute.

"I've been asked to speak to homemaking clubs in the area and I've met a lot of wonderful people."

We could go on and on with examples of how decorating has brought new joys to women. But first — what about you?

You undoubtedly have good taste. A sense of style." And a creative urge that must be fulfilled. Why don't you learn interior decorating with LaSalle?

The joys of decorating.

Decorating is such an ideal way to put your love of beauty to practical use. In so many rewarding ways.

1. Faye Haynie, Madisonville, Kentucky 2. Shirley Mears, Delmar, Delaware 3. Eneida Medina, Vega Baja, Puerto Rico 4. Susan Wilson, Opelika, Alabama



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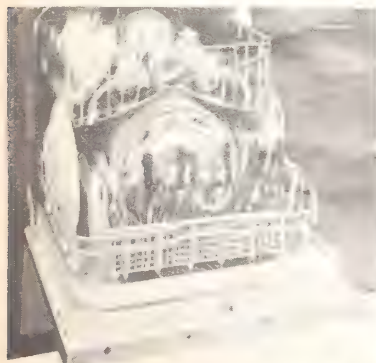
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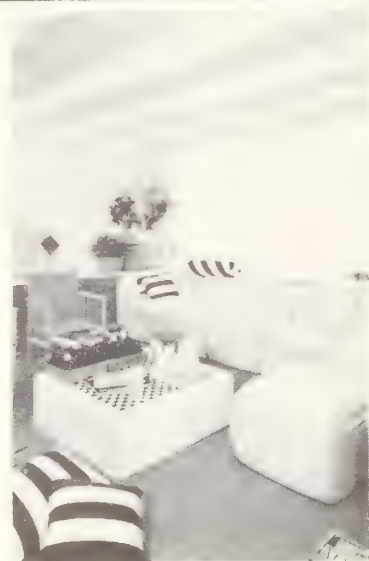


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HOUSE & GARDEN

INCORPORATING LIVING FOR YOUNG HOMEMAKERS)

Vol. 148 No. 8



ON THE COVER: It's a barefoot living room for a barefoot summer. Everything in it is designed for take-it-easy, no-fuss living—and the good looks and comfort are built in. Into a shell of blue-painted plywood, designer John Saladino tucked a lineup of cloth-covered foam modules—the "Balluff" Knock-Down component seating system from Sweden. (For more about the modular and K-D way of life see page 80.) Cotton covers zip on and off; they're even machine washable. The outer rim of the shell forms a shelf that leaves plenty of room for plants, books, art. Awning stripes of gray and white acrylic sailcloth cover the pillows on the floor and on the sofa. The simple white-lacquered table is inlaid with blue and white ceramic tiles. Above it all, wood rafters dry-brushed white for the cool feeling of an arbor brought indoors. Component seating system, canvas chairs from the Workbench in New York; pillow fabric by Lehman-Connor; tiles from Country Floors; marble sculpture by Xavier Corbero at Staempfli Gallery; fiberglass window shades filter light, help reduce summer heat, by Joanna Western *Photo: Anne Marie by Tent Designs.*

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AUG. LIVING

NEWS • DESIGN • ENERGY • PLANTS
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New York's aerial tramway over East River

Hanging by a thread

All aboard the Roosevelt Island Tramway! It's the first in-city aerial transportation in the country and may rival the World Trade Center as a tourist attraction. A 50-cent token buys the 4½-minute ride over New York's East River, parallel to the Queensborough Bridge. You see the 59th Street heliport pad below, get a peek at terrace gardens in the luxury apartment buildings in the neighborhood. The \$6.8 million air-tram system is from Switzerland, in colorful red, yellow, and blue. Two cabins ply from one terminal to the other. On the island you get on and off at street level. In Manhattan you climb 35 stairs to the platform. Don't be daunted if you have bike, baby carriage, or wheelchair, for there is an elevator—but you have to look hard for it.

Here comes the Grooms

However gruesome some aspects of city life may seem, they can also be hysterically funny. Artist Red Grooms's Ruckus Manhattan show, "a sculptural novel of New York" at the Marlborough Gallery, made light of the subway, the porno shop, the skyscraper. Buildings and colorfully painted plaster figures with a Disneyland quality made the large exhibition a sort of popular entertainment on one level, environmental art on another. There were "skyscrapers" to climb, "bridges" to cross, the door of a monstrously distorted version of the Woolworth Building to re-voice in. Put together by the Ruckus Construction Company, the zany constructions are satirical and satisfying, frightening and friend-

ly. Another Grooms show opens August 1 at the Colorado Springs Fine Arts Center, Col.



Red Grooms's wife Mimi at show



Grooms's subway car. Real rider is Jack Mognaz of Marlborough Gallery



Brotherly love

Children need love, but it's not easy to get it if you're a retarded or a so-called "difficult" child. One program which helps remedy the emotional deprivation such children suffer from is run by the Jewish Board of Guardians. They ask for "Big Sibling" volunteers, people children can count on for a one-to-one relationship at least twice a month. Volunteers are screened and matched very carefully with young would-be relatives. Many relationships last a lifetime. Most cities have Big Brother chapters and there is a growing Big Sister program. Consult your phone directory or health department.

ELSPETH FLYNN

Greenhouse for all seasons

Michael Jantzen, whose screen house is shown page 44, is experimenting with low-cost structures of all types. This little greenhouse, 4 ft. wide, 12 ft. long, and 8 ft. high, costs \$850. It's super-insulated on three sides. The south side has corrugated Fiberglas panels, covered at night by sliding insulated metalized foam blankets (to keep solar heat in). With the addition of a small electric or gas heater in very cold weather, you can grow plants and plants here year-round. Building materials are on page 156. Plans cost \$10, from Michael Jantzen, Box Carlyle, Ill. 62231.



Solar greenhouse, outside and in



GARDEN ART

Mulch ado

In the glorious renaissance of gardening in America (it will be permanent, won't it?), there exists an error of a very pernicious sort—the belief that a mulch will eliminate weeds, viruses, mosaics, failure, blights, the need to water, and the need to work. A pretty idea. A pity it's not true. A mulch is simply a gardener's aid and no more. The mulch is part of the garden's apparel. A form of garden clothing. It is also a rug to our outdoor living room. It must be chosen not only for its organic virtues but for its color as well. If your climate is a con-

stant, stunning blue sky intense with sunshine, choose a dark mulch to show off the light greens, or your work will blur into invisibility. Contrariwise, if you live near clouded coastlines where light is nearly always filtered, then light-color mulches will delude one into thinking days are clear. The choices are simple: For dark mulch use bark chips of cedar or composting pine needles and matter that darkens when wet. For light mulch, use meadow grass before seedtime, straw, or that glowing cushion, salt hay. Think of gardening as putting colors together to make one great canvas.

ROBERT DASH



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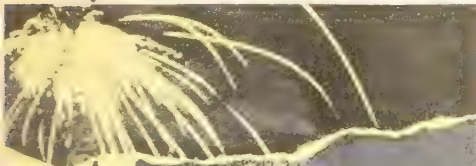
PEOPLE



Smith: the word on decorating

Big bonus for ocean-going travelers today are talks from experts. **Dr. Joyce Brothers** is on board the Q.E. 2 talking about "Love 1976." When Arden's **Pablo Manzoni** couldn't make the Royal Viking Sky's cruise through the Baltic July 30 to August 13, he recommended interior designer **Arthur Smith**. He's giving four 45-minute talks on decoration in between stopovers in Finland, Russia, Germany, and Holland.

Artist **Barbara White's** church studio in High Falls, N.Y. (she put



Santa Fe's August festival, Zozobra, from Shape of Joy

it up for sale when she took off to study environmental housing in Auroville, India) is now a museum for the Delaware & Hudson Canal Society. Columbia's Dean of Architecture **James Polshek** and graphic designer **Connie Olguin** (neighboring weekenders) pitched in free services to remodel it.

Singer **Marilyn Sokol** impressed guests at New York restaurateur **George Lang's** late May dinner dance (hot Szechuan food) with her Judy Garland-sized talent. Light patter songs and moody blues were equally appreciated by guests, including **Zero Mostel**, Senator **Jacob Javits**, NYC Mayor **Jacques d'Amboise**.

Lost but not found—a genuine lock of George Washington's hair. The **Duke of Argyll** brought it

over to the U.S. as a Bicentennial gift and lost it in transit in a hotel. The Duke's trying to raise money to restore Inverary Castle, burned down last year.

Consumer champion **Betty Furness** will be stirring things up at the Interior Society of Interior Designer's convention in Atlanta. She speaks her mind August 1.

Art action in San Francisco: **Angelica Reynal Thieriot** (her South American father **Juan Reynal** was one of the all-time international polo greats) has opened a new art gallery in partnership with **John Drum**. **Marc Liebovitz** from Knoedler in New York is also on the scene. His Gallerie Marc will specialize in modern painting.

Two new antiestablishment magazines are now in print: *Tracks*, edited by sculptor **Herbert George**, and *October*, edited by critic **Rosalind Krauss** with **Jeremy Gilbert-Rolfe** and **Annette Michelson**. Both for and about artists, esoteric (e.g. from *October* "to express something means you first killed it"), but interesting.

There's more fun in America than you might imagine. Architect **Chadwick Floyd** of Moore Grover Harper and Harvard photographer **Melinda Blauvelt** safari'd 40,000 miles in 9 months covering American city festivals. Result: their soon-to-be-published superbook on celebrations, *The Shape of Joy*.

Marc Liebovitz, sculptor George



Gallery owners Angelica Reynal Thieriot and John Drum

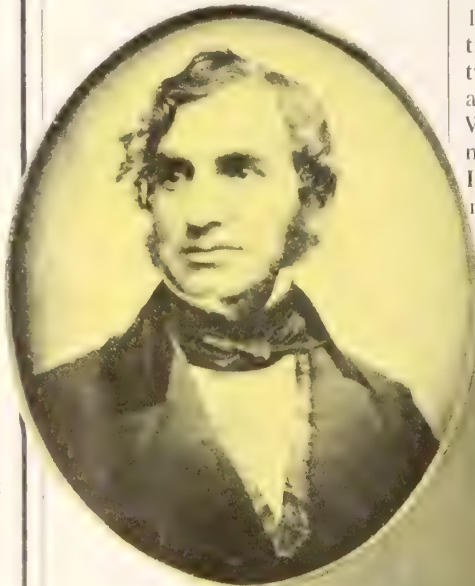


C'est la Daguerre

Daguerreotypes, the first photographs, were made on polished silver plates so shiny the image can only be seen when reflected against a dark surface. Yet no subsequent process, not even the most revolutionary camera, can render such exquisite detail, and nothing has been able to replace the magic of the elusive daguerreotypic image. The 19th-century portraits from the Boston studio of Albert Sands

Southworth and Josiah Johnson Hawes were extraordinary. Large and visually powerful, these probing studies of personalities included **Ralph Waldo Emerson**, **Daniel Webster**, **Henry Wadsworth Longfellow**, and **Harriet Beecher Stowe**. **John Quincy Adams** was photographed seated beside a boot strewn table; actress **Lola Montez** posed provocatively with a cigarette in her black-gloved hand. Now through December 18, over 100 Southworth and Hawes portraits and landscapes made between 1843 and 1862 are on show at the National Portrait Gallery, Washington, D.C. This Bicentennial exhibit was organized by the International Museum of Photography in Rochester, N.Y.

ROBERTA HELLMAN
MARVIN HOSHINO



Above: celebrated author Henry Wadsworth Longfellow, a dandy of his day, in daguerreotype

Right: Lola Montez, legendary 19th-century dancer and rebel, caught in daguerreotype with cigarette in hand.



Would you buy a used map from this Duke?

Brigadier General Lord Percy commanded the Fifth Regiment of Foot in the War of Independence and his army was almost entirely cut to pieces on Bunker Hill. He went on, though, to command other battles and, safely back in England in 1786, became the Second Duke of Northumberland and master of Alnwick Castle. Today the present Duke, tenth to hold the title, has brought to light some of his ancestor's war treasures—seven unique maps made by Lord Percy's cartographers while he was engaged in war. The Duke is offering

each one in a limited Bicentennial edition, along with a copy of fascinating letter Lord Percy wrote to his family from Boston in April 1775. Each print is \$175, framed. From Rex Hearn Company, Suite 1602, 50 Vanderbilt Ave., New York, N.Y. 10017.

Duke of Northumberland: found





uring Queen
ne's reign, cabinet-
makers reflected English
taste in their selection of
the woods. For those who
appreciate this 18th Century
fashion, reproductions are
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Baker Furniture
(FURNITURE)

Bicentennial bounty

Bicentennial gifts continue to pour into the White House at the rate of about 50 a day, reports Deputy Special Assistant to the President Milt Mitler. "All types, all values, from a child's simple hand-drawn birthday card to an elaborate piece of sculpture." If you want to see them, there is a special display in the Great Hall of the Commerce Building, Washington, D.C., open seven days a week, from 9 A.M. to 6 P.M. (no charge). So far no decision has been made about what to do with these things. "Some will probably go to museums, others to the archives, to be brought out again at the Smithsonian in 2076." Over at John Warner's office (he is Administrator of the American Revolution Bicentennial Administration), everyone is concentrating on Bicentennial projects across the country. The former Secretary of the Navy has traveled constantly this year all over the world, attending official Bicentennial events. This month, he will visit the Crow Nation in Montana.



John Warner



Clipper ship gift

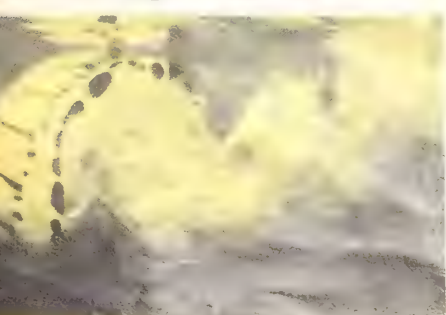


Girl Scouts book



Royal Worcester plate presented for the Bicentennial

Making waves



Purple jellyfish, one of many dazzling photos in oceans book by Elisabeth Mann Borgese, right.



Growing population pressure, food shortage, changes in the world's climate—all these factors are turning people's thoughts to the sea, "the last frontier," says author Elisabeth Mann Borgese in *The Drama of the Oceans* (Abrams, \$25). Mrs. Borgese (Thomas Mann's youngest daughter) is an executive of the International Oceanographic Institute in Malta and was one of 1,200 delegates at the recent U.N. Conference on the Law of the Sea. Concerned about haphazard exploitation and pollution, she is also anxious that the sea be enjoyed by all. "Let's create more marine parks," she says, "with underwater restaurants, observation towers. Aquatic wildlife reserves are as exciting to visit as national parks." Mrs. Borgese's epic, accompanied by 136 illustrations, is a dazzling. It's high time for one to dive into the subject.

DEPARTURE POINTS



Dieppe: the scallop catch



Cooking school chefs

Have whisk, will travel

In the French port of Dieppe when you find "seashells by the seashore," they are often succulent Coquilles Saint-Jacques au naturel, the local scallops cooked only in native butter. And from late September through April most of the tourists in this friendly Channel town concentrate much more on saucapans than on their cameras. The main attraction is the Five-Day Dieppe Cooking School conducted by Maurice Lecourt, one of Normandy's renowned chefs. Last year some 2,000 enthusiasts from Seattle to London attended 23 English-language cooking sessions during the fall, winter, and early spring. Before the school started five years ago, there were hardly enough off-season visitors in Dieppe to break eggs for a soufflé. Summer is something else. Only two hours from Paris by train and four hours on the car ferry from Newhaven, England, Dieppe has always been a bustling summer resort. Ruskin wrote there, Pissarro painted seascapes. The proprietor-chefs of three hotels (Tilquin

of the Unvers, Lambert of the Windsor, Ponjon of the du Rhin, and the tourist office decided to do something about the bleak off-season. And thus was born the Dieppe Cooking School. The weekly prices, astonishingly low in today's France, range from approximately \$155 each for a double room and bath at the three-star Unvers to about \$110 for the same in the two-star du Rhin. This includes everything, starting with dinner Monday night through breakfast on Saturday, four 2½-hour lessons (each a three-course meal), a tea party with the ladies of "Dieppe Accueil," visits to a Benedictine distillery, a Norman dairy farm, Rouen, and finally a diploma awarding banquet with champagne. Three different five-day courses follow in sequence and you can take one, two, or all three. In the demonstration kitchen in the du Rhin, Professor Lecourt waves his wire whisk, shows how to turn curdled sauces into triumphs. For details write the Dieppe Cooking School, 18 Blvd. de Verdun, Dieppe, France 76200. DEE HARDIE

Rothschild rarities

Harry Bailey, a New York art dealer formerly with Christie's, is handling the sale of some very special 18th-century French antiques that have come from Baron Edouard de Rothschild's Avenue Foch Paris town house. "The Louvre has been a bit reluctant to let these things out of France," reports Mr. Bailey. "They should be of interest to American museums." Prices reflect the fact that these are extraordinary treasures. Two Boule chests are available for \$180,000 the pair. Then there's a Chinese lacquered secretaire for \$120,000.

In Mr. Bailey's New York apartment now is "a preview of things to come"—ten items, with some vases and sculpture, valued at about \$1 million. Interested buyers who want to view the collection, can see it by appointment only. Phone 212 753-4114.

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Five finger exercise

At St. Vincent's Hospital in New York, a new hand gym—a small plastic device for exercising the hand—has proved helpful to those suffering from arthritis. Tests have shown it to be an easier way to bring back articulation than the standard, rather complicated exercises. Dr. Judith Schaufler, who has carried out the 4-month study, cautions the gym should be used only with a doctor's okay. Some of her patients have regained the ability to write, open a screw-top jar, and pick up small objects. Isometric and motion exercises devised for the gym have also proved beneficial to people with burns, partial paralysis after strokes, fractures,



New hand gym for arthritis

and normal old age stiffness. The gadget is \$20 including postage. Write Hand Gym, Inc., Point Lookout, N.Y. 11569.

New method for measuring depression

Until now doctors have had to rely almost entirely on their own observations and a patient's self-assessment to determine depression. New studies suggest that electronic tests may provide a surer diagnosis. Experts at Harvard University and Massachusetts General Hospital have discovered that minute facial muscle movements, related to emotion, can be measured electronically. In the study, subjects were asked to imagine happy, sad, and angry situations, without any visible change of facial expression. Electrodes placed on their faces recorded muscle activity. Normal and depressed people showed similar patterns of muscle activity while imagining sad and angry situations. Depressed subjects showed abnormally low activity when asked to imagine a happy situation. Such findings take research on depression a step further.



Designer Pratts tries steam machine in her zany Bloomingdale's window

Smashing windows

What are all those people doing outside Bloomingdale's? They're looking at the innovative, whimsical windows done by Candy Pratts, a lively young designer who has almost singlehandedly led the revolution in New York window design. Now 26, Candida, as she prefers to be called, made her name doing the Charles Jourdan shoe store windows on Fifth Avenue. She had no previous training and sneaked her way into the organization as a shoe saleswoman. Today at Bloomingdale's she's responsible for windows in 11 stores, with a staff of 37 in New York

alone. Candida has broken practically all the rules. She shows dresses from the back, bathing suits draped casually on hooks, mannequins looking at TV. "It's either total fantasy or total reality," she says. "It's not hard sell. But I think people are more attracted to look at the windows." Where does she go from here? Frankly, she doesn't want to get tied down with business meetings, budgets, memos, and everything else that goes with being a corporation executive. "It's very important that I keep on the creative end. I'll probably go on to do movie sets." Meantime, there goes the phone—and it's on with the relentless task of planning and tearing apart 40 windows every two weeks.

Fiorucci Milanese

In New York, there's a taste of Italian "radical design" in the new Fiorucci shop on 59th Street. Ettore Sottsass and Andrea Branzi, the two Milan designers who planned it, did just the opposite of what architects usually do when creating a store. They broke through the ceiling to expose all the mechanical details—heating, lighting, air-conditioning conduits. They tore back the plaster to expose brick walls. For changing rooms, they designed freestanding cubicles "like toilets" which can be grouped and shifted around the space as displays change. Clothes are hung on industrial aluminum piping. Movable, flexible, it can be reassembled into many different configurations, like a Tinker Toy system. "We are radicalizing the meaning of design," says Sottsass. "This shop is not a decorated room, it's more like a street, quite free and open. We don't want to do cosmetic cover-up jobs, make everything look beautiful."

At Fiorucci, Ettore Sottsass, left, Andrea Branzi, right.

Sock it to 'em

If you find a closeout in socks, as Dorothy Globus of Cooper Hewitt Museum did, buy 5 dozen pairs and work them into a quilt. She sewed each one to a cotton base made from a sheet, leaving the top of the sock open. Then filled each sock with polyester fiberfill and closed it up. This top layer was then machined to a second sheet and polyester fiberfill placed between the two. Cost of quilt: \$6 for socks; \$15 for sheets; \$15 for fiberfill. Total: \$36.



Dorothy Globus and sock quilt

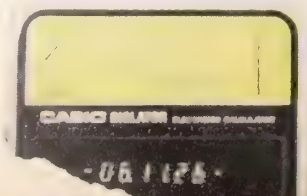
The mood machine

After the mood ring, the mood machine. It's a calculator with a special memory "chip" for checking biorhythms. Operation is simple: Press keys of your birth date and touch the blue Bio-button, and the machine comes up with a three-number read-out. These numbers record your physical, emotional, and intellectual status. Refer to the chart at the top of the Biolator to find how you stand today. The

theory of Biorhythms is still being argued. The latest book is Bernard Gittelson's *Biorhythm: A Personal Science* (Arco). But many aficionados find biorhythms as intriguing as astrology, and schedule job interviews, vacations, and parties by this personal birth graph.

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QUESTIONS & ANSWERS

Antiques

By Louise Ade Boger

19th-century chair-table



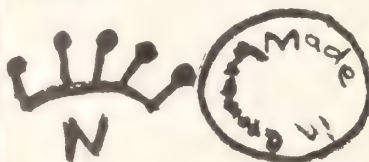
Can you tell me something about the history of chair-tables, such as the one in my snapshot?

E.C.D.—Amsterdam, N.Y.

In England this convertible form of furniture, in which the hinged back of the chair swings over to

form a table, was in use from medieval times and was made in quantity in the 17th century. In the U.S., examples of this dual-purpose furniture survive from the 17th century. Your chair-table dates about the 1890s.

German ballerina mark



My German porcelain ballerina has this mark. Can you tell what the "N" means. Is the piece old?

C.B.—Kenilworth, Ill.

Your ballerina was made some time after 1890. The crowned "N" (for Naples) indicates the figure has been modeled in the Capodimonte style, which, at its most captivating, possesses an admirable rhythmical movement and softness of outline.

LaSa pottery



My vase has "Weller-LaSa" written on its side. What can you tell me

about it? E.W.K.—Glencoe, Minn. Your vase was made by the Samuel A. Weller Co., a large commercial art-pottery active at Zanesville, Ohio, 1882-1949. LaSa, an iridescent pottery, was a line created by John Lassell (1871-1926), who was in charge of the Weller decorating department in the early 1920s.

Limoges jar



From the marks and photograph can you identify my china jar?

J.R.G.—San Jose, Cal

Your covered jar with stand was made at the Limoges porcelain factory of Tressemanes & Vogt a some time after 1890 and perhaps before 1919.

Continued on page 20

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Ice Spoon	32.00	24.00	35.00	26.25	40.00	30.00
Ice Reader	21.00	15.75	25.00	18.75	30.00	22.50
Ice Bev. Spoon	27.50	20.63	31.50	23.63	36.00	27.00
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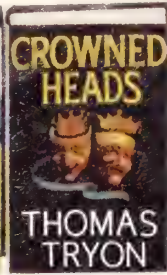
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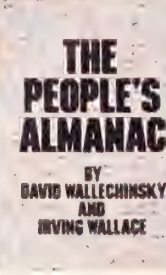
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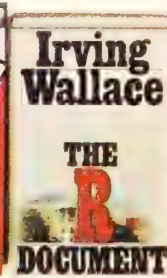
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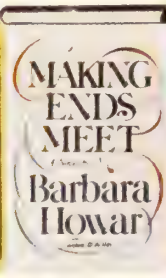
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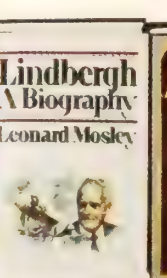
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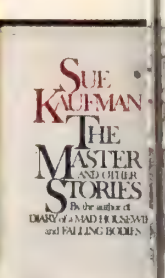
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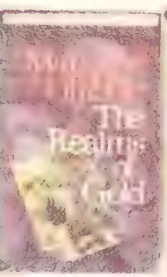


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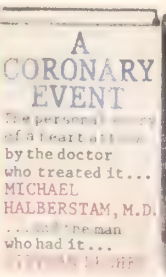
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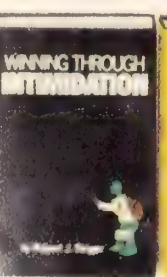
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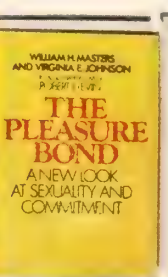
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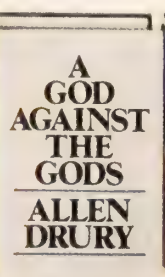
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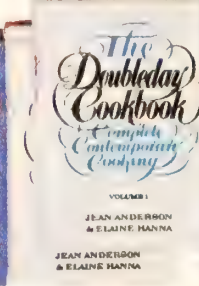
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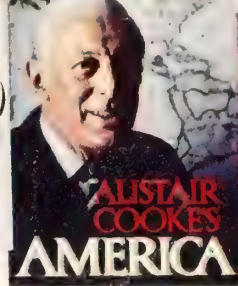
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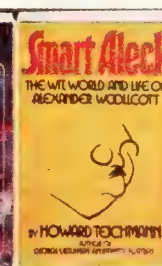
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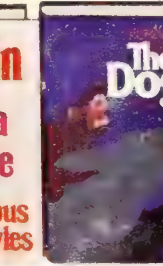
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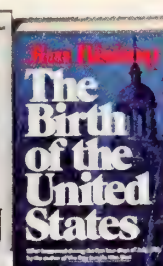
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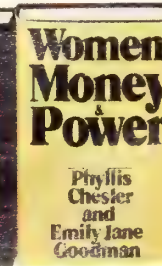
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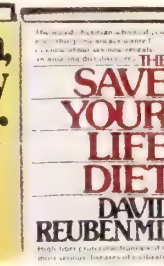
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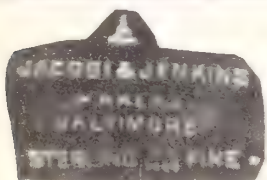
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 Mrs. _____
 Apt. _____
 City _____ State _____ Zip _____

Members accepted in U.S.A. and Canada only. Canadian members will be billed from Toronto. Offer valid only in U.S.A. and Canada.

Antiques
continued from page 14

Baltimore coffee service



My coffeepot was made by Jacobi & Jenkins. Can you identify it further? B.H.T.—Opelousas, La. Your coffeepot was made in Baltimore, Md., between the years 1894 and 1908. This elaborate repoussé and chased pattern of naturalistic roses is popularly called "Baltimore Rose," as it is identified with

the work of leading Baltimore silversmiths.

Indian-shooting-bear bank



I'm told this is the oldest "shooting bank." Is it true? What can you tell me about it?

B.E.—East Hampton, N.Y.

The first shooting bank was Creedmore, patented in 1877. However, the action in your bank is the same as the Creedmore and several others, including "William Tell" and "Teddy and the Bear." The man with the rifle shot the coin into a slot in a target and rang a bell. The rifle contained a paper cap that exploded. Your bank, originally advertised as "Bear Hunt Bank," was patented on Jan. 17, 1888, made by J. & E. Stevens, and still

listed in its 1917 catalogue. It was included in the 1902 Sears Roebuck catalogue, and priced at 85c.

American clock

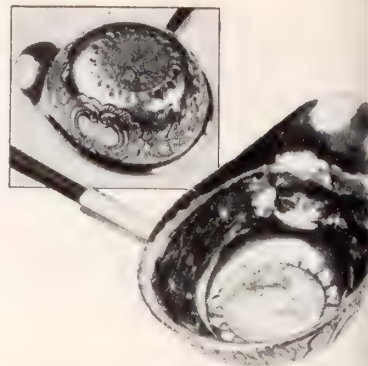


Who made my clock? Is it old? Is it a rare design?

I.S.—Pleasant Hill, Cal.

The Ansonia Clock Company made your drop octagon wall regulator with a two-sided base probably in about the 1880s. Thousands of this class of wall clock, with slight variations, were made, and because of their enduring popularity are still being made. The date calendar on yours is an unusual feature.

English punch ladle



My sterling silver punch ladle was made in Chester, England. The date on the coin in the bottom of the bowl is 1787. Does this mean that my ladle was made in the 18th century and is an antique?

N.T.—Scarsdale, N.Y.

No, your punch ladle is Edwardian, 1901-1910, but it has been copied from an 18th-century Georgian punch ladle, the bowl of which was sometimes, as in yours, provided with a broad pouring spout and an inserted coin. The handle was of turned hardwood or twisted whalebone and tipped with silver. This type of handle was often used with porcelain punch bowls.

A Public Service of This Magazine & The Advertising Council



C'mon, kid, Live!

When the eyes flutter open at last, when the breath finally comes easy and regular—only then can the fireman relax. And maybe take a little pride and pleasure from the special gift he's been given.

It's a learned gift, with a big name: *mouth-to-mouth resuscitation.*

And the gift itself is big, too. Because in many cases it brings people literally back from death.

Whenever you wonder "where Red Cross money goes," think of it. Part of your money goes to train people in all walks of life to do what needs to be done when the chips are really

Maybe you'll never need to be brought back to life this way.

Then again, maybe you will. Isn't Red Cross a good idea? Belong.



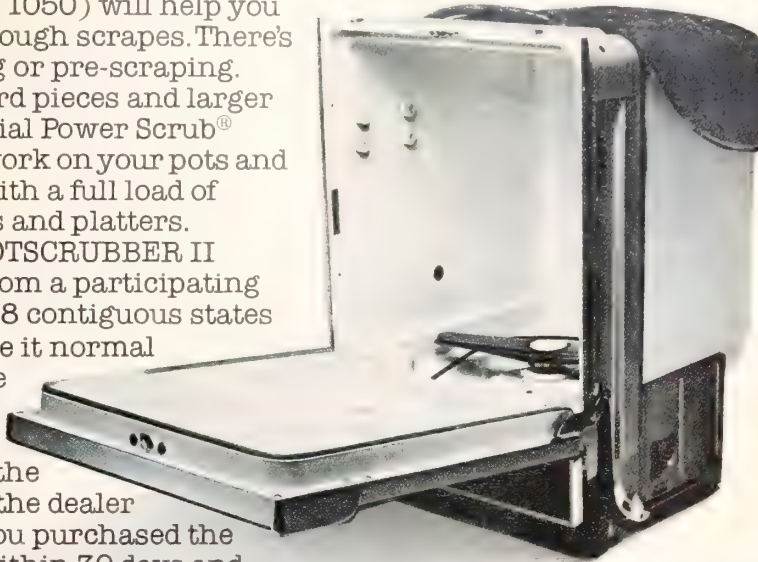
Photo by Paul Caramuto, V.F.D., Mt. Vernon, N.Y.

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Compare our incredibly durable interior with its ten year tub plan.

In addition to the warranty you'll receive a service contract that says, if the PermaTuf[™] tub or door liner should fail to contain water due to manufacturing defects such as cracking, chipping, peeling or rusting within the nine (9)-year contract period (ending ten years from purchase date), General Electric will repair or replace the tub or door **WITHOUT CHARGE** for either **PARTS** or **LABOR** unless failure is due to misuse or abuse. This Service



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How to
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beautiful
and
unusual
presents

from THE METROPOLITAN
MUSEUM OF ART

Every three months—four times a year—the Museum will announce by mail remarkable new replicas—exact copies of Museum originals: sculpture, decorative objects, tableware, and ornaments.

The variety will be extraordinary: ancient jewelry in gold and silver; Oriental and European porcelain; early American glass in crystal and rare colors; bronze from Egypt, Greece, China, and the medieval world; silver, pewter, brass, and pottery from Colonial America.

These copies, often produced by the same techniques used for the originals, are made by artist-craftsmen working under the Museum's direct supervision. The care taken in production frequently limits the quantity, and the majority of replicas can be bought only by mail or at the Museum. (Above: Owl. Ptolemaic Period, 332–30 B.C. Cast stone, 4 1/8" x 4 1/4", \$12.50 plus \$1.25 for shipping.)

To receive all of the advance announcements to be issued during the next year, send the coupon below with one dollar to cover mailing.

On September 1, you will receive the first of these, the 116-page Christmas Catalogue. A brilliant array of new presents includes jewelry with scarabs of lapis lazuli and rock crystal; a medieval ivory hand mirror; early American flowerpots; 19th-century glass in emerald, canary yellow and peacock blue; a silver brandy warmer and cordial tumblers; a rare French coffee cup; a quiche dish; art nouveau placemats; stars, snowflakes, hearts, bells and a treetop ornament in gold and silver; a silk scarf with Chinese butterflies and another with flowers from a Persian garden; a collection of Museum needlework patterns and a new cookbook, *To the Queen's Taste*. In addition, there is an unparalleled selection of Christmas gifts.

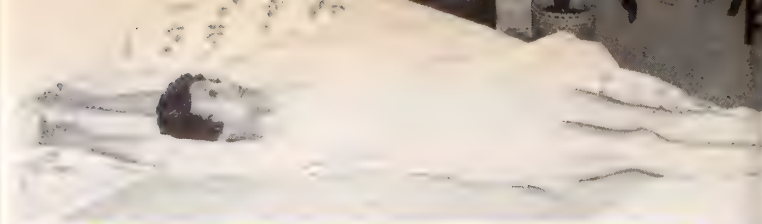
THE METROPOLITAN MUSEUM OF ART

211 Grand Central Station, New York 10028

Please send me all advance announcements and catalogs of replicas to be issued by the Museum during the next 12 months. One dollar to cover mailing costs is enclosed.

NAME _____

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GOOD LOOKS AND GOOD HEALTH

Exercises to do while you're doing something else

From New York exercise teacher Barbara Pearlman

By Caroline Seebohm

Before get out of bed

To awaken circulation, *above*, muscles: lie flat on palms up, arms head, feet to With right arm up and stretch flex right foot feel stretched fingers to toe same with other and foot. Repeat 12 times.

No more trying to find 10 minutes during the day to do exercises. No more wasting time changing into exercise gear. No more boredom doing the exercise grind, or guilt at not having found time. These exercises take no extra time—you do them while you're waiting for the kettle to boil, watching TV, running a bath, tidying up the playroom.

"It's so simple, you'd think someone would have dreamed it up sooner," says exercise expert and teacher Barbara Pearlman, who designed these exercises especially for House & Garden. "They are stretch exercises you can do in ordinary clothes, anywhere. I prefer stretch-oriented exercises based on dance and yoga techniques, primarily because you're using your whole body instead of just isolating the arm or thigh or chest. These exercises incorporate the entire body. They are toning as well as stamina-building."



Upper thigh exercise (in the bathroom): Legs apart, feet turned out, rest hands on sink for balance. Bend knees slowly keeping body straight, then return to straight knee position. Repeat 12 times, keeping buttocks tucked under.

While running a bath

To strengthen upper arms, backs of legs (in the kitchen): Feet together, heels firmly on the floor, hands touching countertop, arms forming a V, bend elbows and gently push into counter, bouncing for 3 counts. Push up to an upright position on 4. (This is a modified push-up.)

Till the kettle boils

To strengthen legs and backs of thighs (in the kitchen): Put leg on countertop, hand resting on hips, lower body as close to your leg as possible for 2 counts, then lift for 2 counts. Do this 5 times, then change legs.

While cooking or talking



"The most exposed part of your body is your hair. Don't let summer get to it. Use condition."

Julius Caruso



"Tanning lotions protect your body from burning sun. Skin creams moisturize it against drying wind, salt water, chlorine, air conditioners.

But what about your hair? I've never seen a suntan lotion for that. It's a shame because the most beautiful tan can't

make up for hair that's dried, broken, frizzled by summer. What's more, the damage done in summer can last all winter long.

The way I see it, you have 2 choices. Either stop doing the things you love all summer, or use condition* at least once a month to help undo the damage.

condition* Beauty Pack Treatment from Clairol has 4 times the protein of any leading conditioner. This intensive

30-minute treatment is so rich and creamy, that instead of dripping off your hair like watery conditioners, it sinks right into the hair shaft, supplying all the deprived hollows with protein.

It helps repair split ends so your hair has a new body and fullness. And a healthy, glossy shine.

condition* costs more than most other conditioners, but then, how much do you value your hair?

This summer, keep your hair in as good shape as the rest of you.

With condition*."

condition*

The 30-minute treatment for summer-damaged hair.



10 REASONS WHY YOU CAN'T BUY A BETTER CONTACT CEMENT.

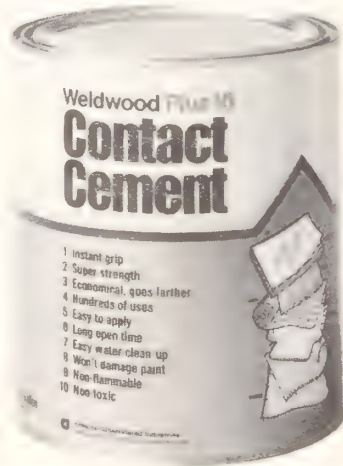
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2. Super strength
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The secret is a new formula that puts Plus-10 in a category all by itself. So whether you're a serious handyman or a weekend

do-it-yourselfer, Weldwood Plus-10 Contact Cement will help you achieve professional results—and that's a big plus. **Weldwood**

 Roberts Consolidated Industries
Champion International Corporation



GOOD LOOKS AND GOOD HEALTH



Continued from page 22

High and buttocks exercise, *above*: Lie on stomach, feet together, toes pointed. Lift leg as straight and high as you can, buttocks gripped tightly. Alternate legs 20 times or more. If you feel back strain, bring your chest closer to the floor.

While you talk on the telephone

Arms and bosom exercise, *below* (watching TV): Extend arms out to side. Form a fist, keeping arms perfectly straight. Rotate arms, forming little circles, back 10 times, then forward 10 times, with arms at shoulder length. Repeat.

During your favorite TV show



For backs of legs and buttocks (in the children's room): Feet wide apart and parallel, relax the body from the waist, falling loose, like a rag doll. Hang arms down to the ground and bounce gently. Bounce to left and right too, as often as you need to.

While you tidy up



Leg exercise (reading or resting on the sofa): With legs and knees straight, toes pointed, raise leg as high as it will go. Then work the

other leg. Make sure leg and knee are straight at all times. Alternate legs for up to 32 counts if you can.

While you are reading



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Dear Doctor: Having a wonderful time, but—

wish you were here!

How to stay healthy while traveling—what to take along—what to do when you get back—from tropical medicine expert Dr. Ben H. Kean.

By Caroline Seeborn



Dr. Ben H. Kean

You've arrived at the holiday spot of your dreams. The sun is shining, the ocean is blue, the food is exotic, the natives are friendly. Then it happens. That ominous interior rumbling as the stomach shifts gears—and goodbye vacation.

Most travelers will recognize the symptoms. It is probably the most common health hazard abroad. But today, knowledge of "turista," "Montezuma's Revenge," "Delhi Belly," the "Turkish Trot," or whatever you like to call that particular form of diarrhea, has reached a level where many doctors believe it will soon be controllable by a vaccine.

"We think, now, the cause has

been found," says Dr. Ben H. Kean, professor of tropical medicine at the New York Hospital-Cornell Medical Center. "It is a bacterium called *Escherichia coli*, and the reason we have had such difficulty in locating it, I think, is because everybody has this bacterium—but sometimes it produces a particular toxin and it is this toxin that is responsible for the sickness."

The best way to avoid "turista" is to drink boiled or bottled water, or beer, or tea. Any water you drink *must* reach the boiling point, at which the bacteria is killed. But as Dr. Kean points out, it's difficult to be absolutely safe. "Take a melon, for instance. If you've been served melon anywhere in the world, you'll know they cut it, take out the seeds, and rinse it in water. Well, I do it differently when I travel. I take the melon and empty out whatever liquid is on it, then rinse it with my own bottled water or even beer. That way I've reduced my exposure to contamination 95 percent. It'll never be 100 percent, but these precautions help."

Other precautions: Remember ice cubes are made with (un-boiled!) water. Avoid raw vegetables and salads, and unpeeled fresh fruit. "Don't worry," says Dr.

Kean, "about not getting enough vitamins if you cut out these foods. You'll survive the trip much better without them."

One of the most important ventures known to the traveler day is the immersion heater, an expensive gadget that can prevent untold misery in hotel bathroom. "Bring any water to the boil with the heater, boil for one minute, you've got safe drinking water. The immersion heater is the most vital element of your travel wardrobe. What happens if you are traveling with children who drink milk? You have to take your chance, says Dr. Kean. "Most countries produce perfectly good powdered milk. With that and boiled water, children get almost all the nutrition and protection they need."

If, however, disaster strikes and you are a victim of diarrhea, Dr. Kean recommends the following treatment: "Replenish the liquid lost. This may be hard at the beginning, but try the following diet—tea, applesauce, rice. At every hour take just a little of these, and soon the gastric symptoms will begin to disappear, and by the end of 48 hours you will not be that completed."

"Why rice, tea, and applesauce? Because (a) they are usually available. (Continued on page 15)

Of all the best-selling 100's...

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18 mg. "tar", 1.2 mg. nic.	18 mg. "tar", 1.2 mg. nic.	18 mg. "tar", 1.1 mg. nic.	16 mg. "tar", 1.0 mg. nic.
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Source: Tar and Nicotine—FTC Report April 1976.
Source: Free Yields—Menthol Free 100 Report 1975.
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The ingenuity of some of the gardens (and gardeners) in *Easy Little Gardens* is amazing. Sunflowers and organic salad greens by a swimming pool . . . mountain rock plants on a Manhattan breeze-way . . . Japanese serenity next to a pulsing California highway . . . a bumper crop of vegetables from indoor-outdoor carpeting.

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Wish you were here
continued from page 26

ble in any country, (b) they are soothing, and (c) tea and appleauce contain tannic acid which is thought to be effective. The reason we don't recommend paregoric is that it is a narcotic, and you may get into trouble in some countries even carrying a bottle of paregoric. Also there is an objection on theoretical grounds: Since your condition is caused by a toxin, you are holding the toxin in when you take paregoric and therefore possibly prolonging the symptoms. Lomotil is a preferable substitute if you really want something to cut diarrhea down a little."

Dr. Kean says that a certain kind of antibiotic, sulfathaladine, taken twice a day, can reduce the attack rate from something like 35 percent to well under 10 percent. However, this should only be taken on the advice of a physician. Dr. Kean also believes that since they have isolated the offending bacterium, we will be able to develop immunity by using a vaccine—but that, he estimates, is 5 to 10 years away.

The right shots for the right spots

Immunization represents to many

people a jungle as impenetrable as any in Africa. Countries demand different vaccination certificates for different diseases, depending on where you are arriving from. Some areas are designated "infected areas" by the World Health Organization, and special immunization is recommended. In short, to tell the whole story would take a book—and luckily, there is one. Published by the U.S. Department of Health, Education and Welfare, Center for Disease Control, Bureau of Epidemiology, Atlanta, Ga. 30333, it's called *Health Information for International Travel*, and it tells you everything you ever wanted to know about shots for places you've never even heard of. (You may write for a free copy, but it's complicated reading; I suggest you ask your doctor first.) Here are some general immunization guidelines, recommended by Dr. Kean:

Europe and Russia—
no immunization required; typhoid booster and gamma globulin recommended.

Africa—
smallpox, yellow fever, cholera tetanus, typhoid, and gamma globulin.

Middle East, Far East, India—
smallpox, cholera, typhoid, gamma globulin.
 Dr. Kean believes that gamma

globulin is useful for every trip abroad, since "it protects significantly against infectious hepatitis, and in addition probably protects against polio, smallpox, and possibly other viruses." He adds, "malaria prophylaxis is mandatory if you are going to certain parts of Africa, South America, and Asia. Remember that the drug must be taken while in the hazardous areas, and also 5 to 6 weeks after you return. Please discuss this with your doctor."

The U.S. Public Health Department now recommends that you take your immunization whenever you like before you go, remembering that some require two doses or more. (Before you were required to "stagger" them—and this is still advisable if you are very sensitive.)

To swim or not to swim

People are more afraid of hepatitis than they used to be, and some believe that a major cause is swimming in water contaminated by sewerage. "If you are in an area where the water might be a problem," advises Dr. Kean, "follow this basic principle: Don't swim."

As for shellfish, the other culprit in hepatitis cases, Dr. Kean believes they are

Continued on page 109

BEAUTY AND HEALTH PRODUCTS
NEW THIS MONTH
IN THE STORES

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Continued on page 31

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Introduction by
Diana Vreeland



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w products
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tinued from page 29

out a worry. The other is *L'Oréal's SupPerm*. It's a conditioning revitalizer especially for permed hair. It massage a handful into freshly shampooed and rinsed hair and leave it there. Set or air-dry as usual. It's a something you can do to maintain your hair's strength and elasticity. Four ounces of *SupPerm* give 6 to 8 applications for \$2.25. What about the

one? *L'Oréal's Home Permanent* or *Extra Body Perm* are 2 to try. . . . Lot of women can't bear to go through summer without some color to show for it. (For many women, makeup color is better than the real thing.) Get ready with *Fresh Cover Water Color* or *Water Base Sheer Face Tint*—whew! by *Helena Rubinstein* gives a glow. In three shades—Pink, Peach, and Bronze—this wash of delicate color can be worn either by itself or under makeup. Two sizes, \$3.

If you're lucky enough to be a weekend houseguest this summer, you'll know how thoughtful "thank you" presents are appreciated. Things as elegant as a special treatment—flowers, spices, potpourri. *Estée Lauder* has four *Soaps* you can pick from. They're just-about-palm-size soaps in see-through, tinted acrylic cases in 4 of her fragrances—Youth Dew, *Estée*, *Surée*, and *Aliage*. From \$4 to \$4.50 each.

Short takes: *The Thing for Lips* and *The Thing for Cheeks*, both from *Cutex*. They're sheer glosses for your lips and cheeks that have just the lightest, most delicate touch of color. In very small, snap-shut plastic cases. \$1.25 each. . . . *Noxzema's* new *Cold Cream* is a great cleanser for dry skin; it doubles as a moisturizer. . . . Minimal makeup is a way of life on weekends or many people. *Maybelline's Waterproof Ultra-liner* makes lashes look richer, helps define the shape of your eyes, too. That and *Maybelline's Waterproof Mascara* could be all you need on the beach or anywhere outdoors. Black, Dark Brown, Soft Brown, or Navy Blue, \$1.35 each. Looking toward fall: Surround eyelining will bring a dramatic change to "natural look" faces. ■



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For the house fixer

A hydromassage footbath to give feet a lift, a hand shower to relax muscles, and bathroom wall hooks for just about everything

DOES YOUR BATHROOM HAVE A SPOTLESS REPUTATION?

By Deanne Raffel

The bathroom seems to take continual wiping to stay clean-looking. With the help of some ordinary household products, the job becomes easy. Lack of ventilation is probably the biggest contributor to mold growth—that black stuff that collects on grout in the bath and shower area, on the ceiling, in corners, and along seams of wall-paper. Scrubbing with cleanser does not seem to remove it. Pour bleach into a trigger-controlled plastic-capped bottle. Open the window and door and turn on the ventilating fan if there is one. Point the cap toward the mold on the tile and squeeze the trigger until the area is saturated. Scrub with a toothbrush. More than one application may be necessary to completely remove the discoloration. Once the mold has disappeared, rinse with clear water. Wipe corners and wallpaper with a commercial disinfectant that will not remove color from the paper.

Bleach, too, is a disinfectant. Wipe around the toilet bowl with a solution of bleach and water. Add 1 cup of the tank water—use the bowl brush to agitate it and scrub the tank walls. Do not flush for at least an hour. Also pour 1 cup of bleach into the bowl weekly.

Tiles and glass shower trays become dull-looking over time because of mineral deposits. Apply a plastic-scouring foam. This will lift away the mineral deposits. Rinse with clear water. Wet a plastic scrubber and rub over the shower pan, and the shower tray and glass will shine. To prevent a future of mineral deposits,

after showering use a squeegee or sponge to wipe down the walls and floors.

Those pesky toilet bowl rings and bluish-green deposits on the tub and lavatory that are caused by dripping water also can be eradicated with vinegar. Empty the bowl and place a rag soaked with vinegar over the ring for half an hour. Keep the fabric wet. Do the same thing with the copper spots. Again, use the plastic scrubber to scour off the ring or spot. Cleanser may be required too for a little more abrasive power.

Tile floors, especially glazed ones, can get terribly marked up. Here, too, a little abrasive action with cleanser will do the job. Do not use an excessive amount though—it leaves sandy residue that takes repeated wiping to pick up. Of course the tub, sink, and their fixtures need the abrasive to keep them really grime-free.

Cleanser is too harsh for gold-plated fixtures—instead try baking soda. It is a mild abrasive that takes a little more rubbing to work, but does an excellent cleaning job on easily scratched areas.

To keep mirrors and tiles shining, put a few drops of ammonia on a damp cloth or use a clear liquid product made specifically to clean glass and related materials.

One of the best assistants in your quest for a spotless bathroom is a soft dry-cotton rag. It polishes the chrome, tile, glass, and mirrors since they have been cleaned. Now the room should really sparkle. Never use steel wool in the bathroom—if scratches

More shower for the money

This hand shower delivers water a pulsating stream and has a hand lever that adjusts for various spray effects. You can have intense, invigorating spray in rhythmic



bursts, gentle steady spray, or various combinations of the two to wake you up or relax you. The shower set consists of a diverter attachment you install between the existing shower head and shower arm, the new hand shower head at the end of a 59-inch flexible chrome hose, 2 wall brackets to hold the shower head for sitting or standing use in the tub. Either bracket holds the shower head when not in use. Average retail price \$29.95. Moen Div., Standardyne, 377 Woodland Ave., Elyria, Ohio 44035.

Oh, my aching feet



To rejuvenate tired, aching feet (or hands and elbows), a hydromassage foot bath recirculates 27 gallons of aerated water per minute with a whirlpool jet pump. It has a directional swivel and air-intake control for adjusting the force of the water. White, with an easily maintained surface, the Foot Spa is portable, weighs 7 pounds, is 50 inches long, 17 wide, 10 deep, and has an automatic timer. The suggested retail price is \$160. Jacuzzi Whirlpool Bath Inc., P.O. Drawer 1, Walnut Creek, Cal. 94596.

Hooks with good looks

A traditional wall plaque of white, black, or dark brown plastic has 16 hooks to serve as a bathroom valet. Sculptural in appearance, the bathroom door or wall hooks hold towels, robes, washcloths, 27 inches wide, 28 1/2 long, 1 1/2 deep. It comes with mounting hardware and retail through Independent Arts & Architectural Supply, 4414 East 62nd St., New York, N.Y. 10021.

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CELEBRATING THE 1976 BICENTENNIAL

CITYSCAPES

What's happening in city planning across the country

Striking all-in-one structures, incorporating theatres, parking, offices, restaurants, and hotels, are going up from Atlanta to Los Angeles

By Michael Winkleman

Times have changed. Out of the energy and environmental crises a new urban spirit has arisen calling for less sprawl, more compact living, greater urban vitality. Towns and cities across the country are trying to save and revitalize their downtowns and their main streets, often in an advanced state of decay. In this spirit, local citizens, planners, architects, and ever-enterprising developers have evolved a new approach to city planning, one that brings together many of the functions of the city in one central location, if not one central structure. They call this "mixed-use development (MXD)".

MXD is not really so new. Cities were built this way long before planning was a profession. Leonardo da Vinci proposed a multi-level, multi-use city. And even in the suburban 1950s, Boston's Back Bay Center (now Prudential Center) and Philadelphia's Penn Center took a mixed-use approach to downtown renewal.

But now the movement is firmly underway. It has even taken on an architectural form of its own, a soaring skylit atrium that calls to mind Joseph Paxton's 19th-century Crystal Palace in London, his Winter Garden in Paris, and even Buckminster Fuller's later concept of covering our cities with weatherproof domes.

MXD at large

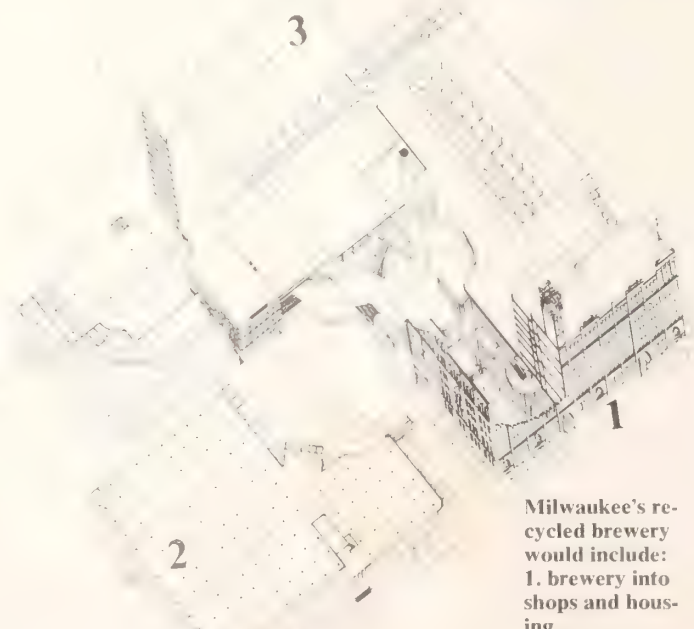
If your city doesn't have an MXD yet, it may be in the works. Philip Johnson's IDS Center is the crown jewel of downtown Minneapolis. Detroit is counting on its new Renaissance Center—4 connected office buildings and a John Portman hotel with proposed adjacent housing—to rescue its moribund downtown (the hotel, which won't open until March 1977, already has bookings through 1985).

Construction is underway on Tandy Center at Fort Worth, Republic Union in Dallas, International Rivercenter in New Orleans, and Market East in Philadelphia. Even Kalamazoo, Mich., boasts a spanking new center combining a hotel, convention space, offices, shops, swimming pool, a health club, and a discotheque.

But perhaps the most exciting example around is the Omni International in Atlanta. Here, beneath a prismatic skylight, are two 14-story office buildings, a 47-



The Centrum, to be built in Los Angeles, will house shops, cafés, and a hotel around a vast inner courtyard. Architect for the 11-story structure, Arcop Associates.



Milwaukee's recycled brewery would include:
1. brewery into shops and housing.
2. bottling house into offices.
3. new housing.

room hotel, an amusement park and a parking garage. Offices, hotel balconies, shops, and restaurants overlook an Olympic-sized ice rink; glass-walled elevators slide up and down a corner spire. And though it echoes Portman's neighboring Peachtree Plaza and Regency Hyatt House, the Omni (designed by Thompson, Ventulett & Stainback of Atlanta), has a character all its own. Its interior walls are exterior-like in appearance and construction. So the center, rather than being a giant interior, is more like a small enclosed city.

The success of mixed-use development may be the breath of life our cities need. Realizing this, more and more cities are bringing mixed-use into their plans. Here are four of the most intriguing examples. *Continued on page 36*

Quality. The endangered species.

Once, when a man produced a product it was the best he could possibly make. He stood behind it with pride and lived a simple idea: Do it right or don't do it at all. Now that idea may be threatened. Today that pride in workmanship, in the quality of things, is in danger of slowly slipping away. However, there are still companies, many of them, that are working harder today than ever before to preserve quality in everything they do. We feel that Whirlpool Corporation is such a company.

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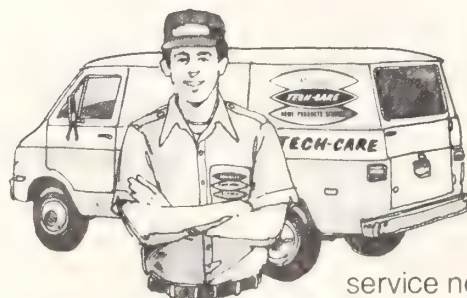


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Yes quality may be endangered in many places. But at Whirlpool we simply won't let it die. It's just too important.



We believe quality can be beautiful.

Cityscapes
continued from page 34

A California spectacular

Ask most visitors to Los Angeles if they've been downtown and they probably laugh in your face. Los Angeles, that object lesson in urban sprawl, has rarely been defined by its central business district. But the town's planners and developers would have it otherwise. So with the success of its first venture into mixed-use development—the Broadway Plaza, which opened in 1973—Los Angeles KarCo corporation hopes to break ground for a second such development, the Centrum, early next year.

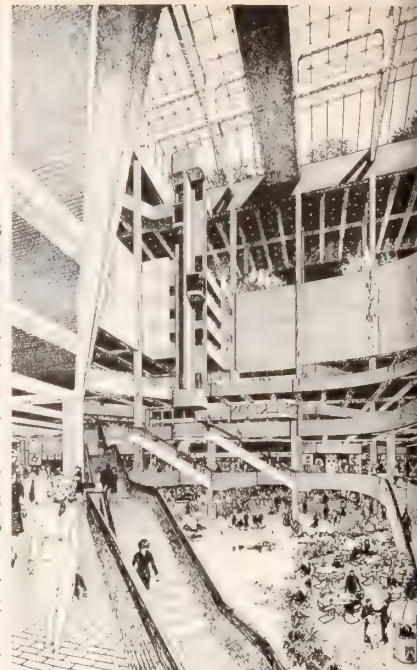
The Centrum is designed by Arcop Associates, architects of Montreal's Place Bonaventure, a layer cake of subway concourses, shops, wholesale markets, and hotels. Its plan for the Centrum, though different in form, is similar in content. Rising 11 stories, the Centrum will completely fill its lot and open up inside to reveal an enormous courtyard, replete with balconies, cascading escalators, green plants, and cafes, topped by a skylight and roof garden. All parts of the building will be oriented towards the atrium. Even surrounding streets, generally ignored by the solidity of the outside walls, will be invited in at the corners, where huge chunks of the orange-brick building will be replaced with glass.

The developers considered adding office and residential space to their plans. But the glut of office space already built in downtown Los Angeles and the less than moderate success of housing in the nearby Bunker Hill area convinced them to stick to more modest goals. Centrum will, however, in the spirit of Los Angeles's proposed Pedway system, eventually provide elevated connections to neighboring buildings. If all goes on schedule, Centrum will be completed within 3 years.

A small city thinks big

When the railroad approached the town fathers of Decatur, Ga., 150 years ago and asked if it could locate its southern terminus within city limits, the town fathers commissioned an environmental impact study. They decided against it. So the railroad took its tracks some 5 miles down the road and Atlanta was born.

Now Atlanta is bringing the railroad to Decatur in the form of a new subway system, and Decatur sees a chance to recoup some of the losses it's endured these past



Johnson's IDS Center in Minneapolis, a striking mixed-use structure.

150 years. Mixed-use development is its vehicle.

Decatur is a spirited community of some 24,000. Old Victorian homes surround a decaying 10-block core, which houses the seat of DeKalb County. The new subway, courthouse, adjacent to the station, will be primarily a destination station (as opposed to commuter "kiss and ride" stops in most suburbs) for county government workers. Utilizing this daily flow of people, say the experts and local residents who have put together this plan, is the best way to infuse life into the city's core. Toward that end they envision a complex of shops, apartment houses, office buildings, and a hotel topping the station, all tied together by an underground concourse, ground-level pedestrian walkways, and, perhaps, an overground skywalk.

Unlike many MXD projects, Decatur's transit stop will not be enclosed. Because it will eventually make up almost 40 percent of Decatur's downtown area, opening the center out toward its neighbors is the only way to keep them alive, too. By respecting the architectural scale of the older buildings that surround it, and by extending the pedestrian walkway system out of the station area, planners hope to unify the downtown and reverse its decay.

Though construction of the station itself is well under way, the economic crunch has severely set back Decatur's grander plans. Optimistically the project will be completed in 4 years.

New life for an old brewery

One of the good things to come out of the recent recession is a greater concern for the preserva-

Continued on page 109



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How to simplify your life

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Zogiatonanri

is a lot of muddled letters that don't make any sense. When you sort them out of their muddle, however, they take on meaning — they spell "organization." It's that simple!

House & Garden, August, 1976



A journey through the mysterious world of thought with anthropologist, biologist, psychologist, and thinker, Gregory Bateson

The Organized

Why do you do one thing rather than another? When you wash your hair or vote for President, what are the processes going on in your head that cause you to act? Why are some people more organized than others? There are a few men today who spend much of their time pondering such questions, and Gregory Bateson is one of them.

By Caroline Seebohm

Enormously tall, with a face like a benign hawk, he greeted me just after breakfast in his large farmhouse kitchen, which overlooks the hills above Santa Cruz. On the English burl oak table, along with cornflakes, pencils, and a child's sock, the *Oxford Book of Quotations* was lying open beside the telephone. On a nearby shelf, the *Encyclopaedia Britannica* sat side by side in neighborly fashion with gardening and cook books. A fish tank gurgled behind us. A cat asked to be stroked. Against this background, the distinguished thinker expounded, in bare feet, with frequent pauses, in an accent redolent of England, where he was born. At the end of a particularly complex idea, he would sometimes give a small chortle, eyeing with satisfaction his perplexed audience.

"Why do we want to be organized?" I asked him. "Why do we have this need to control our lives?" He looked at the table. "Terror?" he said at last. "We build on our babyhood in order to make what we are when we are grownup. When we are babies, we are concerned with very simple, basic things like eating, walking, and balancing. I think it's the terror associated with these things, especially the terror of walking, of loss of balance, of loss of control, that makes us determined to organize our lives.

"As we grow up, we are constantly trying to reaffirm that the world is fairly steady. The Balinese had a very organized civilization and then, in the mid-19th century, the Dutch came. There's a word in Balinese for the time before the Dutch, and the phrase is 'when the world was steady.' So it is important you see, that the body be able to walk—and for us to be able to balance."

There was a pause. The fish tank gurgled. I watched Bateson, wondering what he was thinking, wondering how his mind worked.

*Editor's note: Gregory Bateson, now 72 years old, has astounded the academic community throughout his life with his revolutionary approach to biology, anthropology, psychiatry, communications theory, genetics, cybernetics, and ecology. His famous "double bind" theory of mental pathology is now part of the psychiatric vocabulary. He has worked at the Veterans Administration Hospital in Palo Alto with schizophrenics, at the Oceanic Institute in Hawaii with whales, with his former wife, Margaret Mead, in Bali and New Guinea, with John Lilly and dolphins, and is currently teaching anthropology, cybernetics, and genetics at Kresge College, University of California at Santa Cruz. Probably the best known of his many papers and books is *Steps to an Ecology of Mind* (Ballantine). He now lives with his wife, Lois, and their 8-year-old daughter in California and is working on a book, *The Evolutionary Idea*, for Random House.*



mind

There are really two ways in which the human mind adapts," he explained. "If you want to shoot a bird, there are essentially two ways of doing it. One is to aim at the bird with a rifle. You look along the sights of the rifle, you see an error, and you correct it and correct it and correct it until you pull the trigger. That is correcting error in the course of the action, using *feedback*.

The other is essentially using rules laid down for computation. You see a duck rise at one point from the water, and you catch the direction of his flight and how fast he is going, and you raise a shotgun and go bang. And if you are sufficiently practiced in this, you'll get the bird.

Let's call this second method *calibration*. It's a different sort of adaptation, in which you are not mainly correcting errors in the action. Rather you are set, like a measuring instrument; you could put screwdrivers, as it were, into your head and fix it so your response to the situation is calibrated and made as accurate as possible through practice. You therefore have to practice like hell."


He looked at me and laughed. "Now," he went on, "you may ask which method people use in their day-to-day behavior. Well, the answer is a combination of both—and it tends to be quite complicated." I could see he was beginning to enjoy himself. "I worked with a family once where the father never got out of work till 6:30. It took him nearly an hour to drive home, so he never got home till 7:30. But supper was at 6:30, so he was late for supper every night. The system was calibrated to supper at 6:30, and every night his wife blamed him. Neither of them, interestingly enough, suggested changing suppertime. He didn't, I suspect, because at some level he liked to annoy. She didn't, because she liked to have him in the wrong.

"Their mental responses went something like this: He looks at the clock, sees he is going to be late, and hurries home on a feedback correcting error basis. But he's still out of kilter because the calibration is fixed, and what is needed is another feedback to correct the calibration."

Bateson drew a zigzag in the air, showing the pattern of feedback to calibration to feedback. "How do we get calibrated in the first place?" I asked him finally, in the middle of one of his profound silences, during which he seemed quite to have forgotten I was there.

"There will always be a tendency to take that which you do and make it into the rule for what you are going to do later: It's the phenomenon of habit. The notion of case law (based on precedent), upon which English law is founded, is an example of this. **The habit phenomenon, or formation of calibrations, is an inevitable part of the human mind. It is how we are constructed.**

"Do you know what a cliché is? I think it was originally a French printer's word. When they print a sentence they have to take the separate letters and put them one by one into a sort of grooved stick to spell out



Two spirited people, right, step cheerfully into the maze of life. What clues can we give them to organize, simplify, and find their way out to a meaningful world?

(Continued on page 154)

Organize now, or agonize later. It's as simple as that. I know. The poet in me used to think that being disorganized was creative, even romantic. So I played everything by ear. And what did I get? An earful—from friends, relatives, and creditors. Now I know better. Organization pays. Not only do I get more out of what I do, but I have more time to pursue my real interests. And, to top it all off, I tend to be in much better spirits because I don't have to worry about all the things I should have done but haven't had time to do.

By Paul Gross

There's no magic to becoming organized financially. It takes just a little time and effort. I've found that it helps to think of myself as a small corporation. As the president of that corporation, I manage a number of subsidiaries such as my career, my family's welfare, and an investment operation to provide for our future. As a businessman, I have to periodically look at my assets, set financial goals, and then come up with an operating or organizational plan that will help me secure those goals.

THE TOOLS OF THE TRADE

Many standard business practices can be used very effectively in your personal finances. One of the best is something that personal financial counselors call the personal audit—a no-nonsense look at your personal finances. It will tell you how well you're doing, point out any problems that might exist, and give you a rational financial plan for the future. What's more, organizing your finances this way doesn't take very much time or effort—especially when you consider how much you stand to gain from the

EDITOR'S NOTE: Paul Gross is a financial writer and editor of the Business Week Letter.

Are your finances out of hand? Your checkbook's a mess and you can't find the insurance? Here's solid advice on how to pull it all together.

A run for your money

exercise.

Step one: Run a cash flow on yourself. List all your family's income and fixed expenses (food, mortgage payments or rent, tuition, insurance, car payments, installment loans) for a month or two. That will let you forecast your family's income and expenditures for the year. Any money left after fixed expenses are accounted for is called discretionary income. The more you have, the better off you are.

Step two: Draw up a balance sheet of all your assets (bank accounts, house, car, art collection, stocks and bonds) and liabilities (mortgage, loans, or debts) to find out what your net worth is. While this may sound intimidating, it's really incredibly simple. All you have to do is list your assets and how much they're worth on one side of a sheet of paper and your liabilities on the other side. If your assets are greater than your liabilities, as they should be, you have a net worth. If your liabilities are greater than your assets, you have a problem.

Drawing up a balance sheet on yourself is a handy exercise in more ways than one. For one thing, it will give you a clear picture of all your assets and hence help you when you draw up your estate plan. For another, it can be used to track your personal financial progress from one year to the next. If your net worth increases from year to year, you're in fine shape and should have little to worry about in terms of sending your children to college or your own retirement.

Step three: Setting a workable budget is child's play now that you have a fix on your cash flow and your net worth. Your cash flow gives you a good handle on how much discretionary income you have and your balance sheet will let you set objectives—say, to increase your net worth by \$2,000 a year. Many people feel most comfortable with a steady savings plan; however, others do quite well for themselves with investments in real

estate or the stock market. The key to accumulating a nestegg is to have some consistent plan and attainable goal in mind.

Step four: Work up a long-term plan to take care of future financial jolts that you can anticipate (either through concentrated savings or pay-off investments). But don't be too ambitious—an extremely strict budget, like a punishing diet, seldom works because the temptation to cheat is so great.

BUDGETS AND BEDLAM

If your finances aren't snapping back into shape as the economic recovery gains strength and inflation abates, you may be what some personal financial counselors refer to as a "spendaholic." If you are, you're in good company. It's a widespread phenomenon—especially among affluent families.

You can tell if you're a spendaholic if most of your income is already committed to overdue debts, your mortgage, personal loans, and charge accounts—with little left over for your other regular expenses. Most people in that position rationalize it all away and play a game of stalling one creditor to pay another. That only works up to a point. Most people who play it eventually lose when it all comes tumbling down and their credit rating gets slammed. When that happens, they have trouble getting anything from a loan to life insurance.

If you're already in way over your head, ask your creditors for an extension. Lengthening the terms of your loans and bills will lighten your monthly debt burden significantly. Most creditors are quite willing to let you do this even if it means getting their money slowly. They'd rather get their money voluntarily than go through

The time you have

How to use it

Nowhere can effective use of time pay richer dividends than in managing a home. The problem: conflicting demands, dull and routine tasks, a feeling of being on a treadmill. The reward is great: more freedom to do things you want to do—gardening, painting, activities.

Principles of time management which apply to running a business apply also to running a home. You have an unlimited number of things to do, a limited amount of time, and to cope you

By Edwin Bliss

EDITOR'S NOTE: Edwin Bliss is a management consultant living in the San Francisco area who specializes in problems of management and organization development. His book, *Getting Things Done: The ABC's of Time Management* (Scribner's) is being published this month.

the cost of having a collection agency hound you for it.

If you have some qualms about asking your creditors for a favor, ask a debt counseling service to do it for you. (The counseling service, of course, will run a cash flow on your personal finances and help you draw up a workable budget.) You can get the names of reputable debt counseling services through your bank, credit union, or the local Better Business Bureau. Most counseling services, by the way, have become very sophisticated in dealing with upper-income clients over the past few years. As one debt counselor put it: "You don't have to be poor to be in debt." While some counseling services will charge you a fee, others either charge nothing or make their money by charging your creditors a percentage of the amount you owe them.

Whatever you do, don't reduce your monthly debt burden too much so that you're lulled into a false sense of security. It's a trap that many people fall into. As soon as they start feeling flush again they fritter away the extra cash they've freed instead of using it to pay bills. The idea is to get back on your feet by using that extra cash to work your debts down. By the same token, consolidating your debts by taking out one large loan

an expert tells you how to simplify, delegate, say no, make decisions, and have more time for yourself, by using office techniques at home.

of life

stretch it, save it

ify your activities, set honest priorities, eliminate wheelspinning, and use common sense in allocating your time.

where do you begin? Well, don't make the mistake of starting with the question "How do I do everything more efficiently?" Efficiency has its place, but management experts today use a broader concept—effectiveness—to analyze time use. Efficiency is concerned with the best way to do something. Effectiveness is concerned with whether you should be doing it in the first place, or whether another time might be better used on something else. Management consultant Peter Drucker put it this way: "Doing things right is not as important as doing the right things."

to determine whether you are spending your time effectively—that is, on, for you, the "right things"—you must relate time use to your personal goals. And since most people don't have clearly defined personal goals, that's where we have to begin.

to pay off all your smaller bills seldom works either. It cures the symptoms, not the problem. Most people who consolidate their bills have to go back to the till again and again because they're still living beyond their means.

TAXES, TAXES, TAXES

The earlier you start working on your taxes, the better off you'll be when April 15 comes around. Just a little bit of organization can yield some surprisingly hefty deductions. It can also save you a pretty penny if you have hired a high-priced accountant or lawyer to figure out your taxes for you. These professionals usually charge by the hour and the less time they have to spend organizing all your bills and papers for you the more you'll save.

There are some relatively simple ways to boost your tax deductions. For example, many people lose out on medical deductions because they can't meet the 3 percent and 1 percent rule. (You can only deduct bills that exceed 3 percent of your adjusted gross income and the cost of medicines that exceed 1 percent of your adjusted gross.) The cure for this problem, according to tax doctors, is to bunch up your medical bills every other year. Schedule your medical appointments towards the end of the year, but pay the bills at the start of the

new year. (Medical bills, for most of us, are deductible in the year they're paid.) Then, next year, schedule your medical appointments towards the end of the year—but pay the bills promptly. This will crowd two years of medical bills into one year and that should push them well over the 3 percent and 1 percent rules.

Your medical bills may also dictate whether you file joint or separate returns. For example, say that you and your spouse each earn \$30,000 a year. Now assume that one of you was fairly ill and totalled \$2,500 in medical bills, while the other one didn't even visit a doctor all year. If you filed jointly, you would only be able to deduct the excess of \$1,800, which is 3 percent of your combined adjusted gross of \$60,000. That would leave you with a medical deduction of \$700. However, if you filed separately, the one who had been ill would get a medical deduction of \$1,600—what would be left after being reduced by the 3 percent rule.

Business entertainment deductions are usually lost because people don't follow the rules closely enough. The IRS is a real stickler for rules. The rules themselves aren't all that difficult to follow if you use a little bit of forethought and keep good records. A cheap diary will do nicely.

It is imperative that you do this in writing. Goals tucked away in the back of your head tend to be general and fuzzy. Written goals tend to be specific and clear—and if they're not, work them over until they are.

In corporate planning, we always set long-range goals, perhaps 10 years or more in the future, as well as short-range or intermediate objectives. In personal planning, it pays to do the same thing: Make a list of goals you hope to reach during your lifetime, and a separate list of objectives for the next 6 months. Then make an "action" list—the specific things you must do to reach your goals and objectives. These three lists, if kept where you will see them every day, will have a profound effect on how you spend your time.

Exactly how do you implement your "action" list? Most of us make little lists of odds and ends we intend to do during the day—usually problems or tasks which have forced themselves upon our attention, such as: Get car greased, pick up dry cleaning, drive Susan to piano lesson, wash windows. *Conspicuously absent are the important tasks related to our major goals.* Why? Because goal-oriented tasks tend to be opportunities rather than problems; despite their importance, they lack urgency, so they never get done. By keeping your goal-oriented "action" list in front of you when you plan your day, you can make sure long-range goals are included.

What does one usually find on an "action" list? Generally, the tasks you tend to put off, despite their importance, because they are difficult or unpleasant—phone for annual medical checkup, bring insurance program up-to-date, begin diet, plan redecorating living room, start exercise routine, revise landscaping plan. Obviously, it would make quite a difference if these tasks could be brought up front. But exactly what are the mechanics of planning a day? Should you schedule your entire day in considerable detail?

I think not, because it (Continued on page 108)

Normally, you can deduct entertainment expenses directly or generally related to your business. Hence, dinner with someone who can further your business—say, a client or an important contact—is usually deductible. It is if the dinner is at a quiet restaurant or at your home where "the atmosphere is conducive to business."

By the same token, all the people at the dinner have to be involved in the business at hand or the spouse of someone who is. Break either rule, and you'll lose the deduction.

That's not to say you can't deduct the cost of entertaining at a night club or the money you spend to throw a wild party at home that all your neighbors come to. You can even deduct the cost of taking someone to the races. The catch is that the entertainment must either precede or follow a valid business meeting. But don't be too extravagant. The expense has to be in line with your usual scale of entertaining.

Under the "generally related rule," you can also deduct the cost of entertainment even if business isn't discussed. However, be prepared to show that the entertainment was designed to maintain current clients or win new ones.

You can also deduct part of your (Continued on page 94)

How organized are you—really?

A quiz that reveals the awful truth

Test yourself on these 14 questions, and turn to page 107 for the answers

By Alan Lakein

- 1 How often do you shop for food?**
 - a. Every day.
 - b. Whenever you need something.
 - c. Once a week.
- 2 You find the easiest way to pay your bills and charity appeals is:**
 - a. Open them all immediately and pay them as they come in.
 - b. Open them all and pay them on a set day of the month.
 - c. Organize everything in orderly piles and then stop.
- 3 The Boy Scout benefit you're working on is next week. You save time by:**
 - a. Not cleaning the house all week.
 - b. Cleaning the house quickly and going out for dinner every night.
 - c. Doing everything as fast as you can.
- 4 Your little girl asks you to drive her to a friend's house, although you've told her you need this hour to study for your French course.**
 - a. You do it cheerfully.
 - b. You do it gritting your teeth.
 - c. You don't do it and feel guilty.
 - d. You don't do it and feel good that you're treating yourself to this time.

- 5 If you suddenly have an hour of free time, you will:**
 - a. Sit down, have a cup of coffee, and think about what to do.
 - b. Start right in on a project you've needed time for.
 - c. Turn on the soaps.

- 6 Family friends are coming for the weekend and there's a lot to do to prepare. You decide to:**
 - a. Do everything yourself because you know it will be done right.
 - b. Give everyone in the family a task.
 - c. Hire outside help.

- 7 Do you find yourself starting lists, coordinating lists, hunting for old lists?**
 - a. No, I have a master list, which helps me keep track.
 - b. Yes.
 - c. I don't make lists.

(Continued on page 107)

EDITOR'S NOTE: Alan Lakein, author of the bestseller *How to Get Control of Your Time and Your Life* (Signet paperback), is a time-planning and life-goals consultant. See his weekly time use in the August 1977 *Harvard Business Review*. His corporate clients include IBM, Xerox, the Bank of America, and Procter & Gamble. Individual clients include James Coburn, Mario Puzo, Gloria Steinem, and Loretta Young.



Awnings keep out rain; roof reflects sun. For light, screens, two doors, a bubble ceiling

For more living time

Simplify

It's part playhouse for adults, part guest house for a summer cabin, a place where you can sit in a deck chair and just do nothing at all

The screen house is simply this: a cube of 4-by-8 plywood sheets and 2-by-4s designed so one man can assemble the walls on the ground, then hoist them into position—like an old-fashioned barn raising. It might sit anywhere: here on pilings over a lake, somewhere else on cinder blocks in the middle of a field. The finish outside is paint with an aggregate added to cover the plywood grain. The flat roof is covered with a half-inch layer of white rocks. Inside (designed by Ellen Jantzen) walls are painted with latex thinned down to seem like wash. A plexiglass bubble overhead for daylight, some light bulbs for the night, bunks that fold down from the walls with foam rubber for mattresses—and that's all there is to it. Simple, but also self-sufficient—like the solar house designer Michael Jantzen built last year (see *House & Garden*, October, 1975). Mr. Jantzen, who also built the versatile screen house, invented a traveling kitchen that can masquerade as a dining or card table, to go with it. It, too, is a cube, divided down the middle. One side is a cabi-

"It's pretty basic: The less you have, the less you have to take care of"

net, the other an icebox. When table flaps are down, the doors in them still allow easy access to both sides. The sink, which drains through a hole in the floor ("You are careful, of course, to use only biodegradable soap," says Mr. Jantzen), and the stove fueled by a propane canister kept in the cabinet, are in the top. Bottled gas could be used if it were piped through a flexible hose. Storage is limited, in keeping with the nothing-extra idea of the house. Wicker baskets pushed under the bunks suffice. It would be possible, Mr. Jantzen says, to build a collapsible shower with a let-down curtain on the deck. A small composting toilet could serve the needs now met by the bigger cabin. There's even a greenhouse (see page 6). The little house is practical—and it's lovable. "It looks like a frog," the children decided with affection. In the middle of last winter they took their sleeping bags out there and slept on the floor, while the raised bunks kept out the icy winter winds. Plans for the house are available from Mr. Jantzen. See page 156 for details.

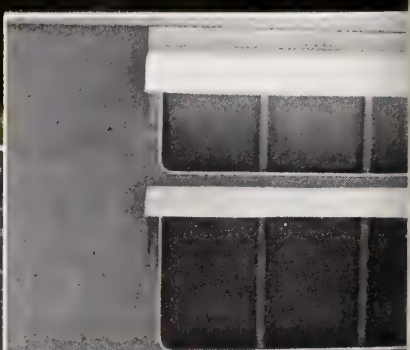
Decks of long-lived cypress have wide tops for use as table space on solid railings (to keep the children safe). The house is designed for independence in every detail—witness the solar water distiller, right: It can purify a weekend's worth of water (about 3 cups per sunny day) while you're gone. When you're done playing for the weekend, the whole house can be folded up and put away.



Dean air living on the



Solar distiller purifies water



awnings block rain, let breeze and light



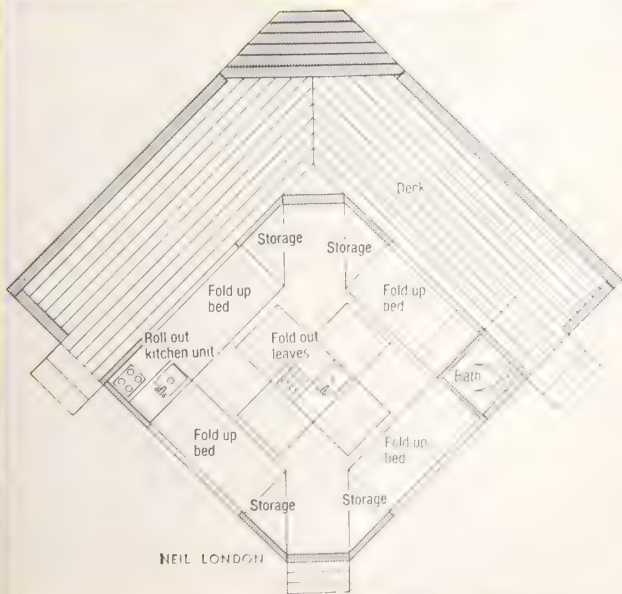
Spread out: room, table set for lunch



Folded up: table flaps collapse



Put away: bunks up against the walls



Front and back doors cut diagonal corners from the square. Kitchen is stored in third corner; optional toilet might occupy fourth. Top bunks could be folded against the walls while four, or a lot more (here, Patricia Jantzen and her family), use lower bunks for benches. Skylight will be screened by a horizontal shade, on which Mr. Jantzen wants to paint the sun.



Inger Elliott



"Oz" Elliott

The working life: Osborn Elliott, ("Oz"), *above right*, is editor-in-chief of *Newsweek* magazine. Inger McCabe Elliott, *above left*, is owner of the textile and design house China Seas (cable address, Ozingers). The Elliott family consists of three children reading on the bed, *right*, three older ones who are away at school or working, two adopted grown-up Chinese sons, the small granddaughter of their housekeeper, and a shaggy dog. They have a city apartment, a country house, and an uncommonly good time together.

SUGAN WOOD



Move living time: How working couples work it out

Pick your priorities

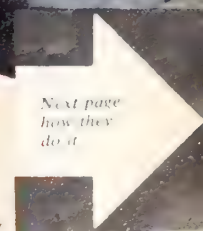


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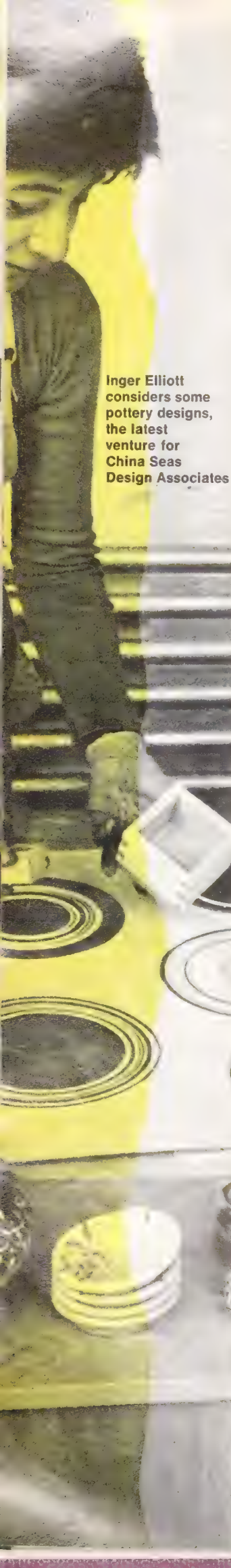
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Needs
College?

“When you have an enormous amount to do, you learn very quickly what's really important and what isn't”



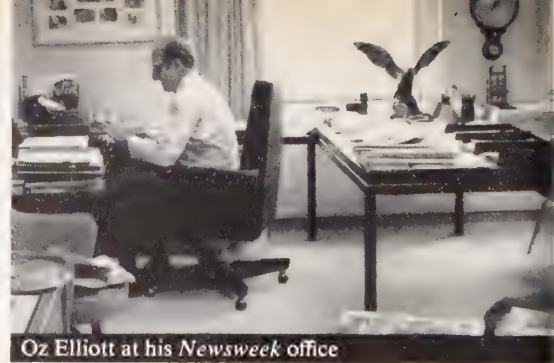
Next page
how they
do it



Inger Elliott considers some pottery designs, the latest venture for China Seas Design Associates



Inger and Nancy examine fabrics



Oz Elliott at his Newsweek office

Pick your priorities *continued*

Running her own constantly growing business, organizing a large family that comes and goes at different times, keeping up with a husband whose work is the news—Inger Elliott knows something worth knowing about planning a life

Born in Oslo, Hong Kong-based for six years, and with a successful career as a photographer behind her, Inger Elliott started China Seas Inc. four years ago in a tiny room on lower Broadway. Today, it has expanded and moved uptown to a beautiful showroom and an airy warehouse. Inger designs, imports, and sells batiks, screen-prints, wallcoverings, Ultra-suede, and silks. She has designed fabrics for Seventh Avenue and a sheet and towel collection for Martex. With Helena Uglow, Inger is creating a dinnerware and cookware group for Jepcor International. She travels twice a year to the Far East to find and bring

Conn., plus a company job of which she is both president and creative spirit? Some clues are in order. Her hair is simple, her face free from artifice, her everyday clothes "the same red slacks worn till they fall apart." These are signs of a life with trivia eliminated—and that's Inger Elliott's secret. It takes discipline: the children upstairs and supposedly quiet by 9 P.M.; weekends without nights out; the occasional 8:30 bedtime—and, most important, the ability to say NO. NO to shopping in supermarkets, NO to planning menus, NO to carrying keys, NO to looking after the dog. "I learned from Oz, who said he couldn't make a bed, that if you say you can't do it, somebody else has to." The shopping, the cleaning, and the menu planning are done by Judi, Inger's Chinese housekeeper and mainstay of 13 years. (Judi's 5-year-old granddaughter, Ching, is yet another addition to the Elliott household.) At Stonington, Inger cooks herself—rarely in New York. "I like my kitchen in the country. I make lots of lasagne in batches that I freeze." Kari makes desserts. They usually entertain on a very informal basis. "In the city, if it's formal, I plan food and set the table two days ahead." Their large dining room is used only for such occasions (and Christmas). All other meals are eaten in a small room off the kitchen. Inger brings work home ("though I sometimes feel guilty about it"), and works in a small office off her bedroom, as Molly, 9, observes, "she always seems to be talking to someone on the phone." The way Inger runs China Seas reveals further insights into her phenomenal organizational powers. "I have excellent accounting and legal advice," she says, "and that's especially important when you start a business. The next thing was to collect good people to work with me." Her vice-



"If I had to do something over in my life, I'd marry Inger again"

Time-saving ideas from Inger

1. Learn how to say **NO**.
2. Make lists.
3. Wear clothes with pockets to put lists in.
4. Use one handbag for everything.
5. Get your children to buy clothes for you, if, like mine, they know what you like.

"I would love to have no wrinkles, beautiful hair, and a great figure—but it's not that important"

back fabrics and accessories. She has three children from a former marriage—Kari, 14, Alec, 12, Molly, 9. There are also three children from Osborn Elliott's former marriage—Diana, 26, Cindy, 22, and Dorinda, 18—who are working or away at school. Inger's two adopted Chinese sons, Pui, 26, and Bing Wong, 24, have left home but often visit. How does Inger cope with this extended family, the dog, an apartment in New York, a house in Stonington,

president and right arm is Nancy Keing. Terry Miller is business manager—"and another right arm." Brig Sanderson runs the showroom with assistant Edwina Sperling. Ceramic Helena Uglow, with Inger, is the other half of China Seas Design Associates: the cookware and dinnerware division. Others include Mourka Anderson Keri, Nancy's daughter; Fiona Levitt and Winston Hamilton in accounting. The atmosphere at the warehouse and showroom is busy, often hectic—but feels like a family. There's even a China Seas theme song, which the company will enthusiastically perform for even the most modest audience. "Working here's not just business, it's personal," explains Terry. "For instance, we have a lunch cooperative. We all, including Inger, take turns bringing lunch each day. Some people

A DAY IN THE LIFE OF THE ELLIOTTS

"Sunday, May 9,
Do China Seas business from 6:30 A.M. to 1 P.M. Oz leaves to make a Visiting Committee report at Harvard. One child vanishes with friends. After lunch, take two remaining children to explore Staten Island back 5:30. Start reading book in Norwegian for a publisher-friend ("I should have said no, but I said yes"). Ask not to be disturbed. Notice three figures in bathing suits padding through the room. "We are washing the dog." (The dog is to appear in a play.) Hear shrieks and splashing. Later, Molly appears, shivering with cold, asking for a mop. Friend telephones wanting to come over for a drink. Suggest dinner. Remember there's no food. Ask guest to stop off at the deli. Oz returns. Dog sopping wet. All eat deli food with guest. After dinner, presented with Mother's Day gifts—which I'd forgotten! . . . and so to bed."

“If you put your mind to something, however new and difficult, you can learn it”

like very fancy meals!” Nancy also
why Inger is good to work for.
ever stops thinking. And she’ll
thing. If there’s a crisis, she’ll
there and do it herself.” Brigitta
another clue. “She knows how to
with women who have children,”
s. “She understands our needs.”
coincidence that both Nancy and
are working mothers. “I be-
women with children are often
efficient in the business world,”
says. “They have learned how to
ganized.” One of Inger’s most
eristic tricks is to make lists.
not written down, it doesn’t
one.” She makes lists for her col-
leagues, which they find on their desks
every morning. She makes lists for her-
self and her children. “She makes lists
for a taxi.” On the phone to a
business colleague, she will ask, “Do



The China Seas family

you have pencil and paper ready?”
“She even makes us more organized,”
says Terry. “I’ve started to make lists
and notes now.”

If Inger is good to work for, she’s
had some help from her husband, who
has edited *Newsweek* for about 15
years. “I know a certain amount about
managing,” he remarks. If Inger brings

China Seas work home, Oz brings
home practically every magazine pub-
lished each week from home and
abroad. (Alec likes *Newsweek* best;
Kari likes *People*; while youngest Molly
prefers the *New Yorker*.) His life is not
exactly idle, either. He is chairman of
the Citizens Committee for New York
City: “The object of the group is to
help New Yorkers help themselves and
their city through these difficult times.”
He makes speeches, raises money, re-
cruits volunteers, visits institutions, and
works with New York’s 10,000 block
associations. All this, as well as running
Newsweek and being a father, makes

MANAGEMENT IDEAS FROM OZ

1. Be tolerant and have a sense of humor.
2. Delegate—a key thing to be able to do.

—AND FOR THE HOUSE

1. Install an intercom.
2. Have three telephone lines, two for grownups, one for children.
3. If you have space, keep one room only for parties.
4. Make office space—in bedroom, or kitchen.

“There are no easy answers. Each individual must find his own solutions—and it takes effort”

him some kind of wizard. “Oz is very tolerant,” comments Inger. “He can work at home and not be disturbed by the noise.” “I love children,” he says. “They don’t bother me.” Oz and Inger help each other on all fronts. They speak to each other several times a day on the phone. And at home, in a few snatched moments of peace, they’ll play the piano—Mozart and Beethoven from her, Golden Oldies from him.

Osborn Elliott,
editor-in-
chief of
Newsweek
and Chairman
of the
Citizens
Committee for
New York

Turn the page
for Inger’s
easy-to-keep
decorating
ideas

1. Outside the warehouse
2. Inger’s working area



3. Outside the showroom
4. Ready for lunch



5. Inger and Helena with pots
6. Inger and Mourka with wallpaper
7. Dazzling display at the showroom



Oz at Riker’s Island prison for his Committee



“Nothing is easy,
but we try to achieve
some humor and order
from the chaos”



Pick your priorities *continued*

The apartment, decorated by Inger, is easy to run—polyurethane on most floors, slipcovers that go in the washing machine, no fancy furniture, China Seas fabrics draped over everything. Treasures from the East, books, photographs, music, paintings by family and friends tell the Elliotts' story



Ching, Molly, Kari, Oz, Inger, Alec, and Schuyler S. Dog



Inger and Kari make dessert!



The library, the family's most lived-in room

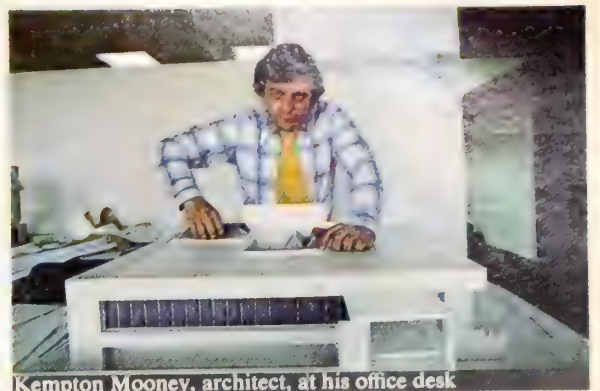




“The easiest way to keep a lot of different projects going is to have a separate space for each one—and we do”

More living time

Expano



Kempton Mooney, architect, at his office desk



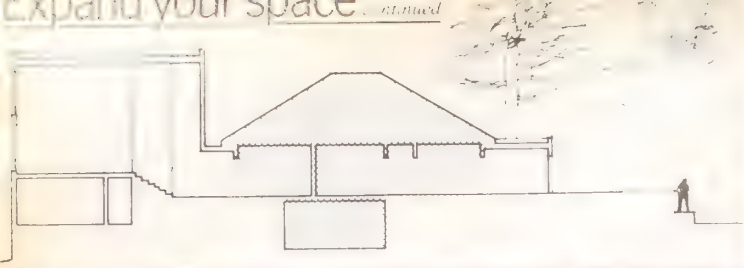
Vicki Mooney, theatre administrator, at hers

Two busy people—and note: His desk is neat, hers is stacked. At home it is just the opposite. She likes clean serenity; he thrives in creative clutter. Both do work that overlaps, and is welcomed into, their private lives, and there are times when they share their house with a lot of people. How do they manage? By pushing out the walls until there is room—and a room—for everything. By going beyond the walls to build terraces and plant gardens, left, for living out of doors.

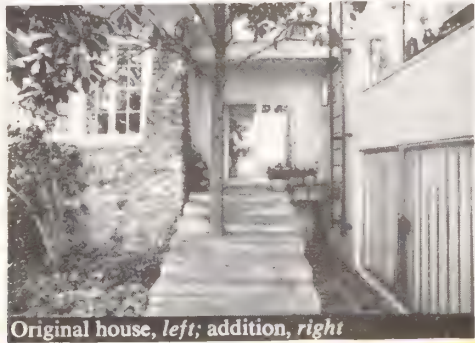
For more about the terrace garden, and other bright ideas, turn the page

ELLIOTT ERWITT

your space



Cross-section sketch of house showing cottage and expansion



Original house, left; addition, right



New, big house and its miniature

“If I haven't used something in two weeks, I get rid of it. He never throws anything out so we just leave space”

One way to organize a life is to push back its walls—expand. Create new areas to fill, new vistas for new growth. Mr. and Mrs. Kempton Mooney did it literally, taking over a 55-year-old house and remodeling it to allow them plenty of space for their different personalities, their favorite pastimes, their busy and remarkably social lives. Remodeling was not a first choice. “We wanted to be in town,” says Mrs. Mooney, “because we both are very involved in things in the city, and we wanted to be very close to what’s going on. With our odd working hours, I just did not want a forty-minute drive somewhere. When we found a small cottage that allowed for extensive remodeling on a lovely central lot, we decided we really could have the best of all possible worlds.”

Mrs. Mooney is administrative director of the Alliance Theatre, a professional repertory company. That means late nights sometimes, fundraising meetings, cast parties after opening nights. Mr. Mooney teaches as well as practices architecture—and that means early mornings and, sometimes, students coming by for seminars and critiques. The best of all worlds? Why not? The rooms they planned echo their daily rhythms, a wide variety of functions, even the seasons. Take a typical day: Mr. Mooney gets up, dresses, and takes his newspaper up to the big new living room with its 20-foot ceiling, at the top of the house, where sunlight streams in through a double layer of windows (see model and house, above; two new bedrooms are on the first floor). As he leaves, he wakes Mrs. Mooney with a kiss. She goes to work (it takes her seven minutes), taking with her anything he may have left be-

hind (she delivers it to his office, right across the street from hers). On way home, she may stop to do a little marketing or to pick up the dry cleaning: “I’d rather do it that way than spend my whole Saturday on errands—and I find I’m ordering more telephone.” Or, if she is held up at a meeting, past store-closing time, he does it. At home, in the winter, they dine in the big old dining room where a fire burns in a new raised fireplace alcove, right, part of the modeling. In spring and fall, dinner is served in the breakfast room—“we’re there almost half the time”—that was formed when the original study and kitchen were expanded toward the back of the house. Sliding glass doors allow a view through the trellis, preceded page. In summer, weekend lunches are likely to be eaten under the trellis where high old benches from the original front porch have been repainted sunny shiny yellow. New and expensive stepped decks make room for

“Thinking ahead, and trying to know what you are doing before you actually do it—that’s the main thing”

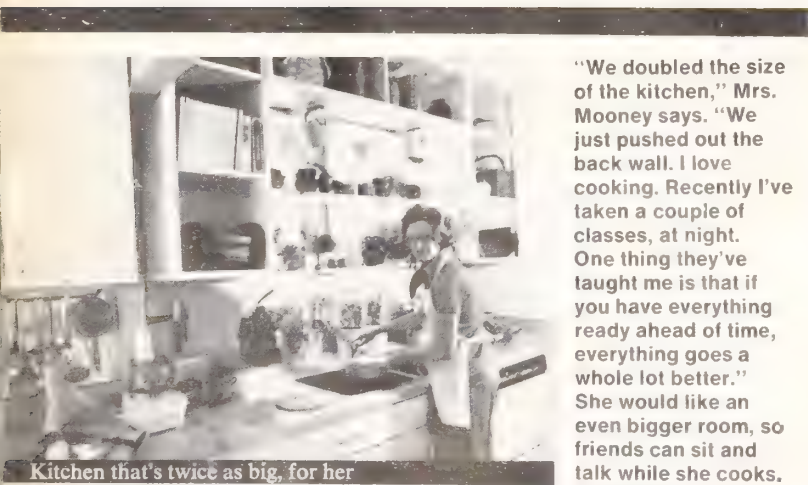
of outdoor light; planters are new to paint buckets.

Meetings and entertaining? Students collect in the library while theatre people planning subscription campaign can meet in the living room. The house says both Mooneys, accommodate groups from two to two hundred. Yet they have entertained two hundred.

BUILT-IN SHELVES ARE GOOD FOR KEEPING CLUTTER FROM TAKING OVER; BUILT-IN SOFA MAKE COMFORTABLE SEATS IN SOME OF THE ODD SPACES II EVITABLE IN AN OLDER HOME

was scared to death the first time,” says Mrs. Mooney, who did all the cooking. “But I just took out my trusty Cuisinart

and whipped up mounds of pâté, and we had a really good time.” “It was fun to see that people who want to sit go up to the living room [top], says Mr. Mooney “and those who want to stand and eat an



Kitchen that's twice as big, for her

“We doubled the size of the kitchen,” Mrs. Mooney says. “We just pushed out the back wall. I love cooking. Recently I’ve taken a couple of classes, at night. One thing they’ve taught me is that if you have everything ready ahead of time, everything goes a whole lot better.” She would like an even bigger room, so friends can sit and talk while she cooks. “I added a greenhouse to a client’s house, so they gave me this little one. I have a lot of fun with it,” says Mr. Mooney. It’s in back of the house, off one of the terraces. Seedlings for food and flowers start here, and ailing plants are tended. “Vicki waters,” he says. (“When he tells me to,” she interjects.) Pottery collected on trips often becomes planters.



Greenhouse full of seedlings, for him



drink stay in the stair hall on the noisier main level of the house [bottom].” When they entertain, say, eight for dinner, hors d’oeuvres may be served in the sunset in the new living room. After-dinner drinks are in the smaller library. Glasses, used dishes are left as guests move from room to room.

But the new organization of the house is nicest, say the Mooneys, in the way it allows for their personal pastimes and personalities. “I like to have some clutter around,” he says. “If I’m not going to use something in the next two weeks, I get rid of it,” says she. “I don’t think Kemp’s ever thrown any-

For great parties, plan ahead

Part of the credit for the success of those huge parties, Mrs. Mooney believes, is the easy circulation through the house. The rest is a combination of preparation—and storage. “I think I’m really organized,” she says. “Thinking ahead, that’s the main thing.” She cooks ahead and freezes things on evenings when Mr. Mooney is drawing—or she may order thirty quiches by telephone. She sets the table in the dining room, right, before she goes to work. The storage? Says Mr. Mooney: “We’ve had a number of sizes of glass tabletops made. We can alternate them or we can set up spares. They’re kept in a corner bedroom. Vicki has a huge pantry for crystal and china and another for food—one advantage of using an old house.”

thing away, so we just have space for him to collect things.” Two rooms hold his drawing equipment and slides, “and paper—architects do have a lot of paper. He can close the door and I forget the mess is there.” Each has a bathroom and another space particularly personal: her kitchen, his greenhouse.



The living room, a square of furniture within a square of wall at treetop height



Dining room set for dinner. Stair hall from entrance... and from the new living room



before and after: Original cottage grew up and grew wings

The front of the lot is wooded, protecting the front of the house, above, from the street. “I’d really like to fill the rest of the lot, eventually,” says Mr. Mooney. Spring, summer, and fall, he likes to spend his evenings outside. So far, his projects include gardens for food and flowers, a pool and a waterfall, one deck and another planned to connect with the original patio. More rooms? Maybe.



More living time with

Take shortcuts



The B. J. Cutlers in their Georgetown garden

“You can skip steps even in the most elaborate dishes. Quality remains high, and sometimes the calories diminish**”**



Good talk was the pace for the Cutlers' parties.





PHOTO: J. THOMAS



At work: Carol and curator



Newsman Cutler on the job

Having people in for dinner

is one of life's pleasures for Carol and B.J. Cutler—but with both working (he is chief editorial writer for Scripps-Howard newspapers; she does public relations for the National Portrait Gallery), entertaining the way they like to takes nothing short of sleight of hand. Their secret? Cut corners in the kitchen—enough to compile into a new book, *The Six-Minute Soufflé* (Clarkson Potter).

For time-savers, recipes, menus and Mr. Cutler's tips on wine-buying, read on



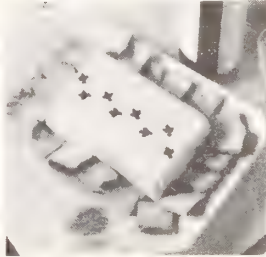
MENU
 Cheese Mousse
 Crudités
 Amontillado Sherry
 —
 Lemon Chicken
 Emerald Cream
 Ruffled Potatoes
 Bean-Sprout Salad
 French Bread
 —
 Alsatian Pears
 Coffee
 Krier 1972 (sparkling wine)

“ I always do my main course ahead, for my own peace of mind. A cold main course is the answer any time of year ”



INGREDIENTS **METHOD**

CHEESE MOUSSE

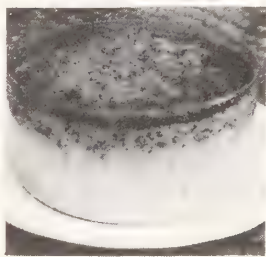


2 tablespoons gelatin
 1½ cups beef broth
 1 garlic clove, sliced
 ¼ teaspoon curry powder
 salt, pepper
 12 ounces cream cheese
 lettuce
 black olives

Sprinkle gelatin on broth in a pot and let stand a few minutes to soften. Bring almost to a boil, stirring to dissolve gelatin completely. Cool. Put broth, garlic, curry powder, salt, and pepper in a blender. Blend ½ minute. Add cream cheese, ½ at a time, while blender is running. When incorporated, give mixture a final burst of speed.

Pour into a 3-cup mold or loaf or 8 individual ramekins. Refrigerate about 3 hours or until mousse is set. Cut around edges with a hot knife. Bottom of mold in hot water for a few seconds. Unmold onto lettuce leaves or crackers with mousse. Serve as an hors d'oeuvre, 8 as a first course.

EMERALD CREAM



1 quart milk
 2 teaspoons salt
 ½ teaspoon pepper
 1 teaspoon dry tarragon
 ½ teaspoon dill
 6 eggs
 2 egg yolks
 1 tablespoon flour
 ¼ cup warm water
 1 tablespoon parsley, minced
 ¼ cup watercress, minced
 ¼ cup scallion greens, minced
 2 teaspoons Worcestershire sauce
 few drops Tabasco sauce
 2 tablespoons Bourbon or Scotch whiskey
 2 teaspoons oil

In a nonaluminum pot, heat milk with salt and pepper. Put the tarragon and dill in a 2-quart mixing bowl and crush between fingers until fine and powdery. Add the eggs and egg yolks to herbs and beat until light. When milk almost reaches the boiling point, slowly pour it into the beaten eggs while beating rapidly. Return the eggs, herbs, and milk to the pot.

heat and add Bourbon or whiskey. Lightly oil a 6-cup soufflé dish or any ovenproof mold. Pour liquid into mold and place in pan containing enough hot water to cover ½ of mold. Bake in a preheated 350° oven for 1-1¼ hours. Cream is done when puffs slightly, has a small crack in top and begins pulling away from sides of dish. A knife plunged into center should come out clean. Herbs will have floated to the surface and been baked into a green top. Let cream cool, then chill well. Emerald Cream can be made in advance. Serves 6.

LEMON CHICKEN



4 pounds chicken, cut in pieces
 salt, pepper
 1 cup lemon juice
 ½ cup oil
 ½ cup dry white wine

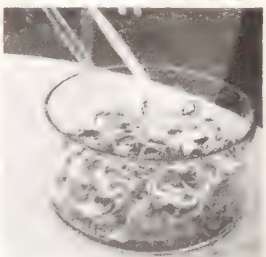
Rinse and dry chicken, sprinkle salt and pepper on both sides, then transfer pieces to a nonmetal dish that holds them snugly. Put lemon juice and ¼ cup oil in a bowl and beat together with a fork; pour over chicken. Turn pieces so all surfaces are coated with marinade. Cover tightly and keep in a cool place for at least 6 hours, or overnight in the refrigerator, and turn pieces once or twice.

paper towels. Place them on a baking sheet, brush with remaining oil, sprinkle with salt and pepper. Turn the chicken to a golden brown. Turn pieces over and repeat.

Preheat the broiler. Lift chicken pieces out of marinade and dry on

Preheat the broiler. Lift chicken pieces out of marinade and dry on paper towels. Place them on a baking sheet, brush with remaining oil, sprinkle with salt and pepper. Turn the chicken to a golden brown. Turn pieces over and repeat. Put chicken in a large frying pan or casserole and pour over the marinade and white wine. Cover and simmer 20-25 minutes, or until tender. Place chicken pieces on a serving platter and spoon some cooking sauce over them. Pass the rest separately. Serves 6.

BEAN-SPROUT SALAD



1 pound fresh bean sprouts, soy or mung
 ¼ pound fresh mushrooms
 ½ cup oil
 2 tablespoons vinegar
 juice of 1 lemon
 2 tablespoons soy sauce
 1 teaspoon prepared mustard
 ½ teaspoon paprika
 2 tablespoons pimiento, chopped
 1 teaspoon salt
 ½ teaspoon pepper
 ½ green pepper, chopped (about ½ cup)

Rinse sprouts in a colander under cold running water and put aside to drain. Rinse mushrooms and let stand to dry. Put oil, vinegar, lemon juice, soy sauce, mustard, paprika, pimiento, salt, and pepper in a jar with a lid. Shake well. At serving time, chop green pepper and slice mushrooms and put in a large salad bowl or mixing bowl. Add sprouts, shake dressing again, and pour over vegetables. Mix very well. (I find tossing the vegetables with my hands is the easiest method; the sprouts can slip out from between a salad spoon and fork.) Serves 6.

ALSATIAN PEARS



2 cups dry white wine
 1½ cups sugar
 juice of 2 lemons
 1 cup water
 6 pears, peeled, stems intact
 2 10-ounce packages frozen raspberries, thawed
 2 tablespoons orange liqueur
 whipped cream flavored with sugar, vanilla, and orange liqueur (optional)

In a large straight-sided pan put wine, 1 cup sugar, juice of 1 lemon, and water, and bring to a boil. Cover and simmer while peeling the pears. Remove a slice from the bottom of each pear so it will stand on a plate. Drop the peeled pears into syrup, cover, and simmer until the fruit is soft, turning carefully with wooden spoons a few times. Do not bruise the fruit. It will take 20-30 minutes of cooking time, depending on the size and ripeness of the pears. They are done when a sharp knife pierces the flesh easily.

Remove the pan from heat and time permits, cool the pears in syrup. While the pears are poaching, prepare sauce. In a blender, put thawed raspberries, ½ cup sugar, juice of 1 lemon, and orange liqueur. Pour the mixture. Lift pears out of the syrup and let stand for about 5 minutes to drain. Place the pears in a deep serving dish, pour the sauce over them and chill well. Turn pears occasionally if sauce does not cover them. Serve covered with sauce; pass whipped cream. Serves 6.



Pouring emerald cream

Mrs. Cutler says it was her husband's "fabulous palate" that first led her down the gastronomic path. Mr. Cutler also has a nose for discovering good wines from vineyards that have somehow overlooked. During his twelve years as editor-in-chief of the *Paris Herald Tribune*,

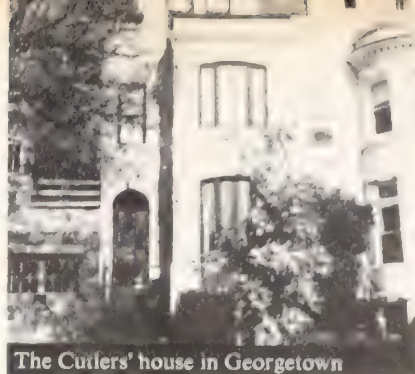
Carol studied at the Cordon Bleu and L'Ecole des Trois Gourmandes. Her first book, *Haute Cuisine for your Heart's Delight*, (Clarkson Potter) was published in 1973.

The Cutlers love to have friends over for little dinners, with conversation centering on art (both are collectors) and tales of great food eaten in far-away places. "I had already pared down the calories and cholesterol from traditional cooking," she says. "But as a working woman with little time, I found I had to do something to speed up the preparation process too." The result: A long list of time-savers that get the meal (and you) out of the kitchen in a hurry.

1. Don't be afraid to use your hands to mix things, turn marinating meat, combine delicate berries.

2. Don't mince and sauté onions and garlic for pâtés. Cut in chunks, add to marinade, and grind with meat.

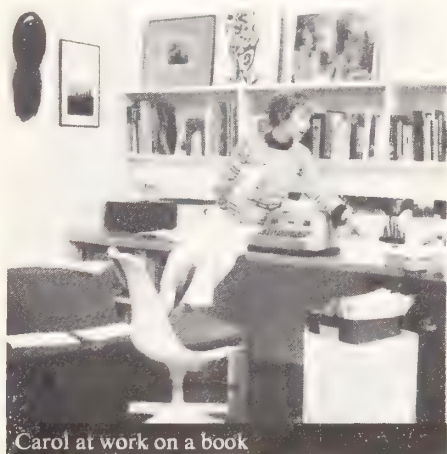
3. When sautéing onions for a recipe, do a little extra and refrigerate in a tightly sealed jar. Next time a recipe calls for sautéed onions, stir them directly into the other ingredients. Result:



The Cutlers' house in Georgetown



The dining table; lithograph by Calder



Carol at work on a book



Over living-room mantel, a Downing.



TIME SAVERS

WORKING TIME: 4 minutes
COOLING TIME: 15 minutes
CHILLING TIME: 3 hours
 This is better if made at least a day ahead. It will last a week or more.

Low-cholesterol version: Substitute cream cheese (Neufchâtel) which has 30 percent less fat than regular cream cheese.

WORKING TIME: 14 minutes
BAKING TIME: 1-1 1/4 hours
CHILLING TIME: 3 hours
 This can be made a day in advance. It should not stand longer than that or it will lose some of its delicacy.

WORKING TIME: 10 minutes
MARINATING TIME: at least 6 hours
COOLING TIME: 25 minutes
 This recipe can be completed ahead, cooled, and refrigerated in a jar. Reheat slowly in sauce at serving time.

Use plenty; it's just as good cold. Serve cold, chill in refrigerator. Add cooking liquid, which will turn into a jelly. Scrape the lemon jelly into a small bowl and place spoonful of it around the chicken pieces. Garnish with black olives.

WORKING TIME: 8 minutes
 This salad dressing can be made ahead. The sprouts can be rinsed, drained, placed in a tightly sealed plastic bag, and refrigerated. The slicing of the mushrooms and final mixing should be done just before serving to preserve crispness. The salad can be mixed 30 minutes before serving, but no longer.

Instead of tossing the vegetables with your hands is the easiest method; the roots can slip out from between the salad spoon and fork.

WORKING TIME: 10 minutes
COOKING TIME: 20-30 minutes
CHILLING TIME: 3 hours
Low-cholesterol version: Leave out the whipped cream.
 This dessert must be prepared at least 2 hours in advance, but could also be done the day before.

No frying pan to use—or to wash.

Rather than chopping up your shallots or garlic for sauces, you can just peel, pierce them with toothpicks and toss in. After they have given the

sauce their all, retrieve via the toothpicks. This saves not only mincing time, but the usual straining time later.

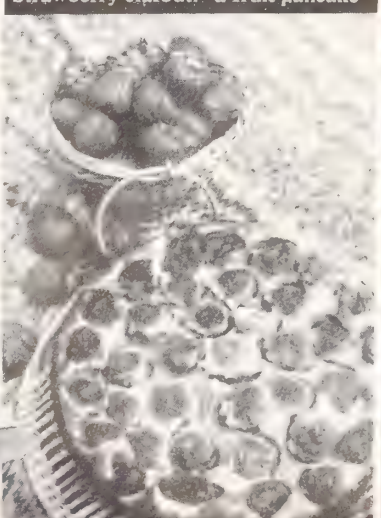
Save pot washing. Cook as much as possible in serving dishes. And eliminate the washing of mixing bowls by combining ingredients directly into the cooking pot.

To make ratatouille, usually prepared in a number of separate and time-consuming steps, I just layer the vegetables and seasonings in a baking dish, and bake at 250° for several hours. The long, slow baking requires no attention at all.

WINE SHOPPING WITH B.J. CUTLER

"Why does the same fine French wine sometimes taste better in France than here? Because it is frequently mistreated in shipment: put in a hot place aboard the ship, kept in warm warehouses and retail shops. To get the best possible wine: Buy young wines; they've had less time to be mishandled. Stay out of stores where wines are displayed standing up, which allows corks to dry and wines to 'go off.' Examine bottles for leaky corks (identified by goo seeping from under the foil) and evaporation (too much space between the bottom of the cork and the wine level). At home, any red wine, not just ones with sediment, can be improved by decanting—the aeration brings out its bouquet. If you don't have a perfect cellar (cool, damp, dark), don't try to age good wines. Buy hand-to-mouth, and let your merchant take the storage risks. Finally, if a bottle is bad, take it back. A good dealer will replace it."

Strawberry clafouti—a fruit pancake



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Town house that's office and pied-à-terre

When John and Penn Curran went into business for themselves (he as designer and marketing consultant, she as his accountant), they discovered a new need: new space

"I like the city," says Mr. Curran, who bought a house in the suburbs some years ago, founded Curran, Inc., and then decided the suburbs were fine for living, but . . . "I need the city's tension, for discipline. I

More living time

Pare down

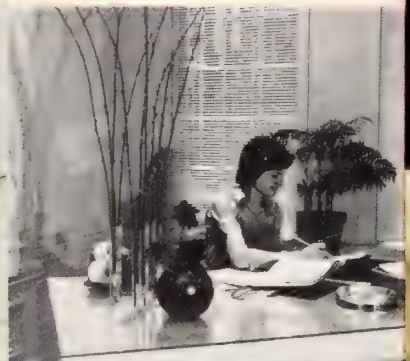
like the excitement, and the creative fever. At the same time, the city can be just too stimulating. Both Penn and I—and our children—need the quiet of a smaller town. We decided to spend a couple of nights a week in the city, and to work there." Their needs: an office to sleep in, a bedroom where friends and clients could visit, a living room to work in. In the end, it all turned out to be a good thing.

The Currans found it in a town house that was being remodeled: two big rooms connected by a wide entrance hall. "The space had its own identity," says Mr. Curran. "All I did was to clear things away." Two weeks and \$2,000 did it all. Midway in the process he discovered he didn't really need one room, so he sublet it to a client, Vitreon, to use as a showroom for the glass he designs for them—designs in which,

One table for: Mr. Curran's designing materials, top right; Mrs. Curran's accounting books, upper right; a late buffet, right. At night, office couch turns into a bed, far right.



Wicker coffee table for desk or dining



Dining table that's Mrs. Curran's office



Office sofa that becomes a bed

**Start with everything
you think you need—
and see how much
you can take away**



Cabinet holds vases above, bar below

he says, he also tries to take away everything that isn't essential.

Some very simple strategies keep the room flexible: monochrome colors—"I work with color all day; a strongly colored room would distract me." No pictures on the walls

**When you edit out
the nonessentials,
the room not only
works better,
it looks better**

(most of the walls hide cabinets), and furniture that serves more than one purpose. Twenty people can have dinner in this room, six or eight guests for lunch are not unusual. The Currans love to cook. But because the kitchen is less than 5 feet square, meals must be superorganized. Once elaborate entrées issued forth, despite the undercounter refrigerator and the postage-stamp stove, but now the Currans find it simpler to have something special catered for the main course, while they prepare the salmon mousse, the salad, and a light dessert.

"Our life is rather schizophrenic, but we're used to it. We need it," he says. "We're able to be rather independent. And it works—at least partly because of this space. It's the only one I've never tired of."

After the theatre, wine and talk with friends. The mantel and the mirror, right, are all that's left of the original room, once a grand dining room painted dark Victorian brown.



Desk becomes a table again, for late supper buffet

INVISIBLE

Elevated reading platform gives you a lift

This desk is part of a three-way unit: reading platform, sheet, bed behind

Inside staircase: drawers for office papers

How can this room—the top back room in a brownstone, just 18 feet square—be multipurpose and look so spacious? Mainly, because it is totally bare of objects and conventional furniture—except for a small bedside TV. No picture, no plant, no little knickknack disturb the eye. Emilio Ambasz made clutter invisible. Six tall, freestanding bookstacks hold hundreds of books. They face backwards into the room, making inner “walls” that create a room within a room. The bed’s an island, its high curving headboard a stroke of imaginative design that contains desk behind, reading platform above, and built-in lighting for night-time reading. The atmosphere is meant to represent an outdoor space, at night, in moonlight. So it’s dusky lavender gray, with clouds floating across the ceiling, very soft, very romantic. Velvet fabric covers the walls, serene gray carpet sweeps across the floor.

Away-from-the-wall bed, right, with pale-pink cover in otherwise gray room. Left: telephone, typewriter, everything for the working woman. Folding staircase turns into night table.

STORAGE

You'd never guess the bedroom here is a study and library too. Where are the books? Hidden in movable storage unit.

Hand-painted clouds float here

Behind this wall, out-of-sight bookshelves

Behind bed: desk where one person can work (while the other sleeps)

Edge of the working table



Behind these
walk-around bookstacks:
the bedroom



These Italian glass
floor lights
can be hooked up
on the wall

Behind bookstacks,
original
brownstone windows



Invisible storage *continued*

NORMAN MCCOY

ROOMS WITHIN ROOMS: ONE SPACE, TRIPLE USE

The bedroom shares the top floor with a companion sitting room, but the contrast between upstairs and downstairs is astonishing. The couple who live here are avid art collectors: The rest of the house is ablaze with paintings. But here fireplaces were ripped out, all the old architectural personality removed. They find the clutter-free,

modern nighttime setting "very soothing." All clothes and personal items are stashed in great floor-to-ceiling closets in the corridor linking the two rooms. "I like closets," Ambasz says. "They are places where you can collect all your passions and vanities and even your mistakes. A closet is like a big mother who forgives

all." If the design seems theatrical, it's entirely intentional. All the components shift like scenery on a stage. Ambasz designed five different "sets" using the same elements "to avoid the boredom of having the room always look the same. I like the idea of furniture with neutral, anonymous shapes. It makes for versatility and change. This is how I feel! people want to live today." The lighting too, in the best stage tradition, makes everyone look good. "Light is thrown up and eliminates face shadows. Simple idea—that works."

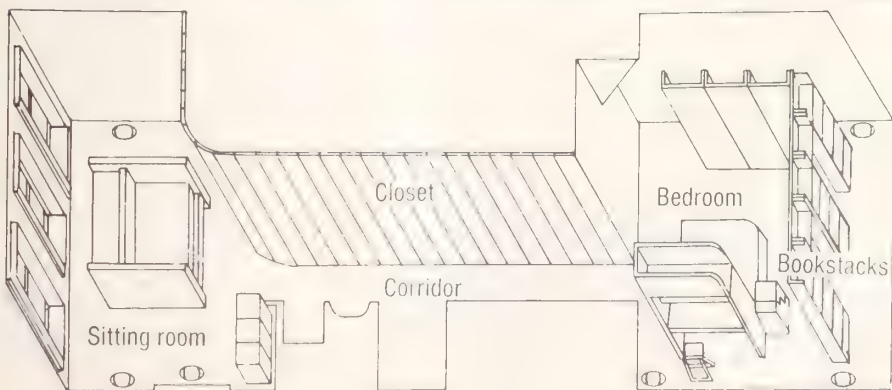


bookstacks, above, face the windows. (See their backs, opposite page, top.) There are four move-around floor lights, each with 200-watt bulbs. Right: the complete L-shape of six bookstacks, each 3 by 7 feet, that stop 2 feet short of the ceiling. Three that face backwards toward the bed are pushed together. The other three have connecting shelves to form archways. Lavender-gray paint on lacquered units is less pink than velvet on the walls. Carpet is more gray, less lavender.

This bookstack can be moved around the room (the others can, too)



Architect Emilio Ambasz



Emilio Ambasz, above right, planned the whole top floor as an outdoor urban space. The sitting room, right, with stepped carpeted platform is the public "plaza" where people meet and talk. The corridor between the two rooms is a "street," the closets, "shops." The bookstacks in bedroom are "buildings," the bed, "a castle" with raised platform—"a tower"—where the lady of the house surveys her dominions.



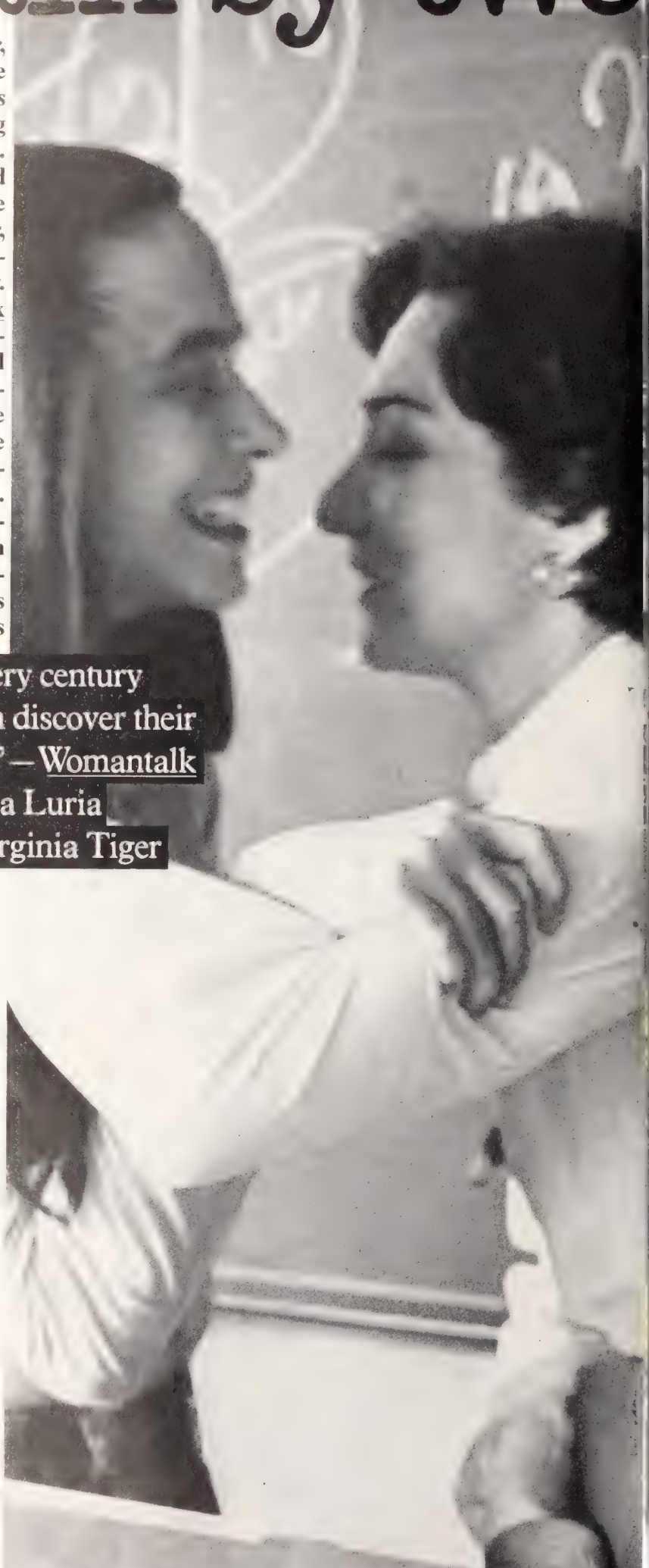
Womantalk by two

Working woman, wife, mother, and coauthor. When your life is split four ways, it takes energy and brilliant planning to fit the pieces together. Two women who have managed to carry it off successfully are Gina Luria and Virginia Tiger, both Professors of English Literature at Rutgers University. They're coauthors of *Womantalk* (Random House, \$7.95), a fascinating new book due out this fall that gathers the voices of hundreds of women from literature into a remarkably perceptive analysis of woman's life, de-

sires and dreams, burdens and blessings, pains and promises. Young and attractive, Dr. Luria and Dr. Tiger take university classroom, kitchen sink, nursery, and typewriter in their stride, without the luxury of live-in help, and without the loss of an ounce of femininity. Dr. Luria's techniques for this multiple life are outlined on these pages. Dr. Tiger's story follows next. Interviews by Beverly Russell.



In class, coauthors Dr. Virginia Tiger, left, and Dr. Gina Luria teaching women's studies.



"In every century women discover their minds" — *Womantalk* by Gina Luria and Virginia Tiger

Whenever Dr. Gina Luria, English professor (with one of her students, right) has a problem keeping up with her schedule, she reminds herself of a favorite heroine in 18th-century English literature, author Mrs. Jane West. "She had ten children and moved between four houses, managed a staff of thirty-five servants, and still found time to publish thirteen novels. They're not all good," Gina goes on with critical precision, "but the point is she wrote them, in longhand. How did she do it? She was organized. When I

experience a difficulty, I say to myself that I am not the first woman to play many roles; I'm not even the millionth. If others have come through, so can I."

A typical day in the life of Dr. Luria, wife of a psychiatrist and mother of 3-year-old James, is outlined on these pages. Commuting to work at Rutgers University, N.J., where she is assistant professor in the same department as friend and colleague Dr. Virginia Tiger, takes up four hours, there and back, from her peaceful, secluded house and garden in Long Island, N.Y. But she doesn't let the journey get her down. Not a moment's wasted in transit. She may go over decorating plans with her interior designer, or correct students' papers, read, prepare a lecture, plan dinner parties, write letters to friends instead of talking to them on the phone, or compose a chapter of the book written in collaboration with Dr. Tiger. "I use the train as an office; it's very convenient."

Gina fell into the working mother role quite naturally. "My mother was director of a school in Brooklyn. I always knew I'd work, but I didn't want to manage like my mother did, by the side of her teeth. As a child, I shopped and cooked for the family from the time I was 9. I think my mother totally exhausted. What I set out to do is have a pair of hands to help me, because machines never do everything. When my child is sick, it gives me something beyond words to have another person in the house."

James is taken care of by a young woman of 20, who comes in five days a week, sometimes as early as 8:15, before Gina leaves the house. "I wanted to create (Continued on page 100)

Above: Dr. Gina Luria, right, being congratulated by one of her Rutgers students, after an inspiring lecture.

6:45 Up, breakfast, exercise, dress, go over day with sitter.

7:55 Leave house. Drive to store.

8:05 Order food at store for evening dinner party.

8:22 Catch train. Talk decorating plans with interior designer.

8:55 Commute on train, making plans for dinner party.

9:15 Forest Hills, New York. Agnes Timoteo's.

9:45 Take train to Penn Station.

10:15 Dash for train to Newark.

10:30 Newark Station, walk to Rutgers.

SUSAN WOOD

Working wives



to work, Gina's Richard, a psy-leaves for Long Jewish Hospital.



7:20 Daily exercise session—a must because Gina fractured her back years ago—turns into playtime with James. **7:25** Early phone call with sitter. **8:05** A fast drive to the local store, Bragatti, where Gina orders food for the evening's dinner party. **8:15** Parks car at station, catches city train.



10:40 Research in Dana Library before class.

11:00 Dean's office meeting with Virginia.

11:15 Teach class with Virginia.

11:55 Leave Rutgers for city.

12:05 Newark Station train to Penn Station.

12:20 Penn Station E train to 53rd St.

12:50 Empire State Ambulance Service meeting.

2:30 Meet Virginia in agent's office.

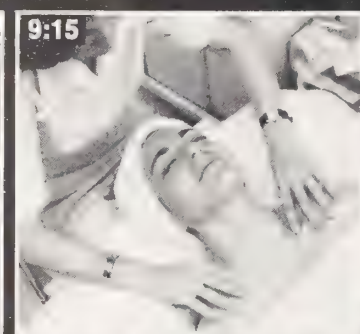
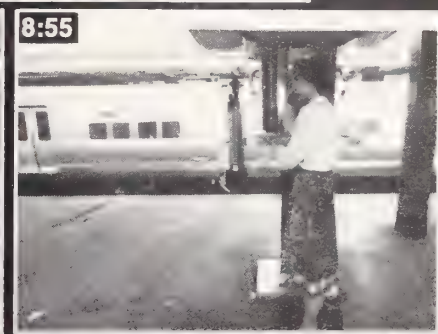
3:00 Quick sandwich at coffee shop.

3:30 Meeting with editors at Random House.

4:20 Dash to Penn Station; train home.

5:20 Arrive back, drive home.

5:30 Get ready for guests at 8:00!



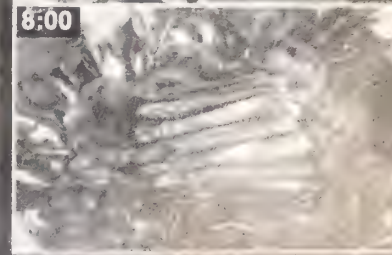
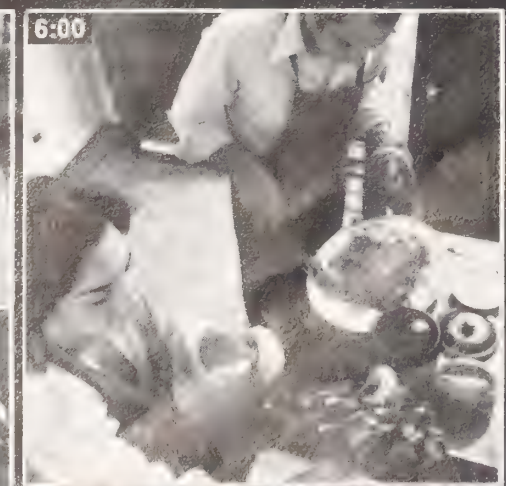
Making the most of the commute, Gina goes over decorating plans at new living-room fabrics with interior designer Janie Carter. **8:55** Not a minute her, art historian and friend Ronnie Myerson. **8:55** Not a minute a quick call at Jamaica between trains.

9:15 Quick facial at Agnes Timar's, Forest Hills. By **10:40** she's researching in Rutgers Dana Library.



12:50 Gina and Dr. Virginia Tiger teach a Rutgers senior class in Women's Studies. Topic: the community of women, seen through literature. Lesson over, Gina dashes for train and meeting on free-public relations for Empire State Ambulance Service. By **12:50** at 59th Street heliport, talking with paramedics.

2:30 Together again, Gina and Virginia meet in the office of their literary agent, Erica Spellman, of International Creative Management, to discuss their next book. Then, at **3:00**, go on to grab a quick late sandwich lunch at Whitney's coffee shop across the street. Both are slim. "Our lives don't leave much time to eat."



0 Round-table discussion at Random House with editor Toni Morrison at (right) and others concerned with *Womantalk*. On agenda: paperback and subsidiary projects. Gina and Virginia split for the weekend, Gina to catch a **4:20** train to Long Island. One hour 10 minutes later, **5:30** she's home with Richard, picking flowers in the garden for dinner table.

6:00 On with the cooking: Richard and Gina do it together. It's dinner for six. Poached fish for the main course, with boiled new potatoes. Strawberries and sherbet for dessert. **7:00** Nothing stands in the way of James's bedtime story. **8:00** Dinner kicks off with asparagus vinaigrette.

Womantalk on the multiple life

Dr. Virginia Tiger studied ballet seriously beginning at age 5. Her stiff and rigorous training continued until she reached 16, when she decided not to become a professional dancer—but it has tempered her whole attitude to living. It's mind over matter, will power, discipline, and determination all the way. "I think one of the rules for a woman is never to let a setback or misery engulf you. Intelligence can always get you on the other side of it." Carefully thought out strategies (she's never without a to-do list) help her successfully handle a city apartment and a country house, a very active son, Sebastian, age 6, an extremely gregarious husband (he would go out every night if he could), plus her job as Associate Professor of English at Rutgers University. Her husband, Dr. Lionel Tiger, the anthropologist and writer, teaches at the same university, but since they work on different campuses, they never see one another at school.

Virginia approaches the domestic side of her activities, she admits, as a professional manager. "You have to think of yourself as a manager. You have to say, this is going to go this way. And you have to be prepared to hire and fire, and nobody likes firing." This trauma, she adds, can be minimal, if you teach yourself the skills of judging people in interviews. As a teacher, she has had plenty of experience summing up people. And this has helped her enormously in the smooth running of her household. She's had the same housecleaner for six years, the same daytime baby-sitter two years, and an evening sitter the same length

"Never let distress engulf you, intelligence can always get you on the other side of it"

of time. They're always reliable, always turn up at the right time, never let her down. Sebastian is all the better for this orderly arrangement and is never disturbed when his parents go out. Sorting out the evening sitter (given the attractions of New York City) was a brilliant bit of organization. She interviewed students from New York University, a school near her Greenwich Village apartment, until she found the right one, and then contracted her on a yearly basis.

(Continued on page 106)

SUSAN WOOD



"Women must call upon each other to educate themselves"

7:00 Dress, breakfast, make sandwich, leave note for sitter.

8:05 Ales buy...

8:20 Library...

8:35 Order for weekend, arrange delivery.

8:45 Get manuscript photo copied.

9:00 Make early phone calls at Penn Station.

9:20 Catch train to Newark

9:35 Arrive Newark, walk to Rutgers.

9:45 Consult with students.

11:00 Dean's office meeting with Gina.

11:15 Teach two classes, one with Gina.

12:45 Classes over, walk to station.

12:55 Catch train to city.

1:10 Buy ticket for Sebastian's birthday.

1:35 Taxi to Michele Gatti's for haircut.

2:30 Meet Gir at agent's office.

3:00 Quick late lunch at Whitney's coffee shop.

3:20 Random House meeting with editors.

4:30 Stop at Michael Lax, for business talk.

5:10 Chat with husband, sitter, and son.

5:45 Load up car for weekend.

7:40 Arrive weekend country house.

8:00 Cook with Lionel, play with Sebastian.

7:45



8:05



8:35



9:00



7:45 Breakfast over, Virginia makes Sebastian's sandwich for lunch. 8:05 They leave the house together, ride the bus to St. Luke's School, Greenwich Village. 8:35 Virginia stops at Jefferson Market to order groceries for the weekend at their country house. She shops in town to save spending time on groceries in the country.

8:45



9:00 Catching up with phone calls at Penn Station before the 9:20 to Newark. "I use phone booths like an office."

8:45 A quick stop at the Xerox shop.



1:00 Faculty meeting in Dean Richard Tobey's office at Rutgers to go over class schedules. Virginia and Gina arranged their schedules so they could work on their book on days they were not teaching. *Womantalk* took three years to research and write.

12:00



12:00 After teaching seniors with Gina, Virginia goes solo with freshmen

1:10



1:10 Back in New York buying show tickets at Penn Station for Sebastian's birthday party

1:35



1:35 Monthly haircut at Michele Gatti.



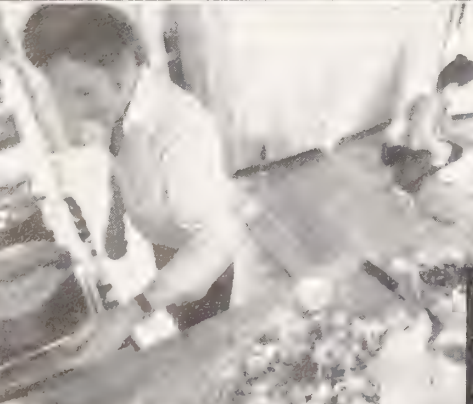
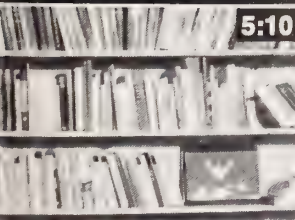
2:30 At agent Erica Spellman's office at International Creative Management with Gina. Virginia was helping Gina move into a new house when they first thought of *Womantalk*. Virginia worked on the proposal, while Gina packed boxes.



3:00 One way Virginia keeps her schedule is to skip lunch. This day she caught up—late.



3:20 An all-editors get-together at Random House, with designer Harriet Banner, subsidiary rights editor Millie Marmor, and editor Toni Morrison.



5:10 Back home in the Village, a quick chat with husband Lionel, tea with Sebastian and his sitter. 5:45 Loading up car for weekend. It's a 2-hour drive to their weekend country house. 8:00 Lionel starts to cook supper while Virginia plays with Sebastian at the end of a long day.

"To handle the domestic situation successfully you have to think of yourself as a manager"



*Gardening
with a system
in clay pots,
hanging baskets*

*Viva.
Begonia*



Hanging begonias on shaded terrace. Photo by [unreadable]



Begonias shaded by green nylon mesh stretched over porch rafters and bamboo shades at sides

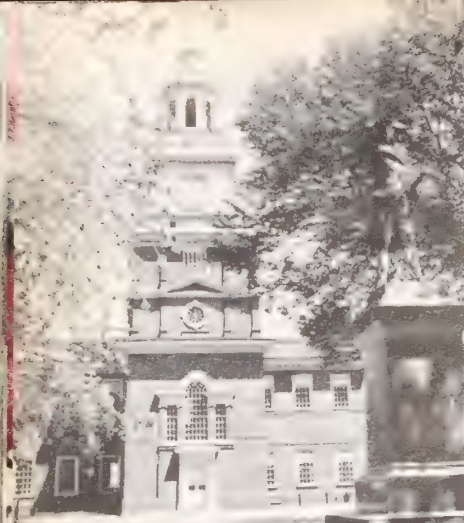
Tuberous begonias are nonstop summer bulbs that can light up a garden with spectacular bloom

It's a garden in flowerpots. Exuberant plants fill a kitchen porch and dining terrace with cascades of color and produce such a rush of blossoms that as soon as one fades another is there to take its place. The flower is the tuberous begonia, a favorite of the Willis Harold Booths of Santa Barbara, Cal. Tuberous begonias, unlike spring bulbs that are planted in fall for a spring fling in bright sun, are planted in spring for a long summer in filtered sun. Where the Booths live, coastal fogs keep the plants cool and moist—and spectacular through late fall. To filter the sun, the Booths tacked nylon mesh over the rafters of their porch and installed bamboo shades at the sides to draw on hot afternoons. To simplify growing, they use the same quick-draining soil mix—1 part sphagnum peat to 2 parts leaf-mold (from their own oaks)—both for planting in flats in a greenhouse and for potting six weeks later. They put well-sprouted tubers in 12-inch clay pots and 14-inch redwood hanging baskets. Plants are watered every other day and fed weekly with a low-nitrogen 2-10-10 formula to boost flowering. A hose with a wand does both jobs. In fall the tubers are allowed to dry out gradually, then stored in cartons for magnificent bloom next year. More on begonia care and sources on page 152.

Left and above: The garden where tuberous begonias bloom along with roses and potted ficus and fuchsias.



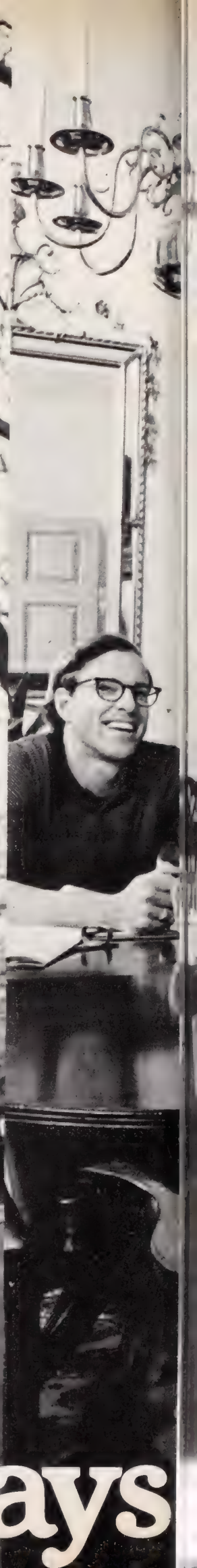
Plant-cart center by back door, with tiled sink, high faucet



Independence Hall, the nation's birthplace



Society Hill, a history-packed part of Philadelphia



In Philadelphia's Society Hill:

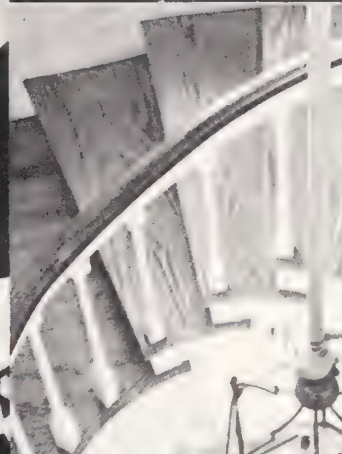
Brotherly love pays

Behind this old-world facade beats the heart of a thriving community of people who rebuild, rejuvenate, and rejoice!

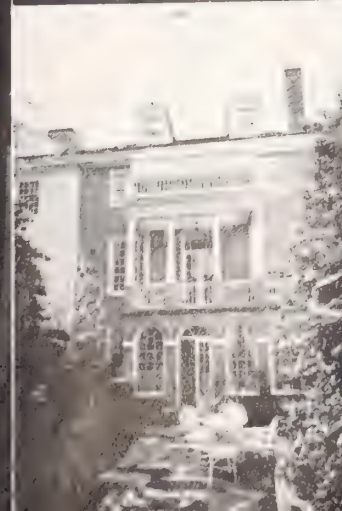
Living and dining rooms of a newly built house, authentically traditional



Street-front façade of the house



Garden side of house with porch



Alive and well and living in Philadelphia is no comic jibe these days. That the town is a better place to live in—the result of the teamwork of civic authority and concerned citizens—is handsomely illustrated in the rebirth of Philadelphia's Society Hill. This is the area, part of "the most historic square mile in the United States," to which all the world will travel this Bicentennial year, including our President, the president of France, the queens of England and Denmark, the king of Sweden.

For here is where the cause of our national celebration began. Here the Colonies declared their independence, adopted the United States Constitution, and established the federal government. Within a few blocks, major buildings of early American history may be seen—Independence Hall, Carpenter's Hall, Congress Hall, the first and second Banks of the United States, the Powel and Dolley Todd Madison houses, Head House market, the Philadelphia Exchange, the Graff house where Jefferson wrote the Declaration of Independence—all pristine fresh now. And side by side with them, the newly revived residential community of Society Hill can be seen as well. It has been brought back to thriving life with houses restored and new, with gardens, greenways and pocket parks, playgrounds, shops, and restaurants. This is an urban renewal success story to cheer about. Not only has an irreplaceable part of our history been saved but it is now part of a vital present-day community, not a historical waxworks replica.

"Society Hill," a name which has nothing to do with social distinction, is the part of old Philadelphia where William Penn's "Free Society of Traders" settled before 1700. In 25 square blocks near the Delaware River about 600 18th- and 19th-century houses still stand and have been certified by the Historical Commission as "historically and architecturally important." A goodly number have been restored or rehabilitated for today's living. Yet only 25 years ago the neighborhood was a slum of deteriorating warehouses, flophouses, rooming houses, live poultry and produce stores.

What saved it was a mutual effort of public agencies and private enterprise. First came the Philadelphia Planning Commission, a city agency responsible for certifying blighted areas for renewal; next the Redevelopment Authority to plan and carry out an urban renewal program. Under its rules, and with the cooperation of the Historical Commission and the Old Philadelphia Development Corp., home owners restored the old houses in traditional styles and converted them to present-day livability. Individuals also built new contemporary houses compatible in size and materials with the old.

Continued on next page

An 18th-century Georgian style house, newly built, *above left*, occupies the site of two demolished dwellings. Four stories high, it has a center entrance and a stair which spirals up through the house. The second floor living room and porch span the rear façade, *left*, overlooking a walled garden, terrace, fountain. *Far left*, restored houses and street. *Center*: settlers in Society Hill, the Stephen Van Dycks.

Brotherly love pays off continued

**It's a town for the young
a lively mix
of 18th-century charm,
20th-century livability.
The only crack left
is in the Liberty Bell**

Several ingredients produced the agreeable mix that gives Society Hill its diversity and vitality. The restored historic halls, churches, and other public buildings, rich in association and varied in character, have a simplicity and human scale that make them good companions. **They are inspiring, but never overbearing. Independence National Historical Park and the walkways and pocket parks that thread greenery and bloom throughout Society Hill bring back Penn's "green country towne."** To create the open Park around the historic buildings (the First and Second Banks, the Dolley Todd Madison and Pemberton houses, Carpenter's Hall), three city blocks south of Independence Square were cleared of engulfing structures. Now, for public enjoyment, the area also includes the Horticultural Society's 18th-century parterre garden and rose and magnolia gardens ablaze with flowers spring and fall.

Linking the historic sites with the houses are garden walkways such as St. Peter's Way, courtyards such as Bingham Court, playgrounds such as Delancey Park. These open green spaces, with sculpture by Baskin, Lachaise, Richard Lieberman, and the variety of small shops and restaurants around the old Head House market create a pleasant ambiance for a lively street life.

The major ingredients that weave the fabric of the community together, however, are the streets of houses, lined with trees and old brick pavements. More than 70 percent of the early historic houses remain, and private individuals and redevelopers bought and restored them to 18th-century appearance and 20th-century convenience. A healthy mixture of young families and older generations among these new residents has been an important factor in shaping its vitality. Young people, discovering traditional design in architecture and furnishings, have gone all out for it.

There is also a contemporary aspect to the community. A number of the old houses, while maintaining their 18th-century street façades, have been totally replanned inside, with varying floor levels and ceiling heights, indoor courts, and skylights that bring light into the center of the house. Houses wholly contemporary inside and out are also happily at home here. Built of red brick, the vernacular material of the area, and kept in scale with the height and width of their neighbors, the contemporary houses are in harmony with the environment.

The appeal of Society Hill was summed up by one new resident who said, "It has the scale and neighborliness of a small town but with big city advantages. You can walk to work, uptown, enjoy major theatre and music there, garden in your backyard, play tennis or swim in a neighborhood club, and shop nearby. Life in Society Hill is *and getting better.*"

The Robert Potamkins' 1764 house, *lower right*, gained a corner garden and gazebo, *lower left*, when two late vintage buildings were demolished. The Stephen Van Dycks' 1759 restored house, *lower far right*, was a vagrant's hideout in 1959. On nearby streets are modern town houses by architect I.M. Pei, single contemporary houses by architects Louis Sauer, Mitchell & Giurgola, *right*. Enlivening this urban scene are parks, walks, gardens.



Head House, once a fire station



Garden, above, on site of Dr. Rush house



Garden of Barclay house, built 1756-58



rick walk

rick walk



Bingham Court, an enclave of two-story, contemporary town houses, is a connecting link in the courts and walks of Society Hill



Two modern brick houses compatible in scale and materials with historic houses



Architect J.C. Knowles's own house

The Way links St. Peter's church, Delancey Park



18th-century garden of the Horticultural Society





THROW-AWAYS FOR KEEPS

"Let's translate paper plates into porcelain," said potter Charlotte Potok and goldsmith Noma Copley. So they set up the American Apple Pie Company and went on to copy other familiar containers—milk and cream cartons, take-out food boxes, mushroom and strawberry baskets, kitchen salt and pepper containers. All metal parts in these original adaptations are fine silver. This porcelain is at Bloomingdale's.

DEBRAH TURBEVILLE

extraordinary show
that celebrates the ordinary

REAL LIFE: IT'S ART!

Beverly Russell

Architects today are sparking incredible debate with everything they touch, for it's a simple firehouse design for Haven, Conn., or the installation of *Years of American Sculpture* at the City Museum, New York. The maverick pair, Robert Venturi and Denise Scott Brown, is also a husband and wife team, with an office, Venturi & Rauch, in Philadelphia. Their current show, *Signs of Life: Symbols of the American City*, a gutsy, Pop collection of urban reality, is running at Renwick Gallery, Washington, D.C., through October 31.

For the Venturis, there is good in the bad and ugly. They first wrote about their ideas in a book called *Learning from Las Vegas*, a study of "The Strip" and the gambling hotels and casinos. Now in this new edition, they review neon symbols that line Main Street and freeways, along with the angle of city sprawl and the repetitive signage in suburbia. The Venturis' candid acceptance of *everything* around, in cities, shopping centers, and parking lots, their persistent effort to get other architects to appreciate the "aesthetic richness" in what to many is a wasteland of unimaginative, ordinary design, has caused violent reactions.

Robert Venturi was refused a fellowship from the American Institute of Architects' last year. Upset by this decision, Yale's professor of History of Art Vincent Scully, a long Venturi supporter, rejected the award when he was being awarded at the same time. History will put the Venturis in their proper place and decide whether what they are saying is sense—or nonsense. Meanwhile, the argument rages, with the Venturis being praised as many raves as put-downs on their work. See how the celebrated names and architecture line up below.

SHOW

Venturi is an architect of our time more than most of us. The show resolves so many questions. It says that everything out there is real. "The highway interchange at night is a triumph." **Architect Hugh Jacobsen**, helped restore the **Renwick Gallery**

as everything to do with what is and what to do with what anyone thinks should be done. **Ada Louise Huxtable**, *New York Times*

is a hell of a contribution to modern

design." **George Hartmann**, architect

"The Venturis have opened up a door and caused people to see what they never would have seen. To call what they admire visual pornography is a cheap wisecrack and irrelevant." **Brendan Gill**, critic, art historian

"I find their work very original and interesting." **Gallery owner Leo Castelli**

"I think the Venturis are excellent architects and contribute to an understanding of architecture at this time. Architecture is always changing; it has to be reinterpreted." **Cesar Pelli**, new Dean of Architecture at Yale

"It's wonderful to have the Venturis. Thinking is much more lively because of them. They're not going to destroy values. Their ideas are enriching." **William Conklin**, Conklin & Rossant architects

AND NOT SO PRO

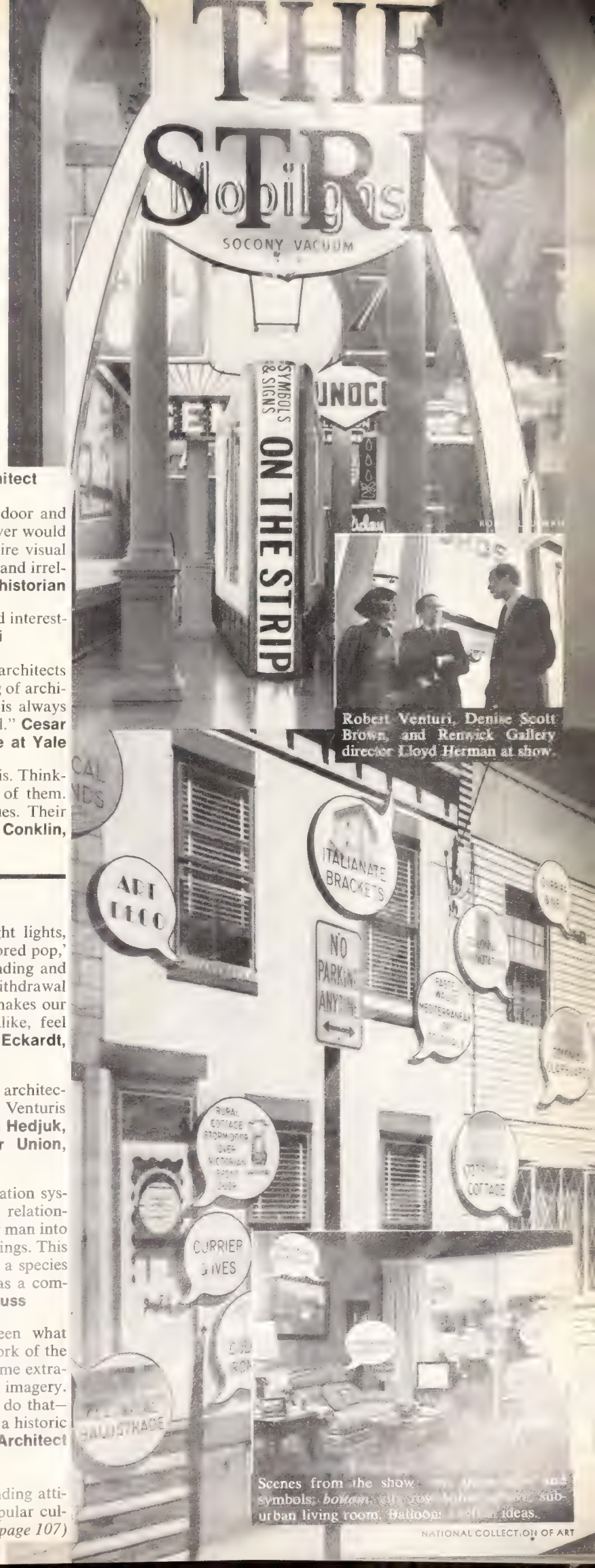
"I am afraid that for all its bright lights, kinetic excitement, and 'kandy-colored pop,' the visual noise of the strip is blinding and deafening people into passive withdrawal and alienation. What is more, it makes our whole beautiful continent look alike, feel alike, smell alike." **Wolf Von Eckardt**, *Washington Post*

"There are two current issues in architecture: realism and abstraction. The Venturis are into the area of realism." **John Hedjuk**, Dean of Architecture, Cooper Union, New York.

"Venturi talks about...communication systems...the transformation of the relationship between one man and another man into a relationship between men and things. This has an effect...to view oneself as a species of packaging and therefore also as a commodity." **Art critic Rosalind Krauss**

"There's a real difference between what Andy Warhol has done and the work of the Venturis. Warhol has produced some extraordinary illuminations, compelling imagery. The Venturis haven't managed to do that—yet, although their ideas represent a historic turning point in architecture." **Architect Ulrich Franzen**

"I think Venturi's got a condescending attitude toward popular taste and popular culture. There's a (Continued on page 107)



Robert Venturi, Denise Scott Brown, and Renwick Gallery director Lloyd Herman at show.

Scenes from the show: Mobilgas, SOCONY VACUUM, UNOC, SYMBOLS & SIGNS ON THE STRIP, ITALIANATE BRACKETS, NO PARKING ANYTIME, RURAL COTTAGE STOPPING OVER VICTORIA FRONT DRIVE, CURRIER GIVES, COTTAGE, BALLOONS. Ideas: sub-urban living room.

Knock-Down furniture:
You buy it, take it home,
set it up, and presto!
A new room that
doesn't cost a fortune.

K-D Instant Furniture

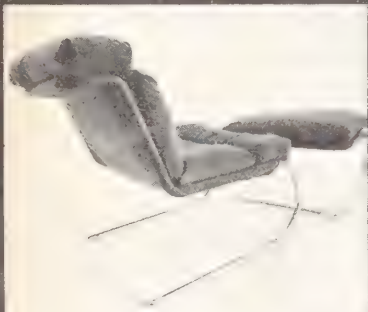
Everything comes K-D these days—folding modular sofas, shelving systems, chairs, tables, even beds. The variety of go-together components, kinds of wood, and fabric selection is enormous. Though some pieces come equipped with specially shaped “keys” that tighten bolts or recessed screws, most pieces are designed to fit together with little more than a hammer, a screwdriver, and a friend’s helping hand. Caring for K-D is a built-in feature of the design: You knock it down again (a quick process), strip off the fabric covering and throw it into the washer, and soon it’s ready to go. Since some K-D furniture is shipped already partially assembled, it’s easier to have those heavier pieces sent to your house. Otherwise, just like our friends are doing, *left*, you can carry practically anything K-D right out of the store. It’s a quick solution for getaway weekend houses, where you want to spend your time *outdoors*, not inside decorating, but you also want a place that looks terrific! The living room, *right*, is built around a high-density foam, modular seating system called “Balluff” (Bal-loof) from Workbench in New York. The sofa here is composed of armless and corner sections in tan canvas that cost from \$100 to \$125 each. You can also have it covered in a pale blue cotton. There’s an ottoman in the system too, for about \$60. The room, designed by John Saladino, is relaxed, casual, and very, very comfortable. The sofa fits neatly inside a blue plywood shell that acts both as a platform for the sofa and a shelf-like ledge around the room. The white lacquered table is inlaid with a chessboard of blue and white ceramic tiles from Country Floors. The pillows on the floor and the small rolled pillows on the sofa are covered with a gray and white Belgian sailcloth by Lehman-Connor. White marble sculpture behind the sofa by Xavier at the Staempfli Gallery. Open-weave fiberglass shades let *in* the light and air, keep *out* the sun. Shades by Joanna Western. Please turn to page 155 for details.

One of the great things about K-D: its light-
weight portability. Almost anything you can
take home the same day. The
pieces here are coming out of the
away Workbench carrying foam compo-
nents of the sofa in the living room, *right*.





Instant furniture, instant rooms



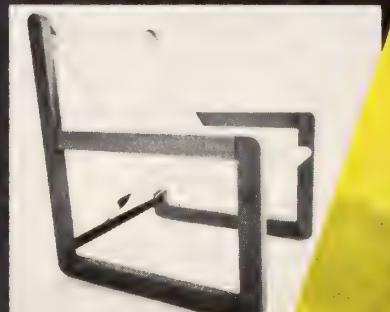
Velvet cushions slip right over tubular frame chair and ottoman. Tubes screw tight. James David.



Farmset lacquered pine cocktail table assembles with wooden pegs, simple screws. MRM-Trading Ltd.



Glass-topped game table braced with shiny chrome tubes, edged with chrome caps. James David.



California redwood chair, yellow or white. Sequoia Sunrise by Samsonite



Assemble a three-shelf pine etagere with a screwdriver. In pale or stained finishes. By Settlers.



A chair in a bag is easy to store. Steel-tube support, button-on cushion over canvas. Overman.



Two separate, hardwood, L-shaped rectangles make high or low table base. By Mixed Media Designs.



Child's furniture. Children's Room.



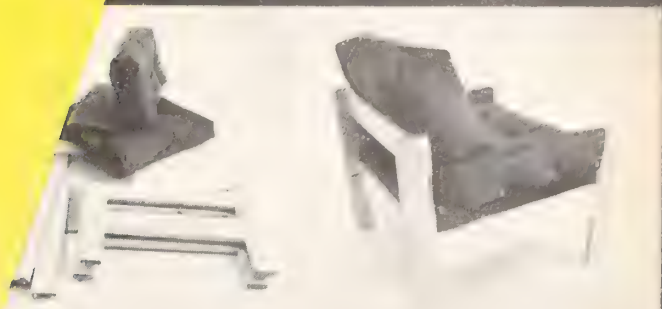
Natural pale pine cocktail table includes screws, special wrench. By Decorion.



With... three si... and base. (



Pale pine chair, sling seat, loose cushion in checked cotton. "Easy Livin" by Burris.



Farmset armchair, above right and left, with zip-off cushions in ten colors; armrests attach with press-studs. Assembles with wooden pegs and screws plus a hexagonal key. By MRM-Trading.



Plastic-coated Swedish steel tubes, clamps, feet, caps, and balls come in eight colors in kits or separate pieces. Opto system lets you design a room full of furniture. Jig, saw, and measuring key included, mattress not. Tube Shop.



Bricks and shelf or desk-top planks, above and opposite page top, of moulded ABS plastic in white orange, and brown allow free-play design of bookshelves, wall-divider, table, desk, or even seating. Antistatic finish in shelf-length, brick, and half-bricks. The Brick System by Inter/Graph.



Modular seating system of cross-reinforced polyether blocks covered with blue denim and lashed with cording. Left: mountain of blocks as room divider; center, sectional sofa, block for ottoman; right, crisscross conversation area. Each block is lightweight, easily moved. "Puls" components by Coerman, Slaggingh Data, p. 155.

Designing for take-it-easy weekends **PLAN**



UPPER STORY projects to shelter entrance

The idea is organization. For a family of individualists who need privacy—from the rest of the world, and sometimes from each other

The plan may seem like a house divided against itself, but not only does it stand, it triumphs over many of the complications (such as children and parents entertaining separately at the same time) that a more unified plan would aggravate. The owners are a young couple with two daughters, for whom architect Alfred De Vido devised a plan composed of two slightly overlap-

ping triangles—one for the owners, one for children and their guests. This plan is a variation on the “bi-nuclear” scheme—two separate wings joined by a minor connecting space—pioneered by Marcel Breuer in the 1940s and 1950s. It is not designed as a rigid, uncompromising framework that restricts activity, but an environment that helps simplify, clarify and organize the life within it.

A POOL HOUSE



ING AND DINING AREAS, ve left, share a sweeping ve of space. Beyond glass e pool; beyond the pass- ough in left-hand wall, the hen. Dining chairs are uel Breuer's 1928 clas- s; brown corduroy Italian dular seating units; ce- ntic tile floors. Right: con- roof slopes up to a sky- ht where it meets chimney.

MARIS-SEMEL



LIVING-DINING room opens to pool



SKYLIGHT CEILINGS slope up from front wall



an a ool ouse *continued*

ugh the house is not of vast
its main room is spectacular,
g to a height of 31 feet, and
s as the hub for auxiliary
s upstairs and down. There
ctually two buildings on the
linked only by a wall. One
ing is the main house; the
garage, cabanas, and show-
urposely kept apart to make
uissance of wet swimsuits as
te as possible.

ithin the main house, divi-
continue. Two floors each
two distinct wings. On the
nd floor, the main living-din-
area and the adjacent kitchen
py one wing; beyond the en-
e hall is the domain of the
ren: a bedroom for each
ghter, and one for the house-
er that can also be used as an
tional guest room, and a play-
n for television, a number of
es, and a commodious sofa
can be quickly transformed
a bed for a young guest. An-
r good idea comes from the
kers: extra chairs hung on the
—handy when needed, deco-
re when not.

pstairs is divided between the
t suite above the children's
ns and the master bedroom.
ch forms a sheltering projec-
above the entrance porch.
bedroom opens into the upper
hes of the tall living room and
for good measure, some dra-
cally high windows of its own
bove the living room opening
ell as across the room.

Despite all these divisions of
ce that help organize the life
in them, there is a satisfactory
y about the house. Architect
Vido and interior designer
bara Greene of GKR, Inc.,
, are together responsible:
hitecture is straightforward
without extraneous fuss (roof

The method is low maintenance:
oiled floors and stained wood walls
need little upkeep; furniture
and fuss are kept to a minimum

sses and rafters are exposed, for
mple); a coating of white stain
tens the impact of all the ex-
sed wood; furniture, designed
Barbara Greene, is largely built
The ceiling rises to its full
ght at the fireplace end of the
ing room, *left*, an effect made
en more dramatic by a double
light adjacent to the white
imney wall and by the intersect-
g angles of exposed roof trusses.
the left of the chimney, on the



BEDROOM AND WORK AREA, all bottle green: velvet bed, carpeted floor, painted desk

upper level, a balcony leads to the
guest suite; to the right, an open-
ing into the master bedroom in-
creases the sensation of spacious-
ness, but can be closed by wooden
panels for visual and acoustical

THE MASTER BEDROOM, above, is a very
special aerie all to itself, with some
thing of the character of a control tower
overlooking both the living room and
the front lawn. Designed by Barbara
Greene, most of the furniture is built in,
including a large triangular work area
whose right-hand side forms the head

board for the bed. It was painted a dark
bottle green like the green carpeting,
then given a coat of clear polyurethane
for durability. At left, above the work
area, a Marca-Relli collage; at right, the
marshmallow-shaped ottoman of an up-
holstered chaise. Bed is covered with
green velvet, rests on a carpeted platform.

privacy. On the Italian sofas. For-
tuny-print pillows; coffee table of
bronze-tinted glass was designed
by Barbara Greene; rug is an
Iranian Baluchi Kilim from
Marian Miller. Children's wing is
separated from the main room
(see drawing); both elements are
separate from garage and chang-
ing rooms, which occupy building
beyond pool. Curving wall paral-
lels adjacent road and establishes
privacy for pool area.



Plan a pool house

continued





SOLID WALL links main house with garage wing

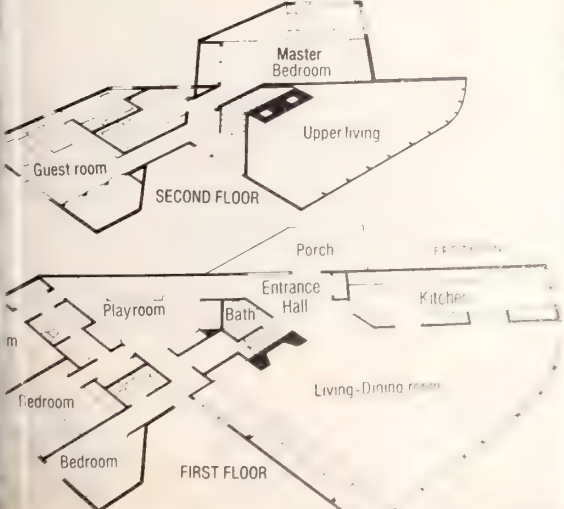
The secret is planning: Each room— and the furniture in it— tailored to suit the people and the function. Result: The living is easy

Division of the house by no means imposes flexibility. Big groups are accommodated as well as routine family gatherings: "It is as beautifully for a party of 150," they say, "as it does for a dinner of ten, or for the four of us." When the family is in a favorite luncheon spot is the kitchen's banquette and butcher-block table. One reason is brightness—the kitchen as well as the playroom is roofed completely with glass, laminated with a membrane of light-tinted plastic to filter the sun. Hanging plants thrive in this light, and these two rooms' walls provide valuable wall space for storage. The kitchen's glass door—good for keeping an eye on pool activities—leads directly to a terrace for easy service to hungry swimmers.

At the edge of deck, left, one of a pair of speakers, part of an indoor-outdoor music system operated from a cabinet incorporated in the living-room wall. Left, below, two daughters and a friend get ready for a ride along the

pool. "Divide," advised the Renaissance political philosopher Machiavelli, "and conquer." In this architect De Vido's adept division of living spaces and individual functions has proved architecturally, conquering the potential conflict of too much togetherness in a house that's a family getaway—for four individuals.

FLOOR PLANS, below, show how all the various areas, though spatially separate, are packaged together in a compact and highly livable architectural composition.

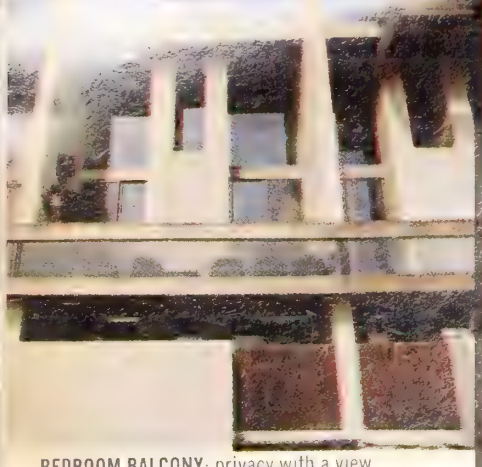


For building facts, see page 156



KITCHEN CEILING is a laminated glass panel

PLAYROOM is glass-roofed center of children's wing



BEDROOM BALCONY: privacy with a view



Designing for take-it-easy weekends

CONSIDER A



WICKER SOFA, twig sculpture by Chuck Arnoldi



ON THE MASTER BEDROOM BALCONY, "bedposts" are paper lanterns, dimmer-controlled, that swing in the breeze



SCULPTURAL HABITAT in redwood, stucco, glass

Now the beach is our second living room—on sunny weekends everyone drops by, and it's a party before we know it

To simplify life and leave more time for two weekend pleasures—entertaining and art collecting—one young family went the condominium route in an easy-to-keep complex of interlocking (but private) rooms right on the Pacific. Everything is kept super simple, including entertaining, with help-yourself buffets from pots simmering on the stove, salad and fruit right from the chopping board.

They asked interior designer Michael Taylor to fill the space with so people, art, "or a fresh flower growing" would be all the interest and color it needed: "We wanted it to feel as if everything else could have washed in from the sea." Mr. Taylor's answer: wicker, stone—naturals that almost take care of themselves. He gave redwood floors and ceilings a sun-bleached look with a strip job and lacquer, and kept to one kind of furniture to visually widen the space. "Trees" are potted schefflera on construction-sun-loving white cotton duck, beams of varying heights.

IN THE MASTER BEDROOM, above, desk and dressing table, of prehistoric stone with fossil seashell imprints, frame bed. Above desk, Frank Stella graphic. On floor, long-wearing industrial carpeting. Furniture by Michael Taylor for Wicker-Wicker, available through interior designers at LCS in New York.

CONDOMINIUM

Designing for make-it-easy weekends

RENOVATE A



CARRIAGE HOUSE under elms, barn door open and curtained

First horses and carriages lived inside; then it became a garage. Now it's an easy-come, easy-go weekend house with an open-air welcome

The present owners fell in love with the old building "when it still had a car parked inside" and decided that "after years of spending our weekends going from auction to auction, thinking of everything we owned as an investment, the perfect antidote was making an old two-story carriage house a comfortable weekend place to stay put."

The stable had a lot of charm to build on. The original sliding barn door inspired the owners to add French doors across from it and turn the space between into a dining area, virtually open-air from spring to fall. At night the big barn door is shut and a small door cut in its center is used. On one side of dining area and one step down is living area; on other,

kitchen and staircase. Oak plank floor replaced old concrete. They loved the original tongue-and-groove paneling, had enough reproduced to replace worn sections, panel kitchen appliances. Latest addition—the children's favorite—a tennis court.

What the owners made livable they asked Donghia Associates to make comfortable: The dark oak floors were bleached, old green paneling painted white. All furniture is functional, contemporary—except for maple dining chairs from an old ocean liner. And the house itself is the only antique in sight. For a light-hearted look, the designers used

bright cottons for upholstery—multi-colored "Faces" (designed by Richard Giglio, who also did round painting), a check, and a plain taxi-yellow, all by & Vice Versa—rag rugs, balloon window shades, tie-back door curtains.

Entertaining is kept simple too: tennis or a swim, with hors d'oeuvres and drinks out at the pool house and garden, then a sit-down dinner—perhaps lobster or barbecued marinated baby lamb chops served from the pull-down buffet window, *inset opposite page*. Afterwards, into the sunken living room for backgammon, brandy, and jazz. "It's like having our own very private club."

IN THE KITCHEN, below, much of the tongue-and-groove paneling on the walls is original—but painted. At the cooking island, the range, barbecue, butcherblock counter, vegetables out of the garden. Crewel pictures by the owner's mother.

THE COOKING-ISLAND KITCHEN is simplicity itself—windows curtained with elephant ivy, terra-cotta tile, open storage



SIT-WHERE-YOU-WILL seating, lots of tables

BEADLE



TABLE



A HALL FOR DINING, buffet window into kitchen



19 mg. "tar," 1.2 mg. nicotine, Menthol, 19 mg.
19 mg. nicotine av. per cigarette by FTC Report, April 1971



There's a little Eve
in every woman.

Try today's Eve.
Flowers on the outside.
Flavor on the inside.

Warning: The Surgeon General has determined
That Cigarette Smoking Causes Lung Cancer and Compromises Your Health

Do you know where your spouse's papers are, who his insurance agents, accountant, and lawyer are? If you're at all like the rest of us, the answer is no

A run for your money
continued from page 43

country club dues, boat payments, or the rent on a vacation cottage, if you can show that you use them for business purposes more than half the time.

Above all, keep good records. Otherwise, you could lose all the deductions. Your best is a simple log that lists: (1) The date and place. (2) The business purpose and the business relationship with the people entertained. (3) The amount of each expenditure. If it's more than \$25, you'll also need a receipt.

EMERGENCIES LIKE ACCIDENTS, DO HAPPEN

Fast question: If something happened to your spouse, would you have enough cash to live on until the insurance money came in? Do you know where your spouse's papers are, who his or her insurance agents, accountant, and lawyer are? If you're at all like the rest of us, the answer is no. To make matters worse, illness, accidents, and the death of a spouse are so upsetting that we tend to make incredibly costly blunders and compound the problem.

The best way of making sure that there will be enough cash on hand to take care of immediate needs is to have separate savings accounts.

A joint savings account is generally not a very wise idea because the bank may freeze the account as soon as it learns that your spouse has died. And even if it doesn't the money will be taxed in your spouse's estate unless you can prove that you contributed some of the money. And whatever you do, don't put the passbook in a safe-deposit box that's in both your names. Safe-deposit boxes are usually sealed when one of the holders dies—and it could take a good while before you can get your passbook out of it. Why not get another safe-deposit box? It will only cost you between \$8 and \$15 a year.

All legal documents such as birth and wedding certificates, deeds, bankbooks, securities should be easily accessible to both you and your spouse. The faster you file your claims, the sooner you'll get your money. Delays can be costly as all get out. Some widows and widowers are forced to borrow money to pay interest because they're so strapped for funds while waiting for insurance proceeds to come through. And then consider the cost of lost opportunities—say, the interest quickly received insurance proceeds could be earning.

Hence, it makes great sense to file an emergency checklist of things to do along with all your papers.

Death certificate: Get at least 10 copies of the death certificate. You'll probably need a copy of it for every claim you file.

Insurance claims: Make sure your spouse knows of all the insurance you carry—including company policies and small ones purchased to cover burial expenses. Also file the names, addresses, and telephone numbers of all your insurance agents.

Incredibly enough, most people aren't this organized even though they religiously pay their insurance premium promptly. It's estimated that a majority of widows and widowers wait more than two years to file their first life insurance claim.

Social Security: Contact your local Social Security office as quickly as possible because it's notoriously slow. It could take the agency as long as eight months to process your claim. So the sooner you notify it, the faster you'll get any benefits you're entitled to.

Corporate benefits: Send a formal letter to the personal benefits division of your spouse's company asking for information on wages, bonuses, commissions, and the death benefits from profit-sharing and pension plans.

THE FIRE NEXT TIME

Fires and burglaries don't always happen to someone else. After all, to someone else, *you're* someone else. And considering the way burglaries are rising, it could happen to you sooner than you think.

Hence you'd be wise to review your homeowner's insurance every year. If you don't, inflation will erode the insurance protection you do have—possibly to the point of being worthless. In fact, you may well have even less insurance coverage than you think you have. Homeowners' policies have an 80 percent clause which penalizes you heavily for not increasing your coverage as the value of your house rises with inflation. Here's how it works: If you're insured for more than 80 percent of your home's current replacement value, the insurance company will ante up the full replacement cost of a loss. However, if inflation has boosted the value of your house to the point where you're actually insured for less than 80 percent of its value, the insurance company will pay you less than the full replacement cost of the loss. How much you'll get depends on the fine print in your policy. Note that

Continued on page 106

WINE & FOOD

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Carol Cutler cooks for parties

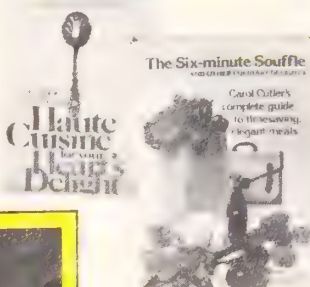
Carol Cutler's secrets for saving time, cutting calories and cholesterol—from her new book *The Six-minute Soufflé*. Below, practicing one of her own methods, she covers a pâté with foil.



Use oil, not pork fat, for pâtés.



Flavor sauces with whole shallots. Remove with a toothpick.



MENU
 Cheese Mousse
 Crudités
 Amontillado Sherry
 —
 Lemon Chicken
 Emerald Cream
 Buttered Radishes
 Bean-Sprout Salad
 French Bread
 —
 Alsatian Pears
 Coffee
 Krieter 1972 (sparkling wine)

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Cooking with a grand master

Diary of a week in the kitchen with Paul Bocuse, by New York caterer Christopher Idone.

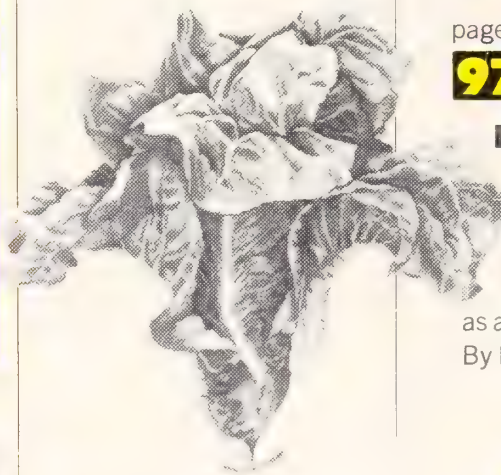


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Lettuce—some like it hot

Try summer's greatest greens hot as a menu surprise. By Marina Stern.

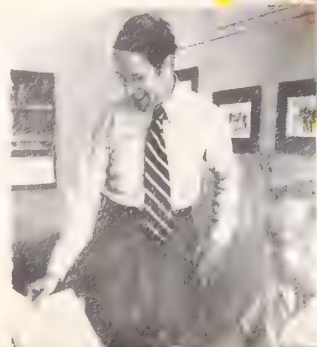
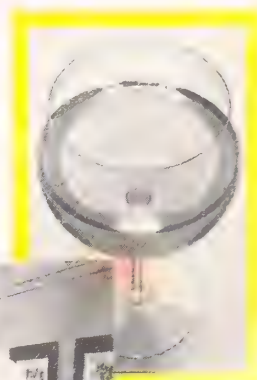


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One man's guide to buying good inexpensive wines

B. J. Cutler's strategy for finding good wines for less money.



ARROW
CAPTURES THE
ELUSIVE
STRAWBERRY.



HEUBLEIN
CREME DE
STRAWBERRY
(FRAISE)

There's no fruit flavor that plays harder to get than strawberry. That's why we work so hard to bring out our strawberry liqueur de Heublein. So-so strawberry isn't strawberry enough for Arrow. We've finally captured the true

fruit flavor—certain to make inspired Strawberry Coladas and Daiquiris (the recipes are on the back of the bottle). Arrow Creme de Strawberry is so lusciously, faithfully strawberry, it sends the senses swimming.

Arrow, HEUBLEIN'S HOUSE OF GOOD TASTE.

Creme de Strawberry, 44 Proof ©1975 Arrow Liquor Co., Allen Park, Michigan

WINE & FOOD

Lettuce— some like it hot

Wonderful ways to cook salad greens

By Marina Stern

...s can be done with lettuce
...des putting it in a salad
...l," says painter Marina
...n, who grows a bumper
...herself every summer for
...ng, braising, creaming,
...fing, even turning into soup.
...enjoy lettuce later, blanch
...freeze it, suggests Mrs.
...n, who is working on her
...vegetable-garden cook
...k.

LETTUCE VARIETIES

...many varieties of lettuce,
...of which you can grow
...most of which you can buy,
...ude romaine, Boston, Bibb,
...tercrunch, Simpson, salad
...vl. All are excellent cooked.
...berg, probably the most pop-
...r American lettuce, can also
...used, but I must warn you
...t it tastes rather flat. Chicory
...d escarole, which are not als-
...y considered lettuces any-
...y, have a particular, pungent
...or when cooked. Some peo-
...like it and some don't. I hap-
...n to love it. Certain lettuce
...s a slightly bitter flavor that
...oking accentuates. If you're
...ng a bitter lettuce discard
...stems and cook the leaves
...boiling water to cover for 5
...utes, then drain before using
...n any of the recipes.

SALAD SOUP

...his simple soup is a very im-
...rtant staple for cold winter
...ys in not-always-sunny Italy.
...Venice, where I come from,
...would be made from lettuce,
...spinach, celery, or even pota-
...es. I usually make it with the
...outside leaves of romaine and
...ave the hearts for salad.

Ingredients

...tablespoons butter
...small onion, finely chopped
...cups lettuce, coarsely
...chopped (romaine or any
...other type), washed and
...drained
...cups chicken broth
...cups water
...salt, pepper
...tablespoons uncooked rice
...tablespoons Parmesan, freshly
...grated, or sharp Cheddar
...cheese

Method

Melt the butter in a large sauce-
pan and add the chopped onion.
Cook over medium heat until
wilted, about 5 minutes.

Add the lettuce and cook cover-
ed, over a low heat, for about
10 minutes.

Add broth, water, salt, and pep-
per. Bring to a boil, add the rice
and cook, covered, for 20 more
minutes, or until the rice is done
but still firm.

Remove from heat, stir in grated
cheese until it melts, and serve.
Serves 4.

LETTUCE FRITTATA

This dish is very easy to make—
serve it as a main course for
lunch or as a first course for
dinner. It is also very good cold,
sliced in wedges, and served as
an hors d'oeuvre. It can be made
with any type of lettuce, spinach,
or Swiss chard. You can add
cooked string beans, peas, or
zucchini. Make it following the
recipe, or any way you fancy;
just be sure there is no liquid
left in the cooked vegetables or
the eggs will not puff up.

Ingredients

1 tablespoon butter
1 onion, finely chopped
1 large head lettuce, washed
and shredded, but not dried
salt, pepper
2 tablespoons parsley, minced
2 tablespoons basil, minced
4 eggs, beaten with 1 tablespoon
water
1 tablespoon Parmesan or
sharp Cheddar cheese, grated
1 tablespoon bread crumbs

Method

Melt the butter in a large sauce-

pan, add the onion, and cook 5
minutes over medium heat. Add
the lettuce with the water that
still sticks to the leaves, cover,
and cook over low heat for 15
minutes. Remove the pan from
the heat.

Drain the lettuce, chop it, then
drain again. Season well with
salt and pepper. Butter a 9-inch
pie plate and spread the lettuce
in it. Sprinkle with parsley and
basil, then pour the beaten eggs
on top. Sprinkle with the cheese
and bread crumbs and bake in
a preheated 350° oven for 25
minutes or until puffed and
brown. Serves 4.

BRAISED LETTUCE COOLEEMEE

I have a friend who comes from
a small town in the South that
has the irresistible name of
Cooleemee. She taught me how
to cook lettuce the local way.

Ingredients

1 pound (1 very large head)
lettuce (any type)
4 strips bacon
4 tablespoons wine vinegar
4 tablespoons sugar
salt, pepper

Method

Shred the lettuce and wash it.
Drain, but do not dry.

Fry the bacon in a large skillet
until very crisp. Remove from
skillet, drain on paper towels,
and crumble it.

Pour off ½ the bacon fat from
the skillet and heat what is left.
Add the lettuce with the water
that clings to the leaves and
cook it for 10 minutes, turning
the lettuce over from time to
time with a spatula.

In a small saucepan, heat the
vinegar with the sugar, salt, and
pepper until it is hot and the
sugar has completely dissolved.
Pour it over the lettuce, add the
crumbled bacon, and toss well.
Serves 4.

SWEET AND SOUR LETTUCE

Ingredients

2 tablespoons butter
1 large head lettuce, washed
and shredded (about 10 cups)
4 tablespoons sour cream
1 teaspoon white vinegar
2 teaspoons sugar
1½ tablespoons capers,
drained
salt, pepper

Method

Melt the butter in a large pot,
add the lettuce, and cook, cover-
ed, for 15 minutes over low
heat.

Mix together in a small bowl the
sour cream, vinegar, sugar, and
capers and add to the lettuce.
Cover and simmer gently for 5
minutes. Season to taste with
salt and pepper. Serves 4.

STEAMED LETTUCE PAYSANNE

Ingredients

2 large or 3 medium heads
lettuce (any type), washed,
drained, and finely chopped
2 onions, chopped
1 tablespoon sugar
salt, pepper
1 tablespoon parsley, minced
1 tablespoon basil or dill,
minced
3 tablespoons butter
2 tablespoons water

Method

Put the lettuce in a very large
saucepan and press it down.
Sprinkle the onion, sugar, salt,
pepper, and herbs on the top.
Dot the lettuce with butter. Cover
and cook over low heat for
10 minutes.

Stir the mixture and if it seems
to be drying out, add 2 table-
spoons water. Cover and cook
10 minutes more. Serves 4 ■



Caterer Idone, left, in the kitchen with Bocuse

CHICKEN IN TERRINE, surrounded by its ingredi

CHICKEN, a plump 3½ pounds

TOMATO, just one, peeled, seeded, and chopped

FOIE GRAS, diced; truffles, sliced

CARROTS, TURNIPS, cut into ovals

EGG WASH for pastry

WHITE ONIONS, leeks and celery heart

PUFF PASTRY shaped to cover terrine

PEAS AND BEANS, fresh and green

Diary of a young
American chef's week
in the kitchen of
Paul Bocuse

Cooking with a g



pastry lid, removed for serving



Chicken in terrine served in a shallow dish, with puff pastry and a colorful garnish of its own vegetables

By Christopher Idone

On a 5-week gastronomic tour of the French countryside, my partner, Sean Driscoll, and I met Paul Bocuse. We had an excellent introduction, and the evening we arrived at his restaurant, Collognes-au-Mont d'Or, we ordered our dinner, chose our wine, and soon were faced with the beaming Bocuse. Disregarding our order, he produced a multicourse feast and a choice of wines I would never have made myself. Bocuse joined us for a *digestif*, and we talked of cooking and our work as caterers at Glorious Food in Manhattan. It was one of those rare experiences when people like each other on sight, and what was to be a short day's visit lasted for three. When I told him of my longtime desire to spend some time in a French restaurant's kitchen, I was invited to return. Here is my diary of a week with that superb chef and generous man!

Saturday, February 7, 1976. 9:30 P.M. My first dinner—*Saucisson en brioche* (sausage in brioche) and three terrines—*grive* (thrush), duck, and foie gras from Périgord with fresh green peppercorns throughout. As an accompaniment, green beans, a confetti of tomato and slivers of raw mushroom in a light vinaigrette. Then *Coquille Saint-Jacques* (scallops) in a saffron-based sauce with extra-fine string beans, baby peas, olive-shaped carrots and turnips, *fricassee de poulet de Bresse au vinaigre* (chicken in tarragon vinegar sauce). The chicken is soft, tender, juicy—the sauce is a mahogany glaze redolent of briefly sautéed shallots; the vinegar hits you in subtle, unsharpened waves; all is dusted with parsley. A little plate of spinach—leaves, stems, butter, and a hint of salt. Cheeses: fromages de chèvre—fresh, semi-dry, and dry; St. Marcellin; Bleu d'Auvergne; a Livarot (a soft cheese from Normandy). (Continued on next page)

PAUL BOCUSE'S DINNER FOR HOUSE & GARDEN

Foie gras with
green peppercorns

Chicken in terrine
en croûte

Gâteau Montmorency

Raspberry sorbet

Brouilly Paul Bocuse

Gâteau Montmorency, sublime chocolate-iced genoise



and master

ARSE SALT, sweet butter

WINE FOOD



Cooking with a Grand Master *continued from preceding page*

Christopher Idone, left, continues his day-to-day account of a week in the kitchen of master chef Paul Bocuse

The wine, Château de Bellevue 1973—iced. A bottle of Evian. Vanilla ice cream, raspberry sorbet, coffee. A platter of cookies and chocolates I must pass by. An unordered bottle of Dom Pérignon appears with two glasses and Paul Bocuse—a slight smile, a hearty handshake, and he welcomes me back to his restaurant at Collonges-au-Mont-d'Or. Within seconds, a copy of that week's international edition of *Time* magazine arrives at the table. The cover story is "Michel Guérard—The New Gourmet Law: Hold The Butter." Bocuse smiles and says the base of French cooking is butter. "*Du beurre! Encore du beurre! Toujours du beurre!*" I am asked to translate the article, and I have my own questions. "Do you think Guérard is the 'most imaginative of us all?'" "This is true, but I have never eaten the *cuisine minceur*. When we are together, we only cook the classic dishes," says Bocuse, obviously displeased with journalists' interpretations of that overdone phrase *la nouvelle cuisine*. "They think we have created a new concept. They write what they like. Your Claiborne [Craig Claiborne, Food Editor of *The New York Times*], he understands—he is a good friend. We use the freshest materials. And cream. And butter. We have made it easier." He looks out the window pointing to some eight attractive young French boys and girls: "Look at them. I attract a young clientele. They come to me to eat and have fun. They go to Guérard after they are old and fat." After midnight, we drive to l'Abbaye—his catering establishment a minute away from the restaurant—and watch some 200 Lyonnaise attending a wedding that started at 7 P.M. and may end at 5 A.M. He pats some mem-

Paul Bocuse fits the pastry on terrine; shows how to cut it when baked and brown

bers and goes out the back and takes me to a little room overlooking the courtyard. He quickly conveys the crowd from cones, some drink- ing champagne (only champagne), some in the room. A happy crowd catches the bride and groom and whirls around the room with them. He signals his DJ, who gives him a pile of 45s and seconds later the room is pulsating with light and everyone is dancing to *Baby Face*. At 2 A.M. he tells me to go to bed and to be in the kitchen on Sunday, and we will

cuisine. Robert Dubuis, who has been with Bocuse for 15 years, and 6 other young men aged 18-22 from his staff of twelve. Vegetables are being chopped, shaped, and minced. Meat is being cut and weighed. Sorbet is churning in a machine. Beans are blanched, sauces reduced. Trays of sausages wrapped in brioche are put in the oven. A pile of woodcocks are defeathered. Oranges are sliced, strawberries picked. His famous *loup en croûte* (a type of bass in a puff-pastry crust) is wrapped and takes on an uncannily live form. Truffles are sliced and julienned. Chickens are cleaned and truffled. Fish are scaled, egg whites poached, sugar caramelized, crème anglaise cooled. Copper pans and silver tureens are polished. Bocuse walks into all this organized chaos, and the jolly crew take on a unified serious expression and await a paternal greeting. His finger reaches into various pots and pans and he licks it dry approvingly. A little Japanese boy, a trainee, busily plucking his pile of woodcocks, gets a pat on the head and instruction for more deft plucking. By 11:30, my eyes are so full that my stomach wants to stay empty. I join

Chicken in terrine en croûte



Brushing with egg wash



Golden brown and ready



Cuts it with a knife



chef Robert and his staff, and expect to join them in their cup of pea soup, grilled sausages, and potatoes à la lyonnaise. I am presented with the *Soupe aux truffes* (truffle soup) created for the famous Elysée lunch for president Giscard d'Estaing and a bottle of iced Brouilly Paul Bocuse. I poke into the puff pastry—thick truffled vapors steam upward, a spoon comes up with an abundance of thinly sliced truffles, tiny cubes of foie gras, and a dusting of vegetables which have been almost minced into obscurity. Seven pairs of smiling eyes are upon me awaiting an approving verdict. I want nothing more to eat, and Bocuse and crew think I'm crazy, but I

am content. Guests arrive, orders are given, a quiet, more serious eruption takes place as all eight men converge on a flattop stove that sits in the middle of the kitchen. The best thing I can do is decorate that *loup en croûte* platter or disappear. By evening, I have seen some 30 odd dishes pass by, peeled some carrots under an approving eye, asked a thousand questions and hoped for the best.

Monday, February 9: Bocuse is in Paris for a press conference. The day goes slowly—activity is at a minimum. By 7 P.M. Bocuse is back in the kitchen and prepares the *langouste à la nage* (lobster).

Tuesday, February 10: The dandelion salad is a delight. I want it, and happily it is part of the staff lunch. I pass up the entrecôte for three portions of the salad. Bocuse invites me to dine with his wife and mother—two charming, thin, thin ladies. I eat cheese, and

"I poke into the puff pastry, truffled vapors steam out, a spoon comes up with an abundance of truffles, tiny cubes of foie gras, and a dusting of vegetables"

hot purée of apples, and drink more Brouilly Paul Bocuse. He tells them I love the kitchen but hate to eat. He is perplexed, but I'm having a wonderful time.

Wednesday, February 11: At 7 A.M. Bocuse and his 6-year-old son take me to Les Halles, the market in Lyon. Bocuse is 50 years old today, and one is aware that he is the birthday boy. The sun shines for him—the first time in five cold, wet days. The market is a large and modern complex of meat, vegetable, fruit, crustacean, fish, sausage, and cheese stalls, and the usual coffee bars and little restaurants. Bocuse buys quickly and methodically. For our lunch he chooses some small silvery-pink fish (*omble chevalier*) that resemble trout. They are a specialty from the lac d'Annecy. He is kissed and greeted with shouts of "*Bon anniversaire!*" Pictures of him deck some of the shops. He is charmed, happy, amused, and even shy. The mood of the vendors is ecstatic, like New Year's Eve. For they all look forward to this evening, when he will stage his own birthday fête. We take coffee at a nearby café with some of his friends. We move on to another café, and his little group has swelled to some ten hearty food merchants, purveyors, chefs, restaurateurs, and a local journalist. By 10 o'clock his wagon has been filled with the morning's purchases, and he gives me a little tour of old Lyon on the way back to l'Abbaye. His wife, mother, and daughter are arranging bowls of mimosa. Tubs of champagne are being set to chill. Waiters are setting tables. The great rotisserie, a huge 15th-century fireplace, is laid with fruitwood. We return to the restaurant and are greeted by a running kitchen crew who unload the truck. By noon we are

Sunday, February 8: (Continued on page 102)

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Ziploc Storage Bags come in two very practical sizes. Quart. And gallon. Look for specially marked packages on your grocer's shelves that contain a helpful "Freezing Tips" booklet, or write to: Nan Collinson, The Dow Chemical Company, P.O. Box 68511, Indianapolis, Indiana 46268.

Now that summer fruits and vegetables are in season, it's the perfect time to start freezing in Ziploc Storage Bags. Take advantage of the coupon at right and save 10¢.

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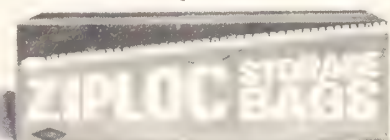
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Ziploc Storage Bags come in two very practical sizes. Quart. And gallon. Look for specially marked packages on your grocer's shelves that contain a helpful "Freezing Tips" booklet, or write to: Nan Collinson, The Dow Chemical Company, P.O. Box 68511, Indianapolis, Indiana 46268.

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10¢

Try adding green peppercorns to meat loaf or pâté as Bocuse does with fresh foie gras—the taste is delightful

Grand master

continued from page 100

lunching on *Salade de pissenlits* (dandelion salad) and *l'omble chevalier* and a Pouilly Fuissé. The fish is a beauty—sautéed simply in butter and herbs. Some goat cheese and coffee. We save our appetites for the feast. Presents arrive at the table. Telegrams. Flowers by the armful. The chef from his Tokyo restaurant arrives, and we drive back to Lyon and sip champagne at Léon de Lyon with Jean-Paul Lacombe, the chef, restaurant owner, and friend of Bocuse. The afternoon becomes a blur. At 9 o'clock guests are filing through the stone-floored, vaulted roisserie room at l'Abbaye. Forty-eight truffled *poulet de Bresse* are revolving on their spits. Two of Bocuse's young cooks baste the birds with yard-long ladles. The crackling, the blaze, the smell of these plump birds is thrilling. The anteroom is filling up with guests—you look and look again—as whispers turn to shouts—Mme Point, the Troisgros brothers, Chapel, Vergé, Guérard, Le Nôtre. We sip champagne and at 11 P.M. the Minister of Tourism, the Mayors of Lyon and Nice arrive. A long velvet curtain is pulled back. A fanfare of trumpets and horns announces dinner. On our plates, a tricolor apron embroidered with the announcement:

Le mi-centenaire
[half-century]
Paul Bocuse
11 Fevrier 1976

Potage poireaux pomme
[leek and potato soup]

Gâteau de foie de volaille
[chicken-liver mousse]

Volaille de Bresse à la broche
[chicken on a spit]

Salade de pissenlits
[dandelion salad]

Desserts from Bernachon

Vin Blanc
Vin Rouge
Champagne

Soup is greeted with bravos. A dozen violinists from the Lyon Opera wind their way through the guests playing Strauss waltzes. They mount the stage and are joined by other soloists in front of the belle époque mechanical organ that decorates the entire wall. Speeches are made. Toasts are given. A waltz is written for Bocuse. He dances with his wife. More cheers and applause. The music becomes Middle European rhapsodic and the *gâteau de foie de volaille* arrives—a brilliant combination of tastes. This chicken-liver-mousse-like creation is piping

hot, studded with sweetbreads, quenelle de brochet, cockscombs, and green olives. The dinner goes on and on—ending with the staff descending the staircase with three enormous 4-foot-high, round *gâteaux Montmorency*, covered with pounds of chocolate. The first cake flies through the air. The guests gasp. Bocuse is laughing. Those nearest the debris start hurling it through the crowd. It is a pretend cake. Five methuselahs of champagne are carried to the stage. Ten candles surround each cork. Bocuse toasts his guests, and suddenly all the bottles are being shaken furiously and he and his mother who is standing at his side are showered by bursts and gushes of this fabulous vintage. Everyone rises, applauds, and dances. At 5 A.M. I wish him Happy Birthday and decline his invitation to go to the market at 7 A.M.

Thursday, February 12: I have an afternoon meeting with Bernachon, the famous pastry chef and chocolatier in Lyon. He is married to Bocuse's daughter, Françoise—so it is not a surprise that his long-established house supplies the restaurant with its cookies, cakes, chocolates, and the famous *gâteau Montmorency*. I am ushered into the office. Champagne bottles pop and Mme Bernachon and Mme Jean Delaveyne of Le Camelia in Bougival, and the granddaughters of Mère Brazier and cooks of this house, reminisce about the evening past. I am given a tour of the kitchen and watch the decoration of the *gâteau Montmorency*. It is a simple construction—easily achieved providing you have a vat that holds a few hundred pounds of chocolate and two enormous rollers resembling an old-fashioned washing machine. This machine turns out tissue paper-thin sheets of chocolate that are quickly formed into carnation-like flowers. These in turn are delicately piled some 8 inches high above the cake—the chocolate is so light that a hint of breeze will send it through the air like goose down. I go off to dinner with photographer David Massey, just arrived from Paris. We dine at Léon de Lyon and are seated with Léon Beyer, the Alsatian wine producer and merchant. We taste some of his exquisite wines and Jean-Paul prepares wonderful Lyonnaise specialties: *Saucisson* with lentils and sautéed potatoes, *Gras-double* (fried tripe—extraordinary!), *Quenelles* in a sauce Nantua, *Tarte tatin*. Then off to Jean-Paul's little bistro to sample local *poire* and *marc*.

Friday, February 13: Bocuse is turned out in starchy whites and toque. He throws his han-

the air and exclaims: "I have created something for your American public that I think they will like." He loves the camera, the lights. He performs with glee. All this *nature morte* springs to life as he creates, step by step, the *poulet de Bresse en soupière* (chicken in terrine en croûte) for the camera. We finish the session in a private dining room on the second floor. He lights a fire. Sends for flowers, wine, champagne—whatever props we need, he abundantly supplies. He loves what David is doing with his camera and begins to call him "*mâitre*." At one o'clock we are dining on *foie gras frais* and champagne. A truffled soup for David to try. A freshly made *poulet de Bresse*. More champagne. The chocolate cake and raspberry sorbet. Coffee. A glass of *poire*. He pushes an envelope into my hand and says, "Take this." It is my *certificat de travail* (diploma). He grins, and we say good-bye.

CHICKEN IN TERRINE EN CROUTE

Ingredients

1 3½-4-pound chicken, washed and dried
1 celery heart
3 cups water or fresh chicken stock
½ cup string beans
½ cup fresh peas
2 carrots, peeled and cut into olive shapes, about 8 pieces
2 medium white turnips, peeled and cut into olive shapes, about 8 pieces
4 small white onions
4 small leeks
1 tomato, peeled, seeded, and chopped
3-4 ounces good foie gras (do not use mousse of foie gras), diced (optional)
2 truffles, cut in julienne strips (optional)
3½ ounces sweet butter
1 tablespoon gros sel sea salt or kosher salt
sprinkling of fresh cracked pepper
1 cup fresh chicken stock
8 ounces puff pastry (frozen commercial type, or use any standard recipe)
1 egg mixed with 1 tablespoon water

Method

Remove any excess fat from the chicken and cut off the wing tips. Stuff celery heart in the cavity, and place in a tureen.

Add water or chicken stock to a pot, bring to the boil, and blanch vegetables for 1 minute starting with the string beans, peas, car-

rots, and ending with the turnips, onions, and leeks. Drain vegetables in cold water to cook quickly and drain thoroughly.

Surround chicken with the blanched vegetables, tomato foie gras, truffles, butter, grossel, pepper, and pour 1 cup stock over all.

Shape the pastry so it will cover the tureen 1 inch below the lip. Brush pastry with egg wash and cover tureen with the pastry (washed side down).

Place tureen in a preheated 450° oven for 10 minutes; cover crust with aluminum foil and continue baking for an additional 35 minutes. Turn the oven off and leave the tureen in the closed oven 15 more minutes.

Remove foil, bring the tureen to the table, and with a small knife cut the crust and carve the bird on a separate platter. Serves 4

GATEAU MONTMORENCY

Ingredients

1 quart water
1 cup sugar
1 cup candied cherries
cognac or rum to cover cherries

Ingredients for cake

4 large fresh eggs at room temperature
½ cup sugar
½ cup flour, sifted
3½ ounces clarified butter, warmed

Ingredients for frosting

½ pint heavy cream
½ pound semi-sweet chocolate, or 2 ounces bitter chocolate and 6 ounces semi-sweet chocolate
the prepared candied cherries
1 10-pound block semi-sweet chocolate for garnishing

Method

One day before baking the cake prepare the candied cherries. In a large saucepan, bring the water and sugar to a rolling boil, add the cherries, and remove pan from heat.

Allow mixture to stand for a day so cherries will soften.

Drain cherries and cut in half. In a bowl cover cherries with cognac or rum and soak for at least 2 hours.

Method for cake

In a large mixing bowl, beat the eggs and sugar with an electric hand beater or mixer until the

ixture is pale yellow and has a
se-like consistency. With a
r spatula, fold the flour, a
amount at a time, into the
sugar mixture rapidly. Do
vermix. Fold in the warm
in driblets.

the batter into a buttered
floured 9-inch cake pan.
in a preheated 325° oven
0 minutes, or until cake is
ly brown and has begun to
ly shrink from the edges of
ean. Let cake stand for 6-8
utes before unmolding on
ack; allow to cool.

ke is not to be iced when
wrap in plastic wrap.

Method for frosting

cream and chocolate in a
pan and heat over a low
e, until mixture is thorough-
mbined (about 10 minutes).
ove pan from stove and
e mixture over a pan of ice
er with a wire whisk until
d. Drain cherries and fold
h into the frosting.

Assembling cake

cake in half, frost the bot-
layer, cover with the top,
frost top and sides of entire
e. Serves 8-10.

ve: The chocolate decora-
s on the cake on page 99,
made with a machine not
lable here. However, to
ke a more elaborate icing,
cake can be decorated as
lows: Store a 10-pound block
semi-sweet chocolate in a
y warm room, about 80°, for
out 24 hours (i.e. leave it near
orking stove, or place it in an
t gas oven overnight).

ce chocolate on a marble
p and with a 2-inch round
okie cutter, placed at the top
the length of the block of
ocolate, push down to the end
the chocolate to form col-
le-shaped ribbons. Place
coratively on top of the cake.
Chocolate is too hard, use a
getable peeler.

CHOCOLATE CREAM

Ingredients

cup sugar
egg yolks
ounces semi-sweet chocolate
(Baker's or Eagle), melted
in a double boiler
quart boiling milk
tablespoon potato starch
dissolved in 1 cup cold
espresso coffee
tablespoons cocoa
cup dark Barbados rum

Method

a large mixing bowl, gradually
eat the sugar into the egg yolks
nd continue beating until the

mixture is lemon-colored and
forms a ribbon.

Slowly add melted chocolate to
milk and remove pan from heat.

While beating egg-yolk mixture,
gradually pour on chocolate
milk in a thin stream of droplets
so yolks are slowly warmed.
Place mixture in a double boiler
and set over moderate heat, stir-
ring continuously with a wooden
spoon. Add potato starch/cof-
fee mixture and cocoa and con-
tinue to stir until mixture thick-
ens just enough to coat spoon
(this takes about 1/2 hour). Re-
move pan from heat, stir in rum.

Cool pan over a bowl of ice.
Cream will continue to thicken
as it cools. The consistency is
like a light custard sauce and is

excellent with cold fruit, espe-
cially pineapple. Makes about 4
cups.

DANDELION SALAD

Ingredients

dandelions, fresh and young
(roots and bud), enough for
about 6 people
1 large slice fresh Italian bread
or 1/4 loaf French bread, cut
lengthwise
1 clove garlic, crushed
olive oil
1 kippered herring
1/3 cup strong mustardy
vinaigrette
1 hard-boiled egg, roughly
sieved

Method

Wash the dandelions thorough-

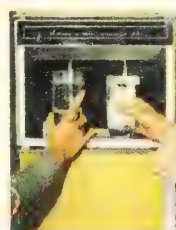
ly. After first washing, remove
the root, leaving the dandelions
in full clusters. Wash a second
time and dry.

To make garlic croutons, rub
the bread with the crushed gar-
lic and sprinkle with the olive
oil. Broil carefully until the
bread is golden brown. Cool and
cut into large croutons.

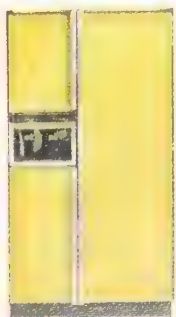
Bake the kippered herring in a
very hot oven for about 10 min-
utes. Remove the skin and pull
flesh from the bones carefully.
Mash the flesh with the vina-
igrette.

Put dandelions in a large serv-
ing bowl and just before serving
them add the croutons, egg, and
the vinaigrette dressing. Toss
well. Serves 6. ■

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In the 1950s when I was a news correspondent in the Soviet Union, a foreign household was permitted to import 120 bottles of wine a year at a nominal duty. My wife studied a catalogue from a tax-free warehouse in Copenhagen and noticed it was offering a simple Beaujolais for 99 cents a bottle and a Bordeaux with a familiar sounding name for not much more. She ordered the Bordeaux and it became our house wine. We served it to company, drank it at dinner alone, and even used the Bordeaux with such simple fare as canned Danish frankfurters and cold chicken sandwiches.

After three years of that, I was transferred to Paris and promptly noticed a drop in quality in the wine at our table. "You know," I complained, "the wine here isn't as good as it was in Moscow." My wife replied patiently. "In Moscow you were drinking Château Margaux. We can't afford it here."

Unfortunately the phrase "we can't afford it anymore" has often been repeated in my house and in many others in the past decade. It means that the price not only of the great Château Margaux but also of most fine French Bordeaux and Burgundy has soared to more than most people can or wish to pay. The aim of this article is to suggest a few ways of beating the high cost of drinking good wine. It can be done.

First off, we Americans are lucky in the improvement that has taken place in the quality of California jug wines. The half-gallon bottles of California's so-called "Chablis," "Burgundy," and "Claret" are well-made wines and excellent value. Our refrigerator is never without a jug of Chablis for an occasional glass, for mixing with a bit of crème de cassis to make the French apéritif called kir, and for use in cooking.

American jug wines are meant for a mass market and are vinified to be, as the trade calls them, "mellow." When people grow more familiar with wine, they tend to prefer the drier ones. So while jug wine is fine for casual use, it is more subtle with a little more age. Cabernet Sauvignon and Chardonnay.

To anyone who wants to drink a decent red wine without the high cost of the great chateau bottlings, the key is to avoid the error of finding a "chateau" and the frequent pointment of thin, harsh

One man's guide to buying good inexpensive wines

B. J. Cutler's love of wine dates back to his years as editor of the Paris Herald Tribune. Now living in the United States, he has a new and fruitful strategy for finding good budget wines

from poor years—I'd recommend a shipper's wine. This is a blend of so-called regional wines from the Bordeaux area, and sometimes a mixture of different years. I know that wine snobs dislike blends, insisting on the "purity" of a single vineyard, but the big Bordeaux shippers have been in business for hundreds of years and have learned a great deal. Their cellar masters, by skillfully blending wines from various properties and vintages, turn out wines that are reliable year in and out. Some of the better shippers are Barton & Guestier, Calvet, Eschenauer, Johnston, Kressmann, de Luze, and Sichel. Their name on a bottle labeled Bordeaux for under \$3 is worth trying, as are bottles labeled Médoc, St. Emilion, or Graves for a bit more. If you deal with a good retail wine shop, you'll often be able to pick up nice wines from châteaux in the less sought-after townships around Bordeaux at the price of a shipper's wine. Don't be afraid to serve either choice when a self-styled wine expert is coming to dinner. Pour the wine from a decanter and you'll be surprised how respectful he'll be of it, if he hasn't seen the label.

Another good place to look for a reliable French red is the Côte-du-Rhône region, south of Lyon. It literally produces a flood of sound, dry, warming wine. Since there is so much available, Côte-du-Rhône are rarely overpriced or adulterated with cheaper wine (which cannot be said for the currently faddish Beaujolais wine). A wine merchant worthy of your business should have pleasant Côte-du-Rhône at under \$3. This simple wine doesn't hold its freshness too well, so buy the most recent vintage available—currently the 1974s.

My nomination for the best buy in French whites is Muscadet, from

the mouth of the Loire River near Nantes. It is a pale, light, extremely dry wine, made in large quantities and widely available here for around \$2.50. Some people find Muscadet's dryness too tart or acidic. If you don't, you've got a nice inexpensive white to drink with seafood. If Muscadet isn't to your taste, the wines from the Macon region in southern Burgundy may be the answer. A good white Macon resembles a Pouilly-Fuissé, but is less fine and less expensive. Macon wines are dry, though less dry than Muscadet and with more body. Those labeled Macon-Villages usually are better than the plain Macon Blanc and should be tried. They give you an approximation of the better white Burgundies for under \$3, which isn't bad.

Since the production is limited and the demand great, red Burgundies will never again be cheap. However, it's still possible to find a surprisingly pleasant Burgundy for under \$3.50. Look for bottles labeled Côte de Beaune-Villages or Côte de Nuits-Villages. These wines either are blends from vineyards from the lesser townships in the area or come from specific vineyards in those minor townships. With a bit of tasting around, it's usually possible to locate a good Burgundy at a reasonable price. Other minor Burgundies labeled Mercurey and Givry can be well worth their modest price. Most Burgundies are no longer vinified to be aged in cellars and to last for decades, so I try to buy a recent good year—now 1973 or 1974.

Every once in a while, you can find a sleeper in a Burgundy and this is as pleasurable as hitting on a long shot at the racetrack. Nature is overly generous some years and several famous Burgundian vineyards produce more wine per acre than can legally be sold under the vineyard name. This wine then is

declassified, meaning that it is as plain Bourgogne instead of Volnay or Pommard. There are ways of spotting these sleepers from the labels, but to do so requires a short course in label-reading and then a lot of time sipping and peering at wine bottles. Fortunately when wine shops have one of these finds, they don't keep it secret. They put up a sign saying Burgundy—Overproduction of Such-and-Such Vineyard—and the price. These wines should be bought and if they live up to their bill of cases should be bought—before the other hoarders get there. I was the last such sleeper year, so be patient, it will happen again.

In recent years, Italy has been sending more and more moderately priced decent wines over here. Soave, a good, dry, light, white wine, is available almost everywhere at under \$2.50 a bottle. Several brands of Soave ought to be tried until the most pleasing one is found. Some people find Soave more to their taste than Muscadet and Macon-Villages, and it can be a solution to your white wine problem. Valpolicella, the light, fresh red from around Verona, is another inexpensive Italian wine that deserves to be better known, especially since it can be bought under \$2.30. Of course, everybody knows Chianti, which is produced in large amounts and in quality that ranges from excellent to awful. Many people have been put off by bad Chianti. They should give it another try, by looking for a Chianti Classico, which can be identified by a black rooster on the bottle's label. With the weakness of the Italian lira, Chianti Classico is selling as low as \$2.50 and, if like it, it's hard to find a better buy.

There is one, though. It's a red wine from Yugoslavia, here under the Adriatica label. Because of a quirk of Communist economics, the Yugoslav reds sold here under their true value. Perhaps it's because of Belgrade's need for hard currency. In any event, I've seen Adriatica's Cabernet and Palvac priced at \$1.29 a 23-ounce (slightly undersized) bottle. Anyone who finds that of them pleases him has a bargain.

This discussion may make it seem a lot of work and much hunting around to find good, inexpensive wines. But it really should be your wine merchant's job, not yours. A proper wine dealer should be able to offer, say, a good Bordeaux, a fresh Muscadet, a sturdy Côte-du-Rhône, and agreeable Chianti at reasonable prices. If yours can't, don't desert. Change wine merchants. ■

WINE & FOOD

More Cutler shortcuts
Continued from page 61

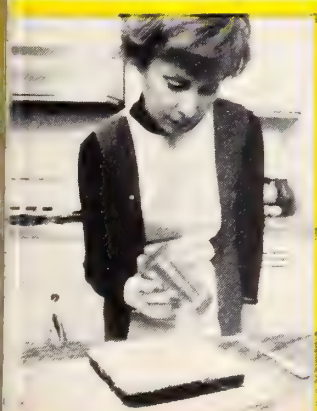
SIX-MINUTE CHOCOLATE CAKE

This delicious, moist chocolate cake is put together in a flash. There is not a single mixing step to wash, since the cake is baked right in the baking pan. No eggs, butter, cream, or excessive nuts and seasonings are added for and it also happens to be perfect for low-cholesterol diets. The addition of vinegar sharpens the flavor.

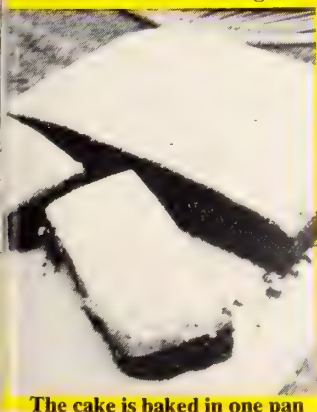
Working time: 6 minutes
Baking time: 25 minutes

Ingredients

1/2 cup sugar
1/2 cups flour
1/2 cup cocoa
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoons vanilla
1/2 cup oil
1/2 cup cold water
1/2 teaspoons vinegar
1/2 cup powdered sugar or chocolate icing (recipe below)



Cake is dusted with sugar



The cake is baked in one pan

Method

Select a square 8-inch or a round 9-inch cake pan. Measure all ingredients, except the vinegar, into the pan. Stir them well with a fork or wire whisk until they are thoroughly blended.

Add the vinegar and stir quickly to thoroughly blend in, and immediately place in a preheated 375° oven. There must be no delay in baking after the vinegar is added.

Bake the cake for 20-25 minutes or until the center is slightly puffed and the sides begin to pull away from the pan. Cool. Sprinkle the top with powdered sugar before serving or spread with icing. Serves 8-10.

The cake is even better if allowed to mellow for a day.

Low-cholesterol version

Use polyunsaturated oil; no substitutions are necessary.

CHOCOLATE ICING

The icing should be spread on the cake while it and the cake are still warm, so have the ingredients assembled and ready to boil. Recipe makes enough icing for 1 large sheet cake, or icing and filling for a 9-inch double-layer cake.

Working time: 8 minutes
Cooking time: 4 minutes

Ingredients

1 stick margarine (not butter)
6 tablespoons milk
4 tablespoons cocoa
1 teaspoon vanilla
1 pound confectioners' sugar
1 cup walnuts or pecans, chopped (optional)

Method

In a heavy pot measuring 6-8 inches across the top, melt together the margarine, milk, and cocoa. When it comes to a boil, add the vanilla.

Using an electric beater, beat the icing while pouring in the confectioners' sugar. When all the sugar has been incorporated, beat for a few seconds at high speed. Stir in the nuts.

Using a rubber spatula, spread the icing on the hot cake as soon as it is removed from the oven.

STRAWBERRY CLAFOUTI

Clafouti is the odd-sounding name for a delicious dessert—a kind of thick, baked fruit pancake—often served at informal dinners in France. To save time, strawberries have been substituted

for the traditional cherries. Clafouti is best served hot or warm.

Working time: 10 minutes
Baking time: about 35 minutes

Ingredients

3 1/2 tablespoons butter
3 cups strawberries, or other fresh fruit
4 eggs
1 cup milk
1/4 cup cream
pinch salt
1/4 teaspoon nutmeg
1 teaspoon lemon juice
1 tablespoon vanilla
2 tablespoons orange liqueur
1 1/4 cups flour
1/2 cup sugar
powdered sugar, optional

Method

Slowly melt 3 tablespoons of the butter in a small pan while rinsing and picking over the berries. Smear 1/2 tablespoon butter in a 6-7 cup pie dish or cake pan and pour in the berries. Smooth into a neat layer.

In the blender, put the eggs, melted butter, milk, cream, salt, nutmeg, lemon juice, vanilla, and liqueur; blend. Add the flour and sugar and blend again until thoroughly mixed. Pour this batter over the berries.

Bake in a preheated 350° oven for about 30 minutes or until the batter rises and puffs a little and a knife plunged into the center comes out clean.

Clafouti will shrink back into the dish a little as it cools. Serve hot or warm. (If it is to be served cold, sprinkle with powdered sugar just before serving.) Serves 8.

Batter can be made ahead and refrigerated. Pour over the berries just before baking. Add 5 minutes to the baking time.

Low-cholesterol version

Use these ingredients and follow the steps outlined above: 3 cups strawberries, 5 1/2 tablespoons polyunsaturated margarine (5 tablespoons melted, 1/2 tablespoon to grease pie dish), 5 egg whites, 1 1/4 cups polyunsaturated liquid dairy cream substitute, 2 teaspoons lemon juice, 1 tablespoon plus 1 teaspoon vanilla, 3 tablespoons orange liqueur, 1 1/2 cups flour, and 1/2 cup sugar. If the top of the Clafouti does not brown during cooking slip under the broiler for 1/2 minute. ■



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Historic Preservation

Dr. Luria

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an extended family for my child. People said I was crazy, but that's exactly what I've done. I found a person who loves children and hated an office job and lives with her family. So my son has several older sisters and brothers, aunts and uncles, through whom he can explore the nooks and crannies of his personality. And it's meant there's a whole landscape of family he's a part of that we, his parents, are adjacent to."

The sitter takes James to morning playschool, out with his bicycle, skating in winter, to the beach in summer, and to play with neighborhood friends. She does all the household laundry, shopping, food co-op pickups, and the cooking, dinner as well. But she does no housework.

One of her sisters comes in once a week to do that. "The thing I've really learned in all this," adds Gina, "is that looking after children and taking care of a family is as important work as any in the world. I think this is something that our society doesn't believe. We push it under the rug. It's a crime that we're not in some way taking young people, men as well as women, and training them to do precisely this work. I feel many working women are struggling with this problem; day care centers are not the answer for all. There's a very easy corner to turn, which has to do with the potential of human beings."

The Lurias' lifestyle (Gina's husband, Dr. Richard Luria is a leading psychiatrist and gives medical papers all over the world) includes plenty of entertainment on weekends—"we have guests to stay at least twice a month and I have extra help to cook and clear up for that"—but little partying on week nights. "I just don't want to put on party clothes and go out at a time when James wants to be cuddled." She's always home by 6, reads him a story, and puts him to bed. "And then Richard and I go to bed early. It's just a lifesaver; we can't manage any other way."

Another lifesaving tactic, she says, is never leaving anything to the last minute—like deciding what to wear, or eat for breakfast—and never getting into a situation where you can't see the next step ahead. "I spend my time and energy avoiding that, because it's the most debilitating experience. That's where a lot of women often find themselves."

Of course it helps to have a helpful husband. Richard, she admits, is a marvelous cook and a good domestic organizer. "When we moved into this house, there

were fifty-two brass doorknobs to take care of. I'm an educated, imaginative person, but I just couldn't handle that kind of problem. He made a battle plan for it."

If you're a juggler, battle plans are important for everything. Nothing comes easy. You may not even make enough money to offset your financial outgoings in the first few years of working motherhood, she points out. But she has no doubt it's worth it. "So often I hear women, who love their husbands and children dearly, say their minds are like lemon pudding inside because they're not out in the world. I love adventure and I love learning different things and I know when I'm busy I'm productive, and I'll always make time when I don't have it. My push is not to rage about the nip and tuck condition, but always to try to see what I can do to ease it." ■

Dr. Tiger

continued from page 70

"This way she is guaranteed a certain fee no matter how many days we go out or don't go out. She's available whenever we need her."

Virginia's ballet training has proved just as useful on a physical level as it is on the mental plane. She needs strength and stamina to cope with the typical day's schedule outlined on these pages. Unlike her friend, coauthor, and colleague, Gina Luria, she doesn't go to bed very early, very often. Her day starts a 7 and it's not unusual to finish after midnight. No matter what hour it is, though, she's tuned into her son's early morning routine, always makes his sandwich lunch, takes him to school, reads on the bus, chats with mothers and teachers at school before she kisses him good-bye. "It's important to him, because since I work, I can't take part in many parents' activities." A full day's teaching can be followed by a dinner party for eight (she and husband Lionel cooking together), or occasional party for 70. For this she may cook a Polish ham ahead, serve it with salad and scalloped potatoes, and have someone to serve drinks and clear up. Since evenings are so often spent out at dinner, the theatre, ballet, it's not surprising that she tries to keep weekends free for her family. But even that's not as tranquil as it may sound. "For the last two years we've been renovating an old house in the country and I've still not got all the curtains up. I suppose having things easy doesn't satisfy me."

Like Gina Luria, Virginia seeks support for her multiple life from literature. The biographies of Leonard Woolf, Virginia Woolf's husband, are crucial. "He talks of

the importance of changing job every seven years. He was talking to men, but I think it's just as applicable to women. We know there can be a feeling of things drying up. This is a sign that we've got to shift gears and get somewhere else. We all need change." She has plenty of encouragement for women who want to start a career late. "It's not hard to go back to school and more women—and men—are doing it. I see them all the time. The women who strive for autonomy through education find it energizes them."

Asked to point to one thing she would prefer to change about her own extraordinarily fulfilling life she says, she misses moments of privacy. "I sometimes wish I had to drive more often. I know people who retreat into themselves at the wheels of their cars. I've learned to meditate and be introspective of buses and trains. But there are days when I long to have 15 minutes or half an hour completely to myself. Currently she is busy reviewing her strategies to take care of this need. "There has to be a technique. Women who are active in every arena and commitment, do by hook or by crook arrange to have moments when they're alone." ■

A run for your money

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the 80 percent clause applies only to your house, not your personal possessions.

But how about your personal possessions? Could you list them all and prove how much they were worth if they were lost to a fire or a cat burglar? Chances are that you couldn't, unless you inventoried your property periodically. It's really a fairly simple procedure especially if you use a handy (and free) IRS booklet. Called the *Workbook for Determining Your Loss* (publication 584), it conveniently lists typical personal possessions room by room. Next to each item, which can range from an umbrella stand in your hall to the furniture in your patio is a blank space in which you can write its cost and current value.

By the same token, you'd also be wise to take pictures of each room from two or three angles. (For valuables such as jewels, antique furniture, or works of art take separate pictures of each item.) While they may not turn out to be great photographs, they'll be invaluable when you present your insurance claim or file a disaster loss on your tax return. And if you're lucky enough to miss fire and burglars completely, you can always take a peek at these photos when you're feeling nostalgic about the good old days. ■

You find that on the same Saturday afternoon you are to go to a friend's for a buffet and swim, the painter is coming to do the kitchen. You:

- a. Stay home with the painter and kick yourself for missing the party (and for bad scheduling).
- b. Go to the party and worry the whole time about the painting.
- c. Choose either way, but make a decision you can accept.

Do you set priorities for daily, weekly, and monthly tasks, and arrange them on a to-do written list?

- a. Yes.
- b. I'd like to, but I'm too busy.
- c. No, it's a waste of time.

Do you have a written master list of your life goals and the action steps to reach them?

- a. Yes.
- b. No, I'm too busy living my life.

Do you have enough time for yourself?

- a. Every day.
- b. Sometimes.
- c. Never.

12 Do you have an important goal that you never seem to get started on, such as going back to school or taking interior decorating?

- a. No, I never put anything off.
- b. Yes, every time I think of it I'm overwhelmed.
- c. No, I've broken it into small steps to get started.
- d. No, I devote an hour a day to it regardless.

13 Have you recently evaluated whether you still need to do all the things you are currently doing?

- a. No, I'm too busy.
- b. I haven't thought about it.
- c. Yes, once every 6 months I review and drop whatever is unnecessary.

14 Do you tend to procrastinate on the unpleasant things, such as asking your husband to help you do the shopping or asking your children to straighten up their rooms?

- a. Yes, this isn't my year to be assertive.
- b. I've been waiting for them to volunteer.
- c. No, I've confronted the issue head on.

ANSWERS TO THE QUIZ

- 1. (c). For routine tasks, the less often you have to do them, the better. You can create free time by shopping once a week, and even more time by freezing meals ahead.
- 2. (a) or (b), as long as you handle each piece of paper only once.
- 3. (a) or (b). (b) is a good solution if you can afford to buy your way out; (c) is silly: Why kill yourself trying to do everything? . . .
- 4. (a) or (d). Do not make a decision that you cannot feel comfortable with.
- 5. (b). If you keep an up-to-date priority list, you'll know what you want to do.
- 6. (b) or (c), although (a) is easier in the short run. Learn to delegate tasks to family members. But in fairness, everyone should help. If

- you can afford it, (c) is fine too.
- 7. (a). Lists are essential. One master list is best.
- 8. (c). You'll live longer too.
- 9. (a). You save time by taking time to single out the important things and do them first.
- 10. (a). If you don't plan what you want to do with your life, you'll regret the outcome.
- 11. (a). Take time, you deserve it.
- 12. Somewhere out there, there's an (a), but I've never met her or him. (c) or (d). The easiest way to get started on a difficult task is to break it up into small, easy-to-handle segments.
- 13. (c). The world changes—so can you.
- 14. (c). The longer you wait, the harder it gets.

SCORE

11 to 14 right:

You're not only organized, you're way out front.

8 to 10 right:

An honorable score: You're holding your own.

5 to 7 right:

You need improvement—like most of us.

1 to 4 right:

For Pete's sake, why don't you get organized?

"Symbols chosen by different groups and people make the city habitable, vital. Our exhibition enables architects and planners to respond with greater sensitivity than in the past to the great variety in the American city"

Robert Venturi and Denise Scott Brown

Real life: It's art
continued from page 79

terrible gap between his writing, which I like, and his work, which is stylized, highly intellectual, and elitist." Peter Gluck, architect, designer of the exhibition Shinkju, *The Phenomenal City*.

"The Venturis seem to say that life should 'criticize' art, but life has always done that without even trying. So a program to institutionalize this is questionable in many ways." William Ellis, Professor of Architecture, Fellow, Institute for Architecture & Urban Studies

"The relatively uncritical acceptance of many of the dehumanizing aspects of our suburbs and urban outskirts appears to be yet another symptom of social disintegration." James Polshek, Dean of Architecture, Columbia University

To gain insight from the commonplace, say the Venturis, to give them the last word, is nothing new. "Fine art often follows folk art. Romantic architects of the 18th century discovered an existing and conventional rustic architecture. Early modern architects this century appropriated an existing industrial vocabulary. Le Corbusier loved grain elevators and steam ships."

What they hope to achieve with their critical observations is to make people aware of a neglected dimension in city architecture. "Symbols chosen by different groups and people make the city habitable, vital, and unexpectedly beautiful." It's all a question of perception. Have you looked at the street carefully recently? When you do, you may get a few stimulating surprises. ■

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The time of your life

continued from page 43

inevitably leads to failure and frustration. You simply can't anticipate interruptions, and you can't tell how long various tasks are going to take. A tight schedule of the entire day dooms you to disappointment. Instead, go over your list of things to be done (preferably the evening before) and select two or three which are really important to you in the long run. Then schedule a block of time for those two or three things when you are least likely to be interrupted. Focus your energies completely on them until they are finished (or, in case of major projects, until one phase of the task is finished). Then work the lesser tasks in as time permits, in order of priority.

In other words, the answer lies not in tighter scheduling, but in greater selectivity.

Of course, many of the trivial and routine things still have to be done. How can one cope with them efficiently?

The first step is to sit down and analyze how you are spending your time. Ideally, this should be done with the aid of a time log—a record you keep for several days, stating, perhaps in 15-minute increments, how you spend your time. It sounds like a lot of trouble, but in fact it's easy, and many people have told me how much it has helped them get control of time.

A tight schedule for the entire day dooms you to disappointment. Instead, schedule a block of time for two or three really important things

I don't recommend keeping a log all the time—only occasionally, as a diagnostic device. Seeing a record of your day in writing can be unnerving, but without it, we fool ourselves into thinking we spend far more time than we do on meaningful tasks, and overlook our 1 time. (And keep in mind, speaking of wasted time, we're not talking about time spent resting or *leisure*—it's time spent *not* contributing. You are entitled to time for such things—in fact, that's what time management really means: finding time for the things that you enjoy.)

With the aid of the log, analyze everything you do, in the light of these three questions:

1. *What am I doing that I don't need to be done?* Am I spending more time ironing than I need to,

for example, instead of taking advantage of nonpress fabrics? Am I dusting more often than I really need to, because of a neurotic striving for perfection? Am I doing chores for social or civic groups which don't pay off in terms of personal accomplishments or satisfaction?

2. *What am I doing that could be done more efficiently?* Am I constantly looking for better ways to accomplish necessary tasks? Are my tools and supplies in order? Do I give thought to the best time of day and the best time of the week to do various tasks? If I had to get through a given task more quickly, what shortcuts would I take—and why not take them anyway?

3. *What am I doing that someone else could do as well?* Do I really delegate effectively? You may feel that this is one area where the home is totally different from the office. True, since the passing of the "Upstairs, Downstairs" era, few people have such luxuries as a butler, a cook, and a scullery maid. Nevertheless, the principle of delegation still applies. Make sure you are not doing things that could and should be done by someone else; as long as you are interacting with other people, there is a good chance that this is happening.

For example, too often a mother winds up doing chores that other members of the family ought to be doing. Delegating them not only would make her life easier, but it would enhance the children's sense of self-worth. Even small children, for example, can be given responsibility for such things as sorting socks, or making sure their dirty clothes are turned right side out before being put into the hamper.

Of course, it so often seems simpler—a better use of time, if you will—to do such jobs yourself rather than hassle a child to do them. But you're ahead of the game spending an hour or two training a child to do it, if it's something that can be delegated to him or her permanently.

Delegation is one of the most common time-management problems we have when dealing with business executives—the tendency to want to "do it yourself" instead of giving the job to someone else. Thus corporate presidents do jobs that should be done by the sales manager or the vice-president of finance. The same thing happens in social or civic organizations. Too often when a person is asked to head a committee, he or she thinks of it as an assignment to do the actual work. Often he or she would be more effective seeing that all committee members do their assigned jobs.

Why is it so hard to delegate? There are several reasons:

1. *Perfectionism.* Striving for excellence is admirable, but striving

for perfection is pointless. Accept the fact that someone else may not quite meet your standards on a given task, and recognize that if their performance is generally acceptable a slight imperfection is a small price to pay for gaining additional time for yourself.

2. *Lack of trust.* Too many of us—whether in the business world, in civic organizations, or at home—underestimate the potential of those around us. Children (and husbands and wives) often perform to unexpected standards if they are given full responsibility for a task to do *their* way instead of just having it assigned to them.

3. *The indispensability syndrome.* Some people get masochistic pleasure from driving themselves incessantly, spurning the help of others. It gives them a feeling of martyrdom and makes them feel needed. If that's what turns you on, go to it. But I think you'll find life more fun if you avoid this form of self-flagellation.

One of the most effective time-saving techniques is frequent use of the word "no." Decline requests that don't contribute to the achievement of your goals

Another aspect of time management well worth the homemaker's attention is Parkinson's Law: Work expands to fill the time available for its completion. Here's an example of this principle in action: You get a call from a friend who is in the neighborhood and plans to drop by in 15 minutes. You achieve miracles of dusting, vacuuming, and tidying up during those 15 minutes, accomplishing what normally might take 2 hours.

But you can't count on such externally generated pressure when establishing deadlines for yourself. Don't let a penchant for perfection entice you into spending more time than the task really merits. Relaxation and exercise and meditation—the things we too often consider "optional"—are an essential part of living, and you can find time for them only if you impose some kind of time limits on routine tasks.

One of the most effective of all time-saving techniques is frequent use of the word "no." You cannot protect your priorities unless you learn to decline, amiably but firmly, requests that don't contribute to the achievement of your goals.

Many time-pressured people tend to accept new assignments—at the

office, in volunteer organizations, new social obligations—without realistically weighing the cost in time. They end up living their lives according to other people's priorities. You have to speak up and say "no" to defend yours.

On anybody's list of time management difficulties, another problem looms large: procrastination. How can one cope with the tendency to postpone important tasks until tomorrow, next week, or next year?

If you are a congenital procrastinator, as so many of us are, your chances of overcoming this tendency through sheer willpower are not good. Instead, whenever you find yourself putting off a task, break it down—in writing—into a number of small tasks. For example, if you've been putting off cleaning up the basement because it's such a mess, make a list of the steps that need to be taken:

1. Schedule a day for the job.
2. Notify family members that their help will be needed.
3. Decide what to do with the broken bike and three-legged Ping-Pong table.
4. Designate box for things to be given to charity.
5. Have Jimmy select which boards are worth keeping.
6. Reorganize tool pegboard.
7. Tackle workbench.
8. Sweep.
9. Mop.
10. Wash windows.

Each of these tasks is so small, compared to the overall job, that you find it manageable. Often, when you get one part finished, you have enough momentum to continue. But if not, don't worry—you've completed one part of the task you'd been putting off, and that will give you a psychological lift—you have broken the mental logjam.

Another way of dealing with procrastination is to analyze the problem in writing. On the left side of a sheet of paper, list the reasons for your procrastination; on the right side, the benefits of getting the job done. Usually, the left side of the sheet looks pretty pathetic. On the right side, you will have a convincing list of reasons for getting it done. This usually will jar you out of your torpor.

Incidentally, this habit of writing things down can save you time continually. Many people go through life relearning the same lessons repeatedly, because they forget what happened during the time that elapsed before the situation recurs. Whenever you finish something important, such as giving a large dinner party, planning a social event, organizing a fundraiser, getting one of your kids off to college, buying a house, etc.,

If you tend to procrastinate, your chances of overcoming the habit through sheer willpower are not good. Instead, break down tasks you've put off in writing

Write yourself a note summarizing the lessons you learned, the things you would do differently next time. The military calls this an After-Action report. You'll not only save time, but you'll avoid a good many headaches.

Similarly, whenever a family or personal crisis occurs, sit down with a pencil and paper, and figure out in writing why it happened and what can be done to prevent a re-

currence. Often you will find that it is failure to start soon enough, lack of planning, inadequate communication, absence of contingency plans, or similar mistakes, which could have been remedied. Analyzing the situation in writing not only helps to crystallize your thinking, but reinforces your resolve to handle the problem differently next time.

There is one more technique, which can have an important influence on how we use time and that is the habit of thinking in terms of *today*. Too many of us spend too much time in the past, either wishing we had done things differently, or reliving moments of achievement, resting on our laurels. Others live too much in the future, confining themselves with vague plans about all the things they are going to do "some day." The only way we can make those imaginings become realities is to live and achieve in the present. Learning the value of *today* is, I think, the essence of effective management of time. ■

Cityscapes

continued from page 36

tion and reuse of old structures. Apartments have been fashioned from printing factories; an old trolley barn in Salt Lake City now houses a boutique market; Minneapolis's award-winning Butler Square is set in a 1907 warehouse.

In Milwaukee, 2 blocks from city hall, 5 blocks and a river's width from the retail core, is an old Blatz brewery, unused since the late 60s. Plans now being hatched by the Milwaukee Redevelopment Corporation, private interests, and the ELS Design Group (who did Kalamazoo Center) would turn the old brewery into a melange of stores and offices, rental and condominium housing. The refashioned brewery, with its central skylit courtyard, would be supplemented by some new construction and tied to the rest of downtown by a shuttle bus system, if the plan becomes a reality.

On the waterfront

Fifteen years ago Baltimore's 250-acre Inner Harbor was filled with empty warehouses. Once the major port area in town, the Inner Harbor became outmoded when ships grew too large for it. It was abandoned and left to rot.

But in 1964, the city advanced a plan to turn the tide. In its wake the warehouses fell; new office buildings, parks, a science center, and playing fields were created. When a study showed that Baltimore did not yet have a market for high-rise apartment density and the hoped-for FHA loan program fell through, the city turned to its well-publicized urban home-steading program (under which homes are sold to citizens for \$1 plus the promise to bring them up to code standard) and saved 100 18th-century houses for residential use.

Now, Baltimore is gearing up to build a hotel and convention center in the Inner Harbor area. And the hue and cry for preservation has convinced Baltimore planners to consider using an old power plant, once slated for demolition, as the core of a similar development, in true mixed-use fashion.

Manuscripts

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4. A nasal decongestant, such as Neosynephrine, to ease nasal congestion and sinus pain when flying.

5. Lomotil, available only on prescription.

6. An antibiotic such as tetracycline—on the advice of your physician.

7. Two immersion heating coils, in case you burn one out. They are hard to obtain abroad. And a current adapter that will fit foreign sockets.

8. The telephone number of the local American Embassy or Consulate, to call if you need the name of a doctor.

9. The generic name of any prescription drug you are carrying. You may lose it or run out, and trade names differ in many countries. Generic or chemical names are universal.

10. Don't carry a disposable syringe. "It's a red light for customs officials," warns Dr. Kean. "Cross a Turkish border with a syringe and they'll examine you from head to toe to make sure you haven't got heroin concealed somewhere on your person."

The last word

A directory of English-speaking doctors throughout the world is available from the International Association for Medical Assistance to Travelers, a nonprofit organization at 350 Fifth Avenue, New York, N.Y. 10001. It lists physicians and hospitals in over 100 cities in 116 countries. The directory is free, but contributions are welcome.

Good health

continued from page 29

indeed dangerous—but some people want oysters in Deauville and are prepared to take the risk. "Take your gamma globulin and have your shellfish cooked, and you're reasonably protected."

Home, sweet home

"If you are perfectly well when you get back from a trip, and you haven't been sick while abroad, then enjoy your happy return," says Dr. Kean. "But should you develop fever or diarrhea, go to your physician. Tell him or her you have been abroad, and ask for a full examination and take a blood test for malaria. If you have no doctor available, the city or state will do it for you."

And finally, bon voyage!

Don't be put off by all these warnings. As Dr. Kean puts it, "Despite all the health injunctions discussed here, I believe in traveling, and my theme is 'take your chances and have a great time!'"

The wise traveler's little black bag

Here are some essentials Dr. Kean recommends you take along.

- 1. Proper immunization (see above).**
- 2. A thermometer. Most thermometers abroad are centigrade, which won't help much, if you understand Fahrenheit.**
- 3. Aspirin.**

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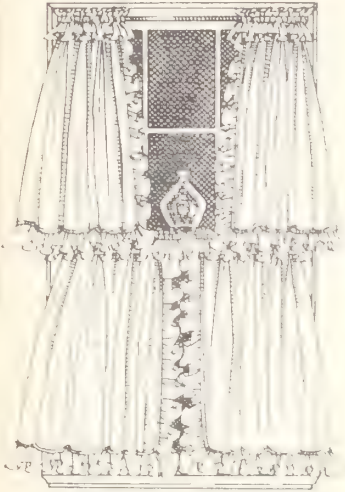
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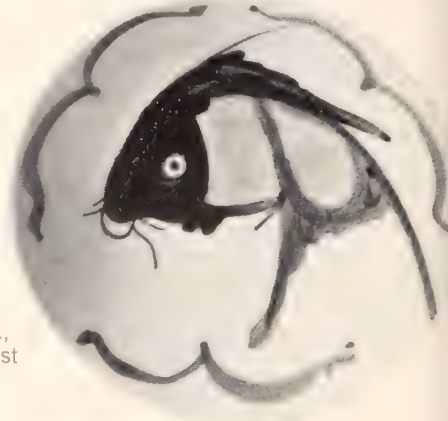
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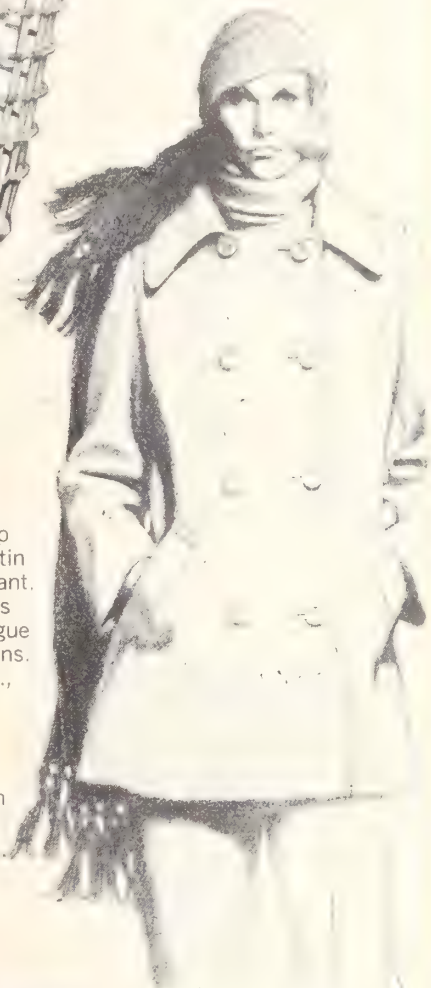
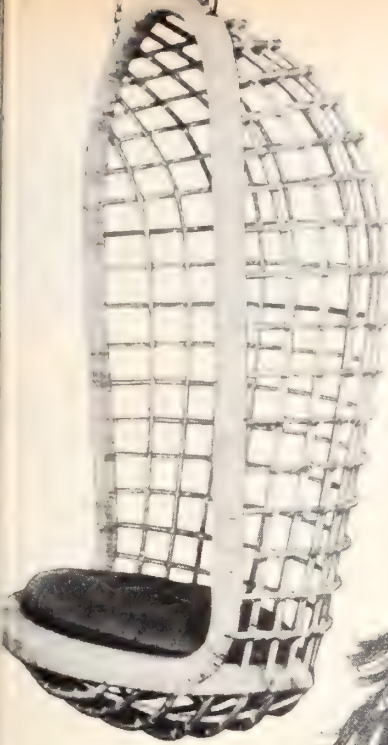
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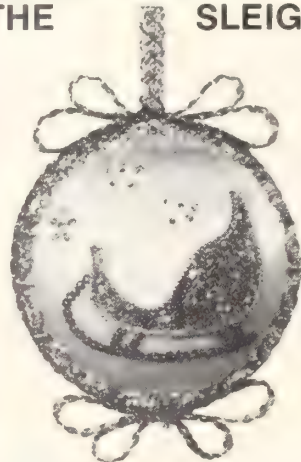
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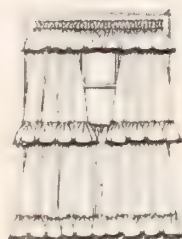
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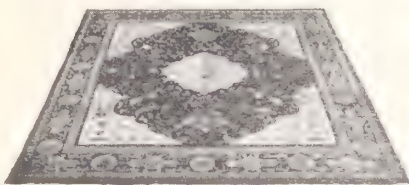
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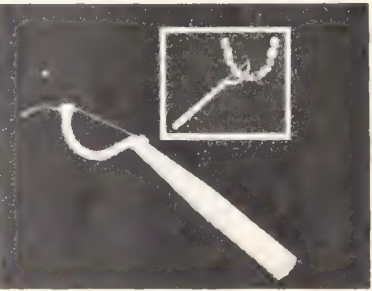
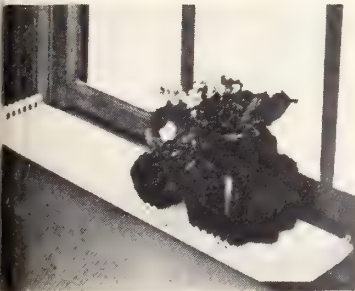


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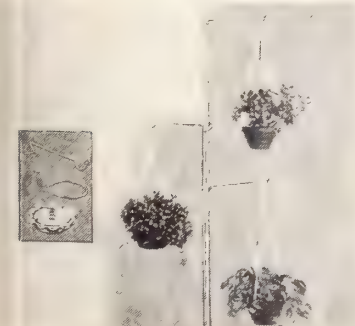
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- 0748-6-Waxed Refill (40 yards), 79c
- 0781-6-Unwaxed Floss Stik .. \$1.98
- 0784-6-Unwaxed Refill (40 yards) 79c

Shoulder Handbag Hook

A shoulder bag is glamorous, but it's aggravating when it slips and slides. Gleaming metal handbag hook lets you hang that purse from your shoulder, leaves both hands free to shop, write checks, or hold the baby. It's 7/8 x 2 3/4", attaches firmly, yet harmlessly, to coat or jacket.

- 0390-6—Silvertone Hook \$3.69
- 0391-6—Goldtone Hook \$3.69



Metal Planter Pole, Accessories

Brass finished pole fits ceilings from 7'10" to 9'2", comes with three 9 1/2" arms that rotate 360° for ease in arranging plants. Pot rings are 4 1/2" across, hold fluted-edged drip pans or clay pots of that size or larger.

- XL138-6—Planter Pole \$11.98
- 8774-6—Additional Arms, ea., \$1.49
- 8776-6—Pot Rings ea., \$1.59
- 8786-6—Drip Pans ea., \$1.98

Revolving Shoe Rack

Neat, convenient way to store all your shoes in one easy-to-reach place. Revolving circular shoe rack holds 18 pairs of shoes on steel rings. To select a pair, simply twirl rack around. It's 24" high, 15" across, mounted on marproof nylon casters that roll easily. A must for the well-shod, fashion-conscious couple.

- 8126-6—11 Metal Rack \$14.99

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Shown: FLYTE
Sizes 2 1/2 to 12, for widths AAAA to EE
In grain calf with smooth calf trim: deep beige with otter, bone with malt; navy with wedgwood; teak brown; all-black; all-white. Also black with otter. Zig-zag rubber sole. 1 1/4" wedge heel. Sizes 2 1/2 to 10 \$25.95; 10 1/2 to 12 \$26.95.
Add \$1.00 first pair, 25¢ each additional

Phone 617-338-8019 pair for postage, please

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J&D Brauner THE BUTCHER BLOCK



Real Wood Butcher Block Top, 2" thick, on chrome base. 36" Diam. \$126.50. 42" Diam. \$160.00. Mail or phone orders. Use Master-charge, check or money order. No C.O.D.'s. N.Y. and Illinois residents add your tax. Shipped anywhere. Exp. chgs. Col. 52 pg. Catalog, \$1.

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CORN PIC-UPS

Rosewood handled stainless steel finger protectors do the job handsomely — nice for hors d'oeuvres too. Now at the unbelievable price of only \$1.98 + 35¢ postage for a box of 8. Save even more with 2 boxes (16) for \$3.50 + 70¢ post. & hadl.

TAYLOR GIFTS

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SHOPPING AROUND



PISTOL-LAMP

Hand-crafted derringer replica, hand-blued finish. Non-firing. 7" walnut base. Overall 17" h. Old-fashioned tin shade, green-enamelled with reflective white inside. With bulb. \$37.50 ppd. Color catalogue \$2. The Muller Company, HG8, Dogwood Hollow, Miller Place, NY 11764.



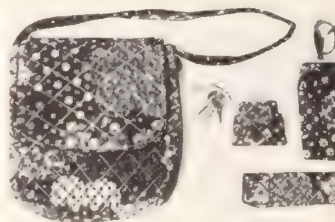
TOPS FOR TEES

Any black and white or full color photo is blown up to 8" by 10" size and reproduced in full detail on a T-shirt. Picture is guaranteed and fully washable. Sizes S, M, L. \$8.95 ppd. Add \$1 for each slide or negative sent. Photo Poster, Dept. X898, 210 E. 23 St., New York, NY 10010.



VERMONT DISCOVERY

Cider press and fruit grinder of hardwood and steel is treated to protect the flavor of the juices. Entire unit, 4' by 2'1", \$169; press, \$119.50; grinder, \$59.50; complete kit, \$64.50; press kit, \$44.50; grinder kit, \$29.50. Exp. coll. Garden Way Research, Dept. 68878, Charlotte, VT 05445.



PATCHWORK COTTON

Quilted 12" by 12" shoulder bag with foldover flap, snap closing \$4.98; snap-shut cases: 6 1/4" eyeglass 98c; 5" cosmetic \$1.29; 2-pocket change, key ring 98c; 7" coiffure with comb, brush, mirror \$1.39; all five \$7.98. Ppd. Walter Drake, HG70 Drake Bldg., Colorado Springs, CO 80940.



SPORTS IN THE SUN

Adjustable green plastic visor permits sports enthusiasts who must wear glasses to see everything clearly no matter how bright the sun. Visor eliminates glare and is easy on the eyes. \$2.98 plus 30c post. Anthony Enterprises, HG8, 556 Mission St., San Francisco, CA 94105.



UP AND AT 'EM

Fully powered Cushion-lift® recliner is scientifically designed to get you up on your feet or to recline at the press of a button. For invalids and those with muscular or joint difficulties. Send for information to Ortho-kinetics, Inc., HG8, Box 2000, Waukesha, WI 53186.



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Heart-to-heart key pendants on 15 1/2" and 18" long chains. They come together, but can be taken apart and shared with a special person. Silver-plated keys are 1" long. Both keys with chains \$7.98 plus 50c post. Mariposa Unltd., Dept. RS-10G, 380 Madison Ave., New York, NY 10017.

SHOPPING AROUND

FASHION COMBS

From Italy, Janeke's new design in a sleek shape easy to get a grip on. Combs are super-tough plastic, come in zingy stripes of assorted colors or in (not shown) the real-tortoise look. Each \$2.98 plus 50c post. Lillian Vernon, G8E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



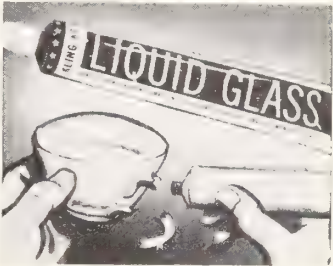
GOURMET SET

Handsome and practical knives, molybdenum vanadium steel with rosewood handles. Carver 14 1/4", cleaver 12 3/4", cook's knife 10 3/4", parer 8". Guaranteed. Set of four \$9.98; two sets \$18.96. Add \$1 post. American Consumer, Dept. VM272, Caroline Rd., Philadelphia, PA 19176.



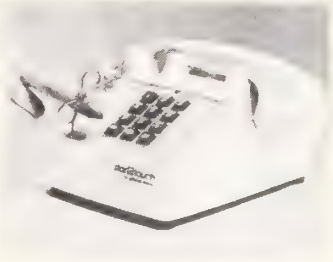
MIRACLE MENDER

Glass in liquid form creates an iron-hard adhesive to piece together the broken fragments of porcelain, china, jewelry, etc. Permanent, washable bond that scoffs at heat or cold. \$2.98 plus 50c postage. Anthony Enterprises, HG8, 556 Mission St., San Francisco, CA 94105.



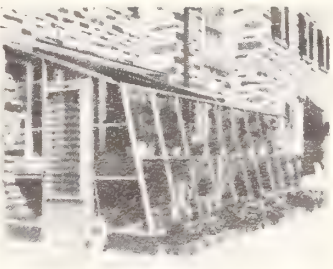
FINGERTIP TOUCH

Push button phone can be used on any dial system; an inner memory remembers the last number dialed. Fitted with standard cord and plug, it is ready to plug in. \$119.95 plus \$2 post. Catalogue, 50c. Grand Com Inc., HG8, 324 Fifth Ave., New York, N.Y. 10001.



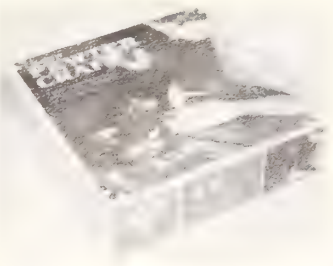
PICK A GREENHOUSE

Free 48-page, color catalogue shows you over 100 Janco models of all-aluminum greenhouses and provides answers to all of your questions. All parts pre-fit, all glass pre-cut for assembly ease. Dept. Y-8E, Janco Greenhouses, Box 348, 10788 Tucker Street, Beltsville, MD 20705.



PEWTER CRAFT KIT

Design and make original pieces. Two forming molds, four authentic pewter blanks or circles, maker, chasing tool, forming mallet, finishing pad for polishing, instructions. Age 10 to adult. \$10 ppd. American Archives, Dept. MV23, 122 Charles St., Box 1776, Meriden, CT 06450.



DELFT BIRTH PLATE

Lovely way to record arrival of baby, or a birthday. First/last names, middle initial; weight; time (AM or PM), place, and the date of birth are hand-painted. 6 1/4" dia. Direct from factory in Holland, 6-8 weeks. \$19.95 plus \$2.15 post. Postamatic Co., HG-8, 76 Lafayette Hill, PA 19444.



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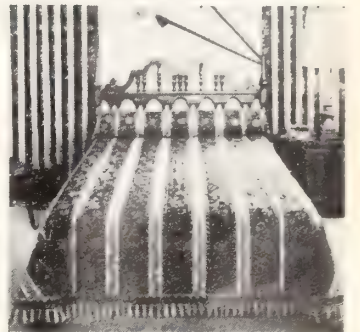
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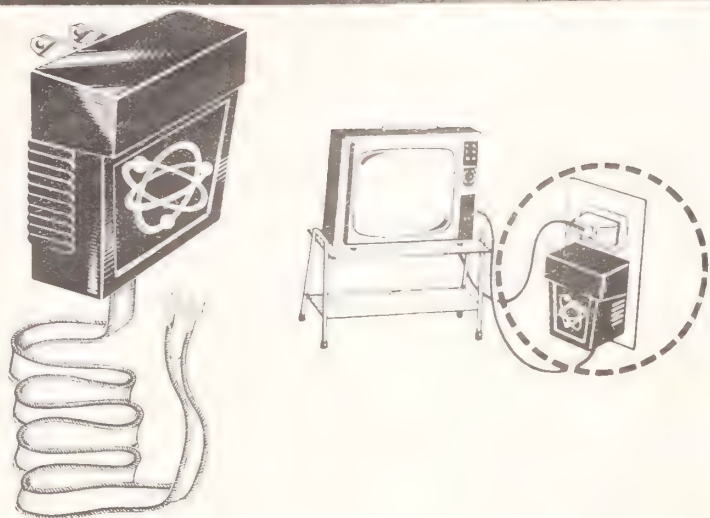
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Stacking Drawers

IDEA: **DEA:**

Stacking drawers are a great idea for organizing your home. They are available in a variety of sizes and colors to fit your needs. They are easy to use and can be stacked on top of each other to save space. They are also a great way to keep your home clean and organized.



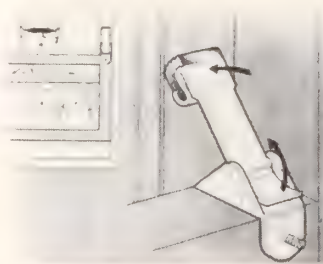
SHOPPING AROUND



TWO-POSITION BARWA
 Tubular aluminum frame, heavy duck, green, blue, black, white, orange, brown, avocado, citron, \$75. Without arms, \$65. Plus \$10 shpg. chgs. New covers, \$29.95 plus \$1.95 post. Set of springs, \$15 plus \$2 post. The Patio, HG8, 550 Powell St., San Francisco, CA 94108.



ZESTY LABELS
 Labels for spice jars printed in bright colors on brown paper. Thirty-two pre-printed with herb and spice names; eight blank. 1 7/8" by 1 1/2". Self-sticking backs. Wrapped around their own tube. \$1.98 plus 40c post. Country Gourmet, G8E, 512 So. Fulton Ave., Mt. Vernon, NY 10550.



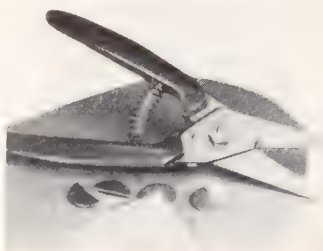
PROTECTIVE DEVICE
 Safety lock works on closed or open windows to keep intruders out, and children safe while maintaining usual ventilation. Affords a feeling of security whenever you're away. \$1.98 plus 20c post. Anthony Enterprises, HG8, 556 Mission St., San Francisco, CA 94105.



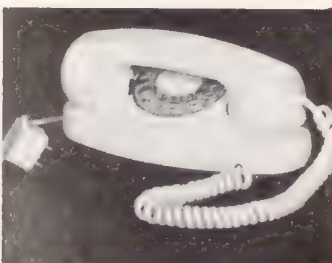
SAFE SURFACE SPRAY
 New formula helps prevent accidents from slipping in the home. When sprayed, it forms a fine sandpaper-like surface on metal, concrete, rubber, plastic. Use in tub, around pool, on ladders. 8 oz. aerosol, \$2.98 ppd. World Garden Products, HG8, 1st & Seaview, E. Norwalk, CT 06855.



THE DEMI BOOT
 Glove-soft genuine leather with double-stitched vamp styling, a padded insole, side zipper. 1 3/4" heel, ribbed non-skid sole. 6-10 in N, 5-10 in M, W. Brown, navy, black, white, camel, wine. \$22 plus \$1.50 post. Old Pueblo Traders, 600 So. Country Club Rd., H8A, Tucson, AZ 85716.



SUPERSCISSOR
 A cutting tool you can use for just about anything. Softly rounded stainless steel blades never need sharpening. Will cut aluminum, cardboard, linoleum, carpet, rubber, fish, etc. \$11.50 plus 85c post. Sleepy Hollow Gifts, HG8, 6651 Arlington Blvd., Falls Church, VA 22042.



PRETTY PRISCILLA
 The trim extra phone is factory rebuilt and fitted with standard cord and plug. In pastels of pink, beige, turquoise or white (please give a second choice in order, \$19.95 plus \$2 post. Add \$10 if buzzer is needed. Grand Com. Inc., HG8, 324 5th Ave., New York, NY 10001.

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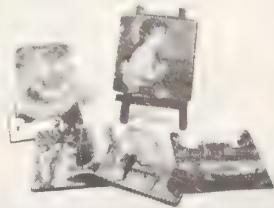
COZY COVER-UP

Handsome striped rugby sweater of softest lambswool with neat collar, long sleeves and three-button placket. Comes in navy-and-red, shamrock-and-navy or silver-and-camel. Sizes 34 to 40. \$30 plus \$1.75 post. Free catalogue. The Talbots, Dept. AY, Hingham, MA 02043.



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Laminated plastic non-stick coasters protect surfaces; feature paintings of European artists. Ex: Renoir, Degas, Monet, Dali, Van Gogh. Each 4" by 4", shows one famous painting in glorious color. Set of six \$6.85 ppd. Brenlyn, HG8, Box 3423, GC Sta., N.Y., NY 10017.



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From the gaslight days, a Victorian-style cast iron coat rack handy for trench coats, umbrellas, scarves, hats. Five large swing arms each has three hooks. 7½" from wall; 14" w. \$3.98 plus 75c post. Holiday Gifts, Inc., Dept. 308-D, Wheat Ridge, CO 80033.



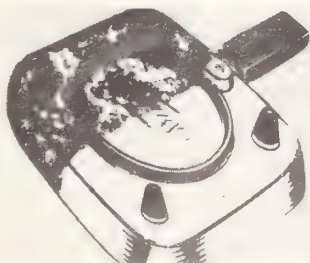
GLASS TO GROW IN

Pearl mist greenhouse, redwood frame; acrylic, glass content fiber glass cover. Pre-cut; fabricated Dutch door. Shown 8' x 12', \$334.95 Exp. Coll. Others from \$98.95. Free catalogue. Peter Reimuller/Greenhouseman®, 980-17th Ave., Dept. 11-HP, Santa Cruz, CA 95062.



POT PRETTIER

Brush-on cleaner for aluminum, chrome, porcelain cookware, ovens, rotisserie and grills. 7 oz. can with brush. Dissolves carbonized grease, encrusted build-up. Does not darken or pit. \$3.98 plus 60c post. Anthony Enterprises, HG8, 556 Mission St., San Francisco, CA 94105.



JEWELLED HEART

Beautiful strongite stones set in 14k white gold make a ring to wear and treasure. Stones are pure white and cut like diamonds. Guaranteed against chipping and scratching. \$150. Add \$1 post. Free catalogue of rings. The Strongite Co., HG8, 2 W. 47th St., New York, NY 10036.



MAHOGANY MINIATURE

Authentic working model of a grandfather clock has its clock movement imported from West Germany. Kit includes mahogany case pieces, stain, glue, dial, key, illustrated directions. Clock is 7" high. \$11.49 ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54908.



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Perma Tweez is a simple electrolysis instrument that PERMANENTLY removes ugly hair from all areas of the face—such as the chin, upper lip, eyebrows. Embarrassing body hair can now be removed forever in the privacy of your boudoir. Arms and legs can be forever free of the inconvenience of constant hair removal. **An exclusive U.S. patented safety feature allows you to do this without puncturing the skin!**

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Perma Tweez has been clinically tested by a university professor of dermatology and proven to be safe and effective. One of his patients had previously been tweezing hairs from her chin every day for 15 years. After treating herself with Perma Tweez, she has eliminated this time consuming chore for the rest of her life! Over 15 thousand instruments in use by doctors—over 500,000 in use by people like yourself.

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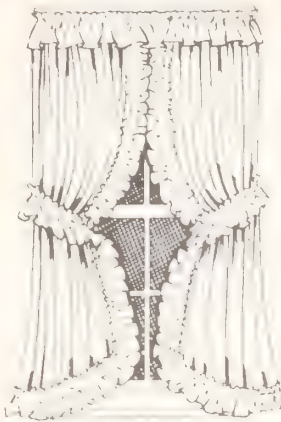
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SUPERIOR QUALITY—VALUE PRICED!

with attached top valance.



750 pr
10 50 pr
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From New England, colonial charm of country-style curtains no longer need the drudgery of ironing. Practical, long wearing, crisp and beautiful. Machine wash and dry. 50% polyester-50% cotton muslin (preshrunk max. shrinkage 1%) of unsurpassed quality backed with "satisfaction unconditionally guaranteed." Specify color. Add \$1.75 post./hdlg. No C.O.D.'s. Please send check, money order, or use your Master Charge or BankAmericard. N.Y. res. add sales tax. Free Catalog.

COLONIAL MAID CURTAINS Since 1947

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SHOPPING AROUND WESTCHESTER

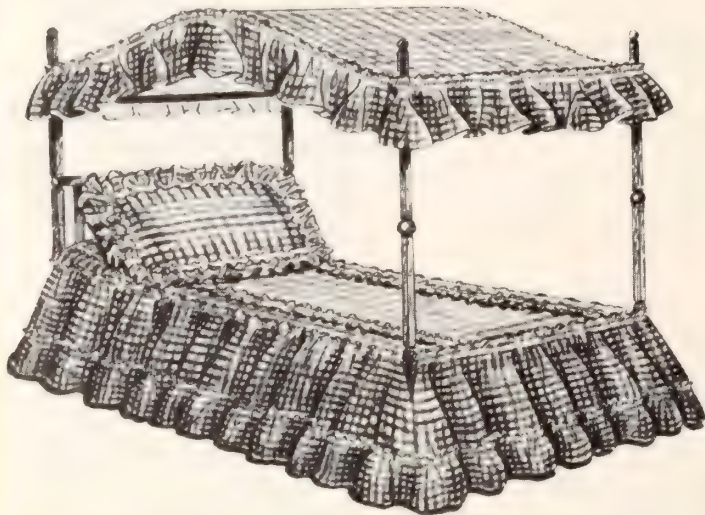
DOUBLE DECKER

Give your plants the light and air they need on a shelf unit that hooks securely on any double-hung window. No installation required. A pretty display inside and out. Scrolled brackets support the white baked enamel double decker shelves gracefully. 22" by 4". \$5.98 ea; two, \$10.98. Add \$1.15 post. Ferry House, G8, Briarcliff Manor, NY 10510.



COUNTRY GINGHAM

Complete bedroom ensemble. No-iron polyester/cotton 1/4" blue, red, green, pink, yellow and white check. Spread, twin, \$30; full \$35; canopy, twin, \$26, full, \$28; sham, \$9.50; vanity skirt, \$15.50; curtains, 30" and 36" l., \$7 pr.; 54", 63" l. \$10.50 pr. plus \$1.75 post ea. Free catalogue, Colonial Maid Curtains, HG8, Lawn Terrace, Mamaronck, NY 10543.



CANISTER ARTISTRY

English imports. Oriental motif in vibrant hues on sturdy lithographed metal. Black, red, gold and white combination. Hinged-lid, set of three, 3 3/4" to 8 1/2" h., \$6.98; octagon box, screw-cap lid, 6" h., \$2.50; low box, 8 1/2" by 6" by 2 3/4" h., \$2.98. All five, \$10.98 plus 75c post. ea. Lillian Vernon, G8E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.





PEWTER PERFECT

Graceful containers to dramatize a single flower or stand alone as decorative accent. Elongated style has brass inlay with Chinese inscription "Happiness and Long Life." 7½"h., \$10; 9½"h., \$14, 12"h. \$17, 14½"h. \$20. Round, 8"h., \$19 Ppd. AC Gifts, HG8, 2642 Central Park Ave., Yonkers, NY 10710.

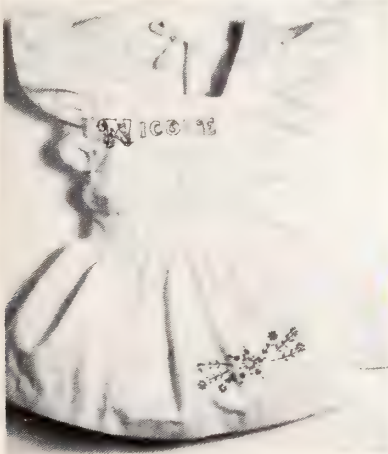
PUB MIRRORS

The originals decorated Old English pubs. Now you can accent your bar or den with authentic copies. Colorful labels for Cold Spring Gin and Dewars Scotch Whisky are silk screened on mirrors given a special silvering process for permanency of design. Weathered wood grain frame. 10" by 13½", \$19.95; 20" by 24", \$29.95 plus \$3 post. ea. The Hornes, HG8, Box 255, Tallman, NY 10982.



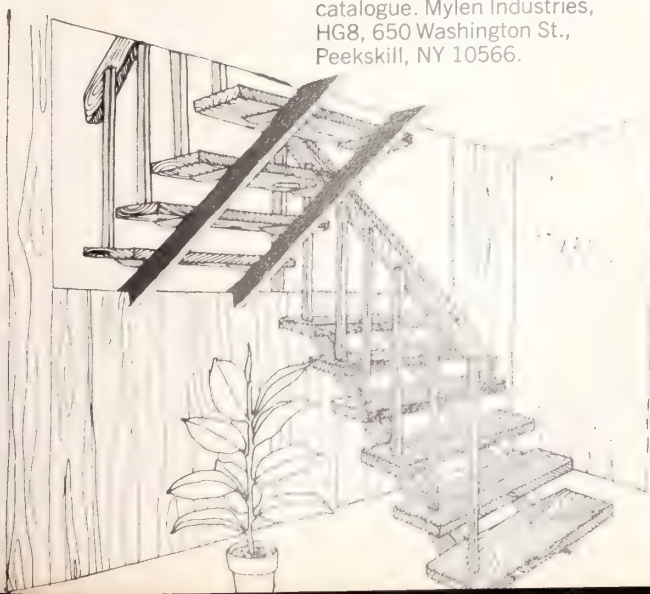
THE ME-DRESS

Little girl's joy. A pinafore with her name across the front. Sundress for summer, pretty protection for winter dress. White poly/cotton, machine washable, no ironing. Hand-embroidered to order with name in red, green, or royal blue. Sizes 6 mo., 1, 2, 4, 6, 8. \$18.95 plus \$1 post. The Amfalula Tree Ltd., HG8, 223 Katonah Ave., Katonah, NY 10536.



CIRCLE STAIRS

Architectural space savers that can make your attic, cellar or loft attractively accessible. For outdoors and indoors. Quality crafted steel model in kit form made to suit your requirements. Easily assembled and installed in a few hours. Write for free catalogue. Mylen Industries, HG8, 650 Washington St., Peekskill, NY 10566.



storage on wheels

The rolling cart of countless uses! Goes everywhere with cleaning supplies — fits a narrow space for extra roll-out pantry storage — goes outdoors with all you need to grill and serve a meal! All vinyl-clad metal, easy to assemble, no tools needed. Baskets slip in side slots to form a rigid frame, slip out any time to store it away. Italian import, 31½" high, with 11¾x14¾" lift-off plastic tray, 3 10x14½x2½" basket bins, free-wheeling casters. Bright orange and white. 4630 Rolling Cart \$18.98



Add \$1.50 post. & hdlg. NY residents add taxes

LILLIAN VERNON

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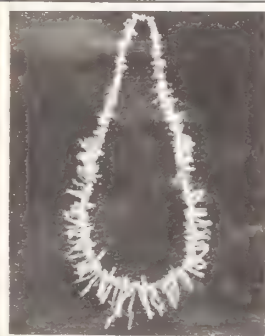
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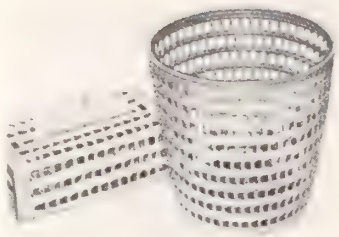
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Go forth with your special message in black ink on yellow vinyl bumper sticker. Up to 20 small letters on top line, 14 large letters on bottom. Self adhesive, 3" x 12". \$3.25 original; duplicates, 95c each. Ppd. The Writewell Co., 851 Transit Bldg., Boston, MA 02115.



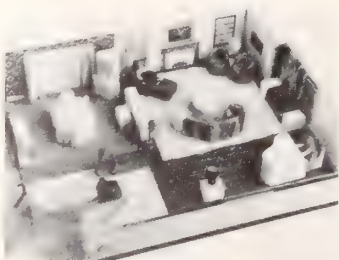
SUTTON DESK LAMP

Replica of 1810 candlestick in sanded hardwood. White or beige shantung shade; natural or oys ter burlap. 20" tall. 3-way switch. 8' cord. \$14.25 plus \$2 post. (\$2.75 W. of Rockies). Color catalogue is free. Write to Box-68, Crafters, Dept. PHG-68, Box 7012, Lexington, KY 40502.



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Space saving table made in Europe. Solid beechwood with oiled walnut veneer. Closed, 9" by 30"; one side up, 37" by 30"; fully opened, 65" by 30", it seats eight. 30" h. \$59.95. Exp. coll. Assembled. Danish catalogue, 50c. Genada Imports, HG8, Box 204, Teaneck, NJ 07666.



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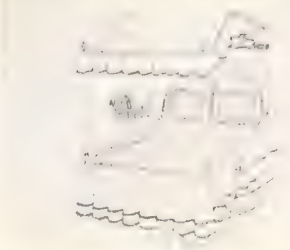
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Caressingly soft nylon stretch lace makes a bra to wear for natural ease and control. It's ideal for sleeping as well as daytime activities. Snap front. White; A-B or C-D. \$4.98 plus 40c post. Anthony Enterprises, HG8, 556 Mission St., San Francisco, CA 94105.

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Spreads, canopies, quilted shams in washable unbleached natural muslin are right in Bicentennial year. Twin spread, \$35; full, \$40; twin canopy, \$24; full, \$26; shams, \$12 ea. Add \$1.75 post. Free curtain booklet. Rovens Connecticut Curtains, HG8, Gateway Center, Wilton, CT 06897.



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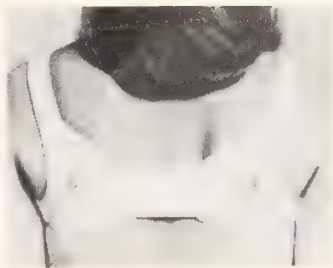
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Tool does great things: sews leather and canvas. Do your own repairs on shoes, handbags, awnings, seats, upholstery. Pack includes bobbin of wax thread, two needles. \$4.98 plus 50c post. Anthony Enterprises, HG8, 556 Mission St., San Francisco, CA 94105.



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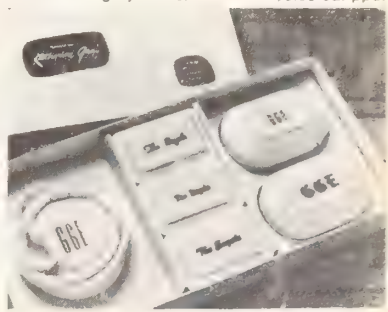
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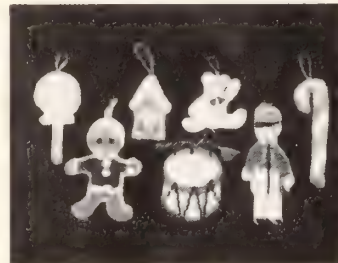
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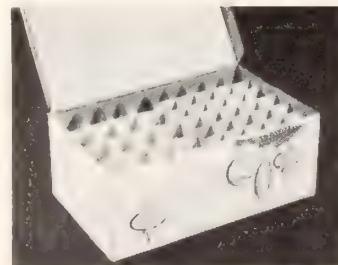
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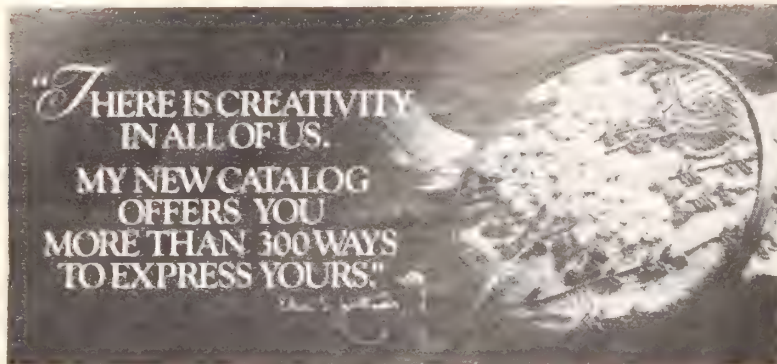
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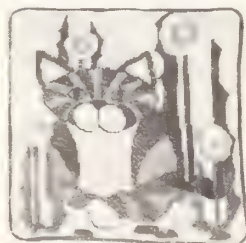
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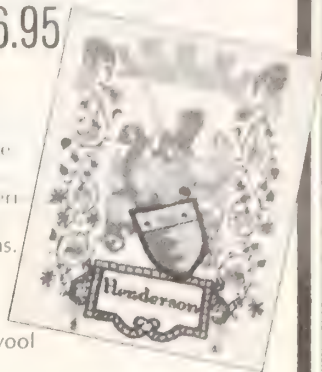
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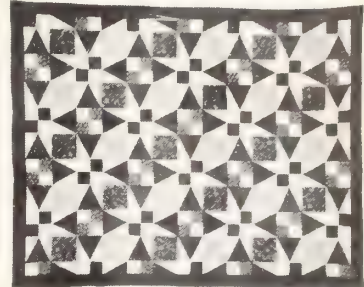
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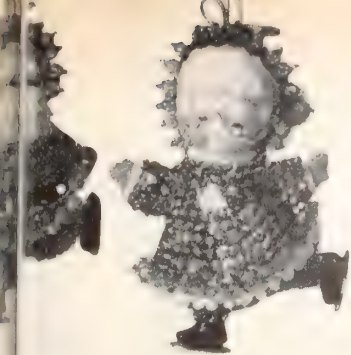


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 Pre-cut calico prints and solid color 7" squares in cotton and blends are easy to turn into quilt top by hand or machine. Size 94" by 74" fits double or single bed. (Lining, interlining not included). Kit, \$19.95 ppd. Bell House, HG8, 313 S. Main St., Lewistown, PA 17044.

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HELL COLLAGE

Fascinating collection to needlepoint. Finished size, 10" by 10". Kit includes design on 12-mesh interlock canvas, Persian wool, needle, instructions. Beige, burnt orange, dark brown, gray, white, gold. Frame not included. \$7.50 plus 60c post. World of Stitch 'n Knit, Dept. 85-15, Box 709, Framingham, MA 01701.



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Broadnax Finish Reviver Kit



FRANK BROADNAX is an experienced professional furniture refinisher. He has developed a method of reviving old wood finishes rather than stripping all the old finish off. Total stripping is a tedious process that often injures the wood—and destroys the patina acquired by the piece during the years.

HIS METHOD IS SIMILAR to the one used at the Stuhr Museum (The Journal, Dec. 1975). However, the Broadnax kit contains a liquid refinisher that has the ingredients already mixed and ready to use. The Broadnax liquid refinisher is designed to melt down the finish and turn it back to a liquid. While in its liquid form, steel wool is used to filter out the dirt and wax. The wood is left with less finish—and a cleaner one. The finish can then be built up with tung oil if desired.

MR. BROADNAX explains the excellent properties of tung oil and when to use it. Tung oil, which is

fairly hard to find, is also available from Broadnax in the 8 oz. or larger size.

WE HAVE TESTED the kit here at The Journal and find that it is far simpler than refinishing procedures that require total stripping. Having the ingredients all together in the right amounts saves a good deal of assembling and shopping time.

THE KIT CONTAINS one qt. of refinisher, one 8 oz. bottle of Broadnax lemon oil furniture polish, one 8 oz. bottle of tung oil, steel wool and an instruction folder. It is \$8.50, plus \$1.50 UPS shipping charge. All of the ingredients in the kit are available separately.

MR. BROADNAX has also written a very interesting book (paperbound) titled, "Good News for Antiques and Fine Furniture." It contains expanded directions for using his products, as well as chapters on furniture woods, cleaning metals, redoing a bevelled edge mirror, and other helpful items.

THE BOOK is \$2.50, and if it is ordered with the kit, there is no additional postage charge.

YOU CAN ORDER the kit and book, or ask price information on other items, by writing: Broadnax Refinishing Products, Inc., P.O. Box 196hg 1la, GA 30647. Or call (404) 789-3346.

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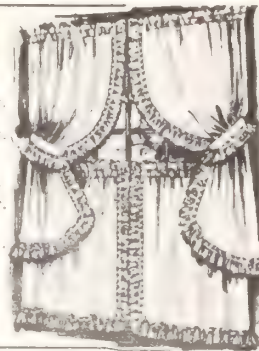
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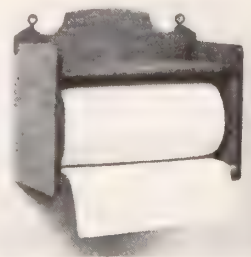
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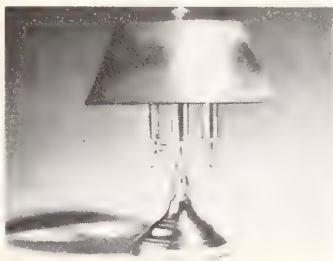
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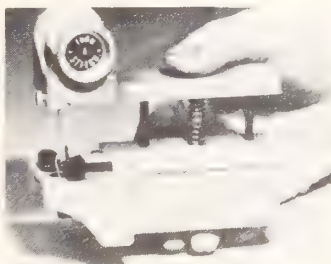
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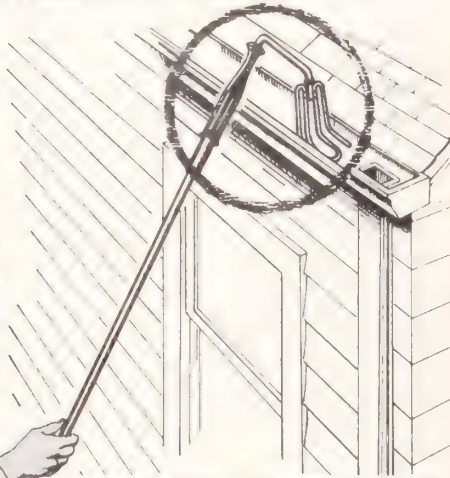


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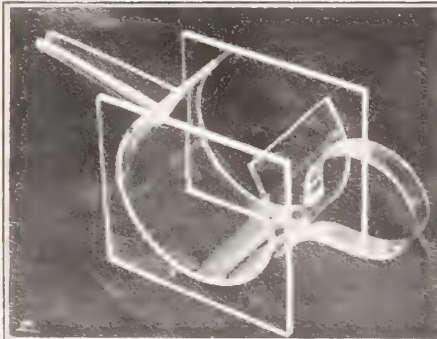
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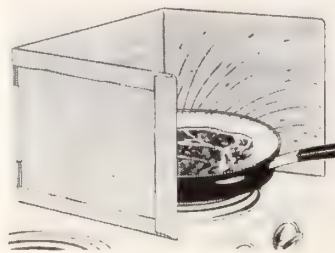


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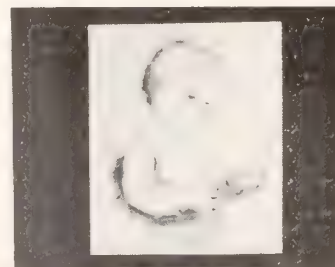
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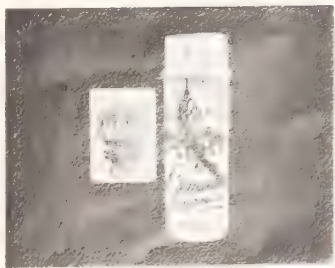
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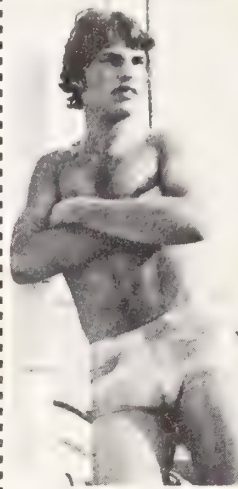
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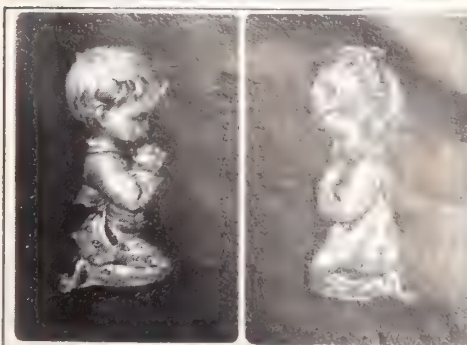
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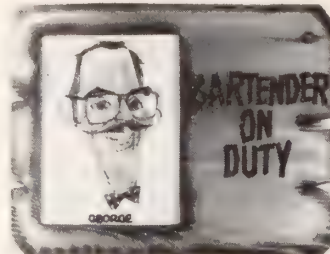
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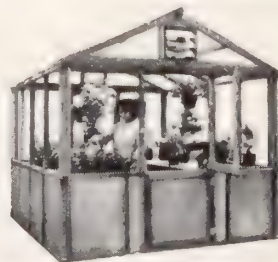
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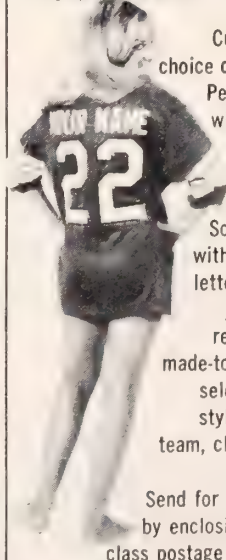


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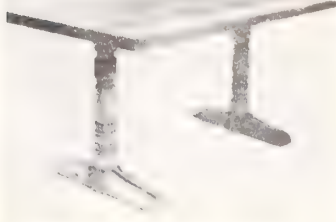
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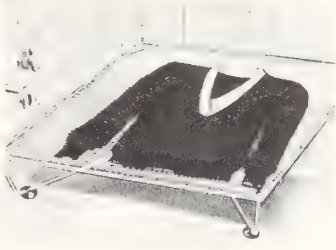
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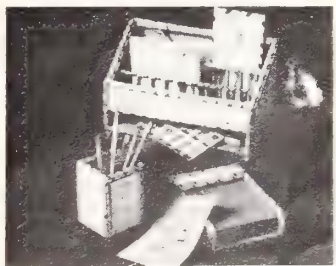
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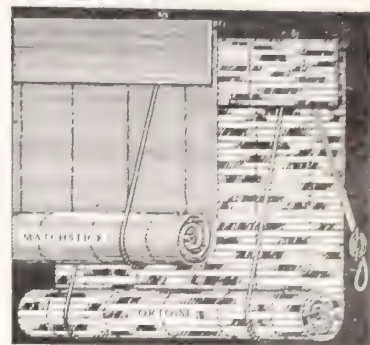
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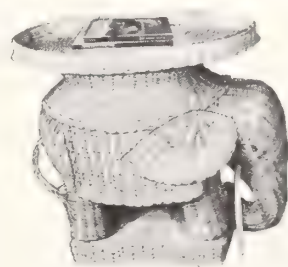


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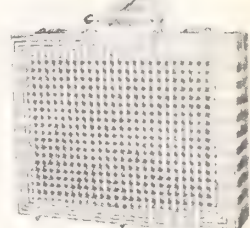
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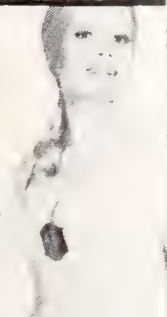
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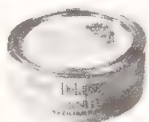


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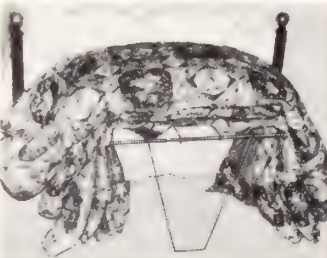
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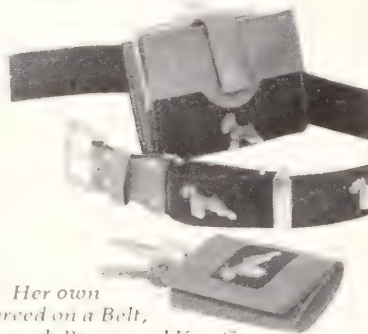


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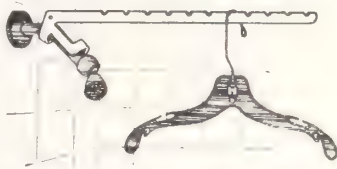
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Hilarious slipper socks bring out the tiger in even the meekest lamb. Stretch-to-fit socks in orange and black orlon, complete with white felt claw designs! Genuine leather heels and soles. \$3.98 plus 35c post. Holiday Gifts, Dept. 308-E, Wheat Ridge, CO 80033.



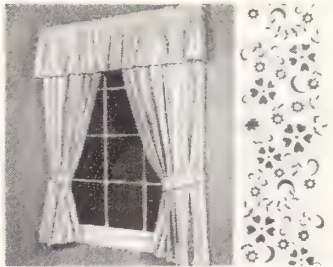
HANDY HANG-DRYER

For travel or home use, a sturdy dryer to hold all your washables is a great help. Hooks onto any showerhead, notched shaft holds 11 hangers. Steel construction, rustproof vinyl finish. \$3.25; two \$5.75. Add 50c post. American Century, HG8, P.O. Box 36232, Los Angeles, CA 90036.



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Colonial print curtains in permanent press Kodel/cotton. 84" w. per pr. 30" long, \$6.50; 36", \$7; 45", \$8; 54", \$9; 63", \$10; 72", \$11; 81", \$12; valance, \$3; tie-backs, \$1 a pair. Add \$1.75 post. Booklet, swatches 50c. Mather's, HG8, 31 E. Main St., Westminster, MD 21157.



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Exercise with simple rubber arm muscle builder, firms arm and hand muscles, relieves aches and stiffness. Fits in a pocket when not in use. Athletes use it; exercise enthusiasts advocate it. \$2.98 plus 35c postage. Anthony Enterprises, HG8, 556 Mission St., San Francisco, CA 94105.

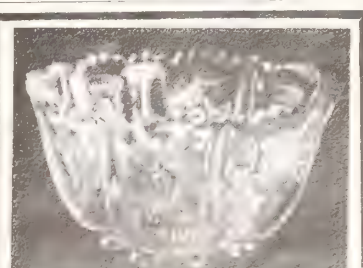


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This precision engineered device safeguards the eardrums by regulating and controlling the passage of sound into the ear canal. Leaves the ear canal open for normal sounds. Filters out harmful effects of noise, yet does not create a stuffed-up feeling as with ordinary ear plugs. Ear canal is left open to normal air circulation. \$19.95 pair plus \$1.00 for handling. One size fits all ears.

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portable carry-cart!

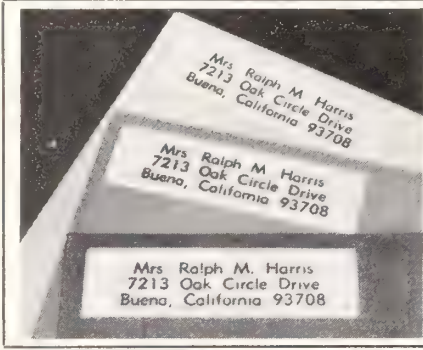
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4690 Portable Carry-Cart \$19.98

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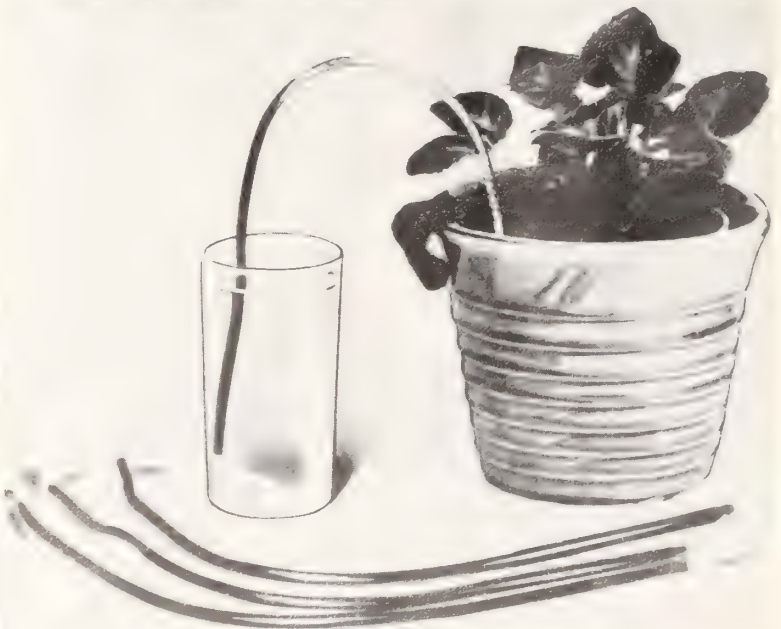
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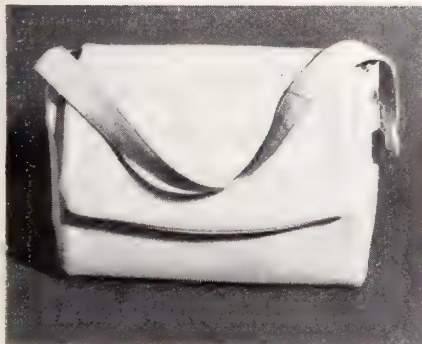
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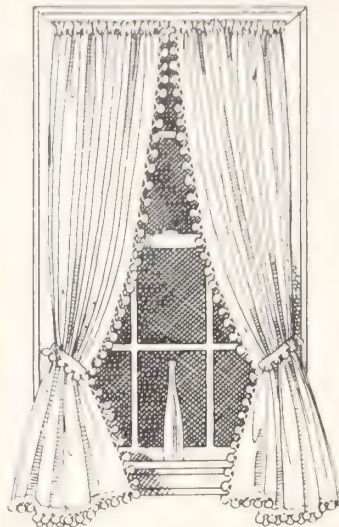
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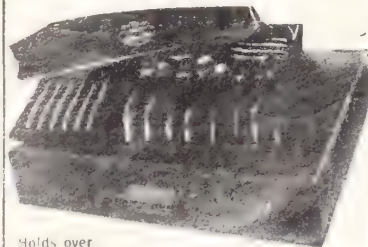
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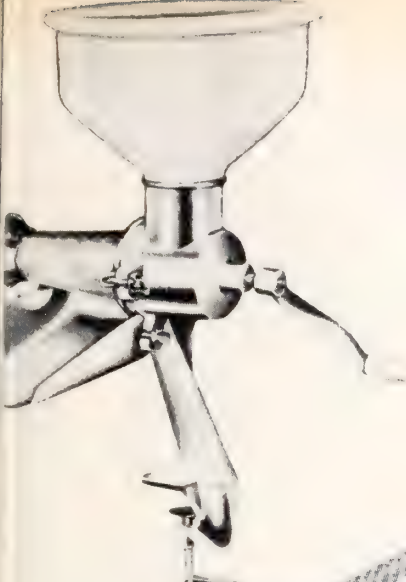
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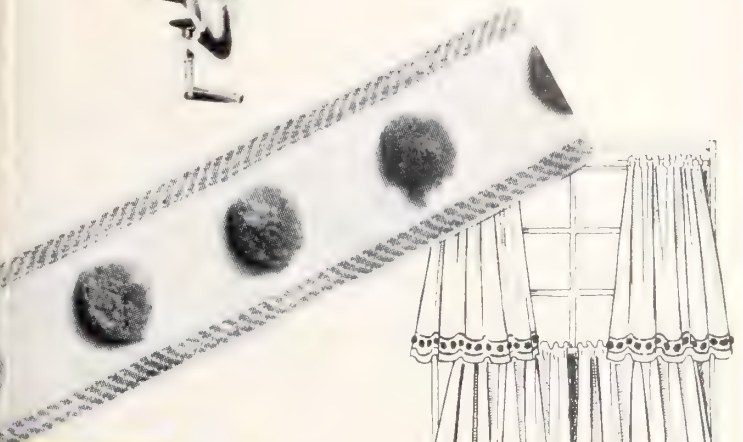
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USE ZIP CODES



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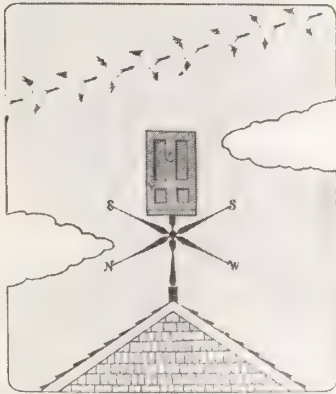
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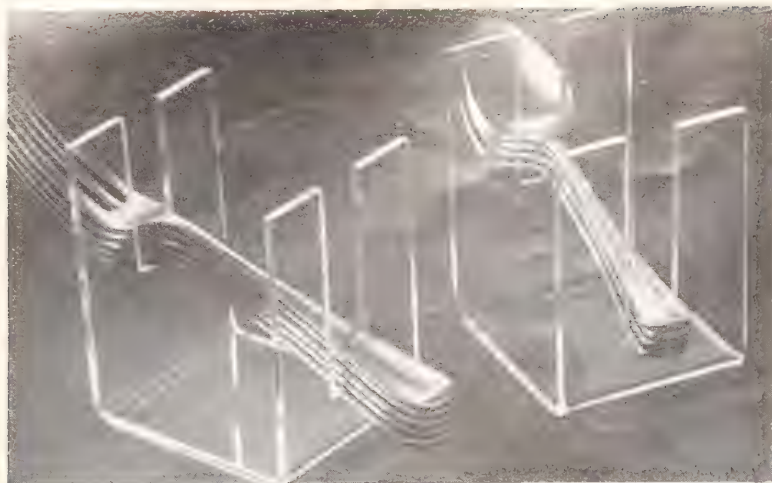
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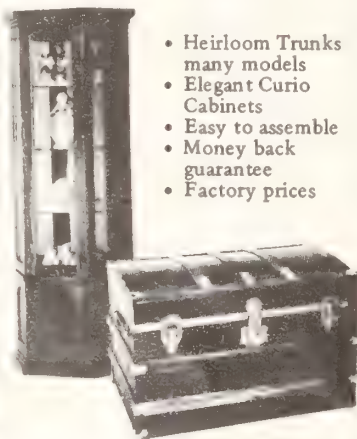
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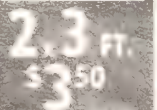
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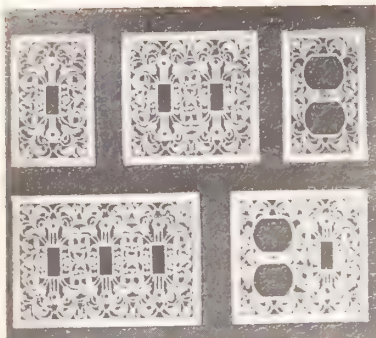
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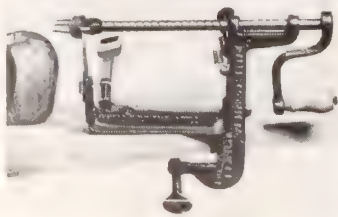
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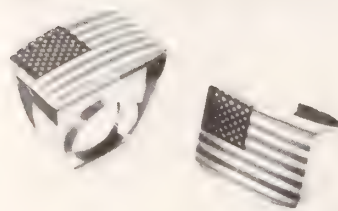
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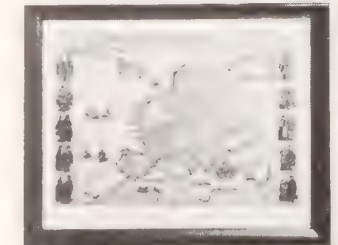
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The red, white and blue complete with our 50 stars is set in a ring of clear acrylic to wear with pride and loyalty. A handsome piece to wear in '76 and onwards. Sizes 5, 6, 7, 8. \$3.50 ppd. Write to J. Natello-Shelley International American, HG8, Box 437, Rutherford, NJ 07070.



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WHO'S TO KNOW

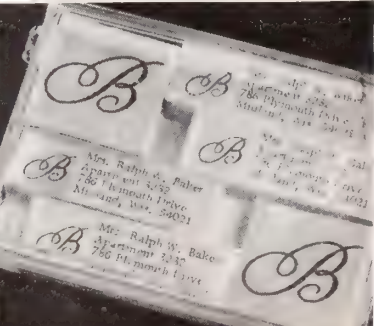
Burglars, other would-be malefactors bypass premises having a warning decal advertising an alarm system. Self-adhesive vinyl stickers are bright yellow and green. Set of four, \$1.98 plus 20c post. Anthony Enterprises, HG8, 556 Mission St., San Francisco, CA 94105.



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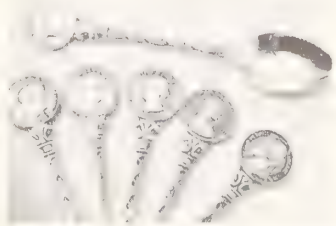
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Ruffled white 100% cotton or gandy curtains are 80" wide per pair. Perfect for bedrooms. In 25", 30", 36", \$8.50 per pair; 45", 54", 63", \$11.50; 72", 81", 90", \$12.50; 9" by 80" valance. \$3.50 ea. Add \$2 post. Free catalogue. Country Curtains, HG81, Stockbridge, MA 01262.



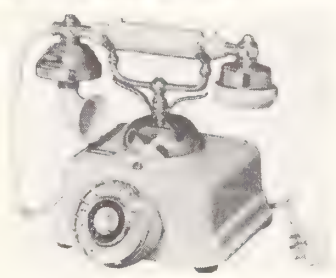
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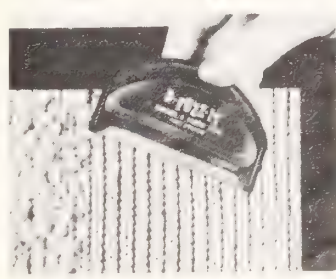
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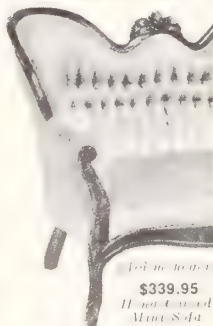
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in solid mahogany
\$34.95



1 1/2" Marbled top table
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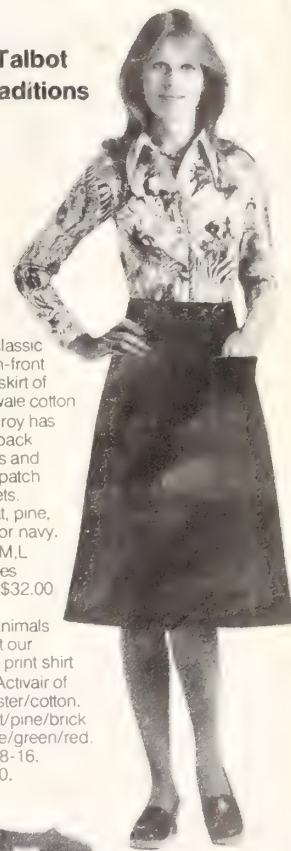
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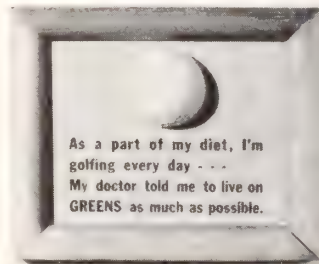
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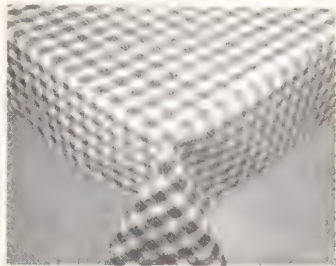
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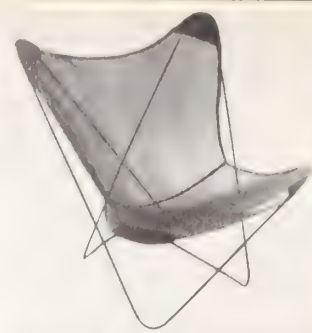
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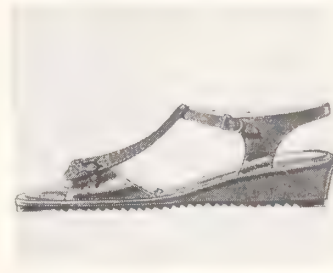
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Spring post bookends keep bookshelves neat and orderly. Gold anodized aluminum encases a steel tension spring. Poles fit shelves 9½" to 13½" h.; slim enough to be unobtrusive. \$2.98 a pair plus 50c post. Anthony Enterprises, HG8, 556 Mission St., San Francisco, CA 94105.



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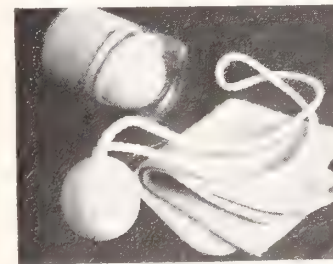
BLANKET CONTROL

Electric blanket control guard of metal clips to bed where most convenient to reach when reclining. Clips bend easily by hand to adjust to bed rail. Excess cord can be wound around holder. \$2.98 plus 45c post. Anthony Enterprises, HG8, 556 Mission St., San Francisco, CA 94105.



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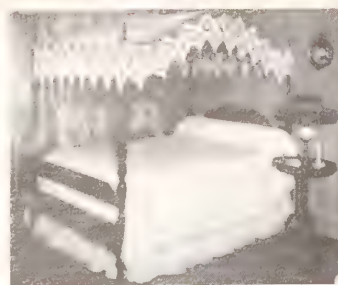
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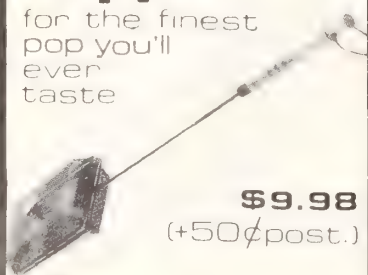
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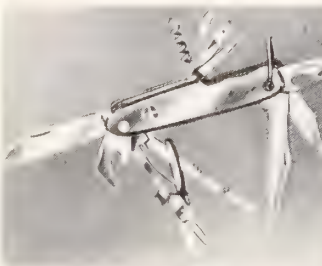
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Deacon bench has handsome turnings on legs. Sanded, ready to finish, 44" l., \$44; 60" l., \$54. Or choose walnut, maple, or pine finish, 44" l., \$54. 60" l., \$64. Exp. charges coll. Catalogue, 50c. Marion Travis, HG8, Box 292, Statesville, NC 28677.



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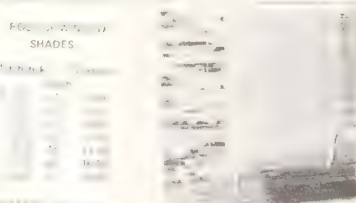
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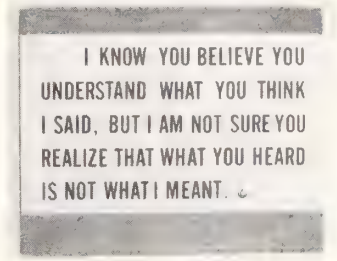
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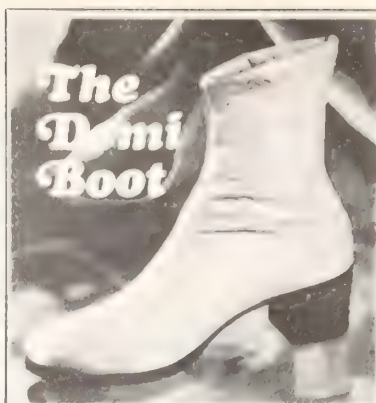
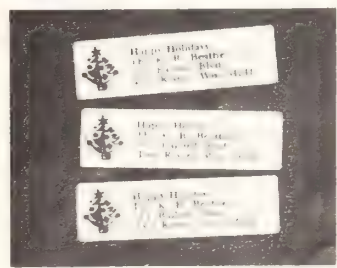
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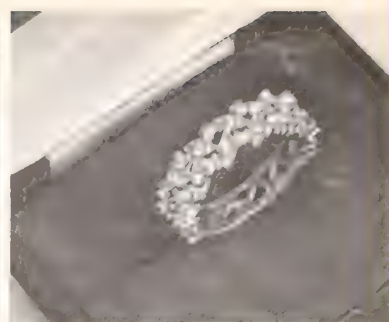


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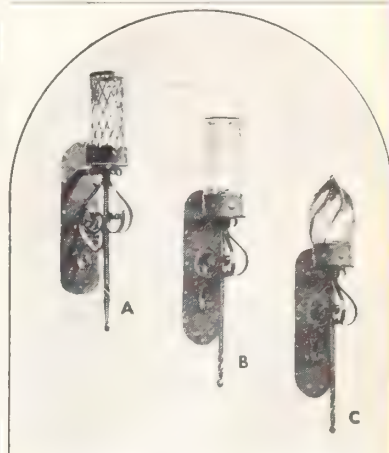
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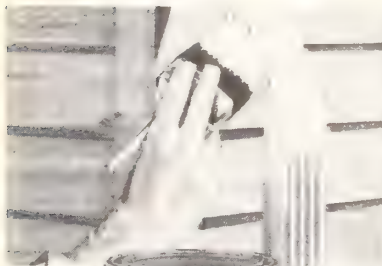
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By James Fannin

In the good old summertime

Tips on raising bountiful begonias, thoughts on Jefferson as a horticulturist, a cure for Dutch elm disease

The begonia bunch



Picotees have a narrow colored edge

Tuberous begonias, such as those that make a stunning display on the Booths' terrace (page 72), are among the most obliging and rewarding of summer-flowering plants. Key to their preferences is the climate of their native home in the Andes. There, cool nights, warm, breezy days, and high humidity bring the plants to their peak. In the high mountain forests, sunlight is tempered by tree branches or overhanging rocks and cliffs. These conditions are easy to reproduce almost anywhere, either by creating artificial shade, as the Booths do, or by hanging the plants in the dappled shadows of tree branches. Critically important, though, is air circulation. Plants must not be crowded, either among themselves or among other plants, and if they're in an enclosed area, an electric fan should be used to

keep the air moving.

Tuberous begonias have few insect enemies, but their soft, water-laden leaves and stems are suscep-



Begonia Melissa has rosy blooms

tible to a variety of fungus diseases. The recently developed fungicide, Benomyl—usually sold under the name Benlate—is effective against most of these. But sanitation is important, too. Remove and destroy all leaves and stems that turn soft and mushy or that develop the gray fuzz of mildew. Then use the fungicide to prevent further inroads of the disease. When plants slow down their flower production in the fall and leaves begin to yellow, let them become completely dry before removing the stems. The tubers may then be taken out of their pots and stored in dry peat moss for the winter. However, it's quite all right to leave the tubers in their pots throughout the winter storage period. As a matter of fact, the plants will thrive year after year in the same pots and soil if they're not disturbed. Just give

them a little extra fertilizer during the growing season to make up for natural depletion of soil nutrients. To ensure the best possible bloom-



White Diana Wynyard begonia

from tuberous begonias, experienced growers often remove the female flowers—relatively small and with an enlarged base, or calyx—so that all the plant's strength goes into the bigger, more colorful, male flowers.

Mr. and Mrs. Booth buy their begonia tubers from Carmel Valley Begonia Gardens, Rt. 2, Box 9, Carmel Valley, Cal. 93921. They have a free brochure. The gardens are open to visitors July through November, from 9 to 5 every day but Wednesday. They are 6 miles east of Highway 1 on Carmel Valley Road. In the northeast, begonia fanciers go to White Flower Farm in Litchfield, Conn. White Flower Farm ships anywhere, and its *Garden Book*—which lists a great many plants besides begonias—is \$2.95 for the spring edition. White Flower Farm, Litchfield, Conn. 06751.



His eye was on the flower

"The Greatest service which can be rendered any country is to add a useful plant to its culture." So wrote Thomas Jefferson in 1821, long after his terms of office as President and Secretary of State and writer of the Declaration of Independence. Jefferson himself was a horticulturist and connoisseur of plants, with a lifelong interest in the new species of American wild flowers being introduced by plant hunters from the western reaches of the continent. So it was only natural that Benjamin Smith Barton, one of our early botanical

Sometimes called twin-leaf, Jeffersonia is a native of northern forests

explorers, should name one of his discoveries for Jefferson. Growing naturally in the deep forests of northern United States, Jeffersonia is a low, spreading plant with leaves divided into two parts, hence the specific name *diphylla*. It's what Jefferson would have called a useful plant, but it must have pleased his eye as a decorative one. Pale blue flowers appear in early spring, at the same time as unfurling, red-tinted leaves. Jefferson needs a woody, humus-rich soil and a bit of shade. Available from Gardens of the Blue Ridge, Asheville, N.C. 28603 or Putney Nursery, Putney, Vt. 05346.

The exhibit *The Eye of Thomas Jefferson*, at the National Gallery of Art in Washington until September, will have a section devoted to the culture and the plants grown in Jefferson's gardens at Monticello.

Tying your head over

er-flowering plants that are posed to trail gracefully over the sides of pots and hanging baskets often persist in growing upward rather than downward as we expect them to. The simplest way of making them behave is to let them droop until they begin to droop. At times out of ten, the relaxed plants will remain in that position when watering is resumed, so the desired effect is achieved without complicated tying or weighting. It goes without saying, of course, that the drying-out process must be carefully watched. Start applying water again as soon as the plants begin to droop—don't let them dry out to the point of shriveling. The technique works well on petunias, lantanas, impatiens, and verbena—anything with stems that have not become woody, as a matter of fact.

The top horticultural hundred

of a rare nurseryman who will not admit that he has favorite plants, much less to make up a list of those he considers great. But William H. Frederick Jr., in addition to being a nurseryman, is an accomplished landscape architect, which gives him a particularly keen interest in the quality of the plants he grows. His book, *100 Great Garden Plants* (Knopf, \$15), is the distilled essence of his careers. It has the acuity of

an artist's eye combined with a horticulturist's sensitivity to the physical needs of the plants he grows. Mr. Frederick's list is divided into three categories: trees, shrubs, and groundcovers. Each plant is rated according to its seasonal and structural interest, size, shape, and hardiness. Each is thoroughly described and its quirks and peculiarities explained. Best of all from the amateur landscaper's viewpoint, are the suggestions for plant groupings and combinations. Not all of Mr. Frederick's 100 great plants are commonly available, as he himself admits. Ask around, he advises, until you find what you want.

Scientists cure Dutch elm disease

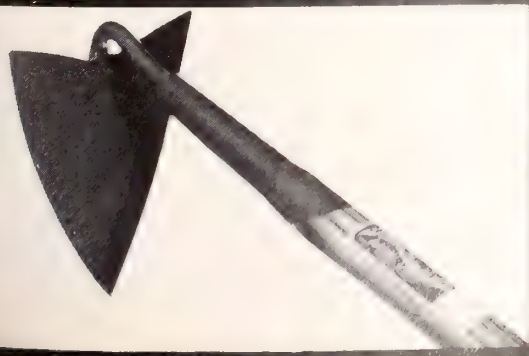
Working year after year without fanfare, plant scientists of the U.S. Department of Agriculture have performed the near-miracle of conquering Dutch elm disease. Their patient program of research and hybridization has now produced a truly disease-resistant variety of American elm. This has the familiar elm shape—unmatched by any other tree—and is not only resistant to the Dutch elm disease, but thrives in dry soil with limited root space, and even survives in a polluted atmosphere. Urban Elm, the new tree, is being propagated rapidly and should be available by planting time in 1979. But 1976 may not be too early to order from your nurseryman.

The cutting edge

John Baumgardt, a leading horticulturist and garden writer, has recently completed a series of field-boiled tests of cutting tools coated with Teflon-S. This was done at the request of E. I. Du Pont De Nemours & Company, manufacturers of Teflon, who wanted to know how their product was working in ordinary use. Dr. Baumgardt reported that pruning and lopping shears with coated blades cut through both living and

dry wood with less effort than uncoated blades, and that the sticky residue on the blades after cutting resinous materials was much easier to remove from Teflon than from bare steel. He also reported that the coated portions were completely rust-resistant, although the uncoated cutting edges rusted as they would have in any other tool. Dr. Baumgardt reports ragged-edged cuts seem to be caused by fatigue on the gardener's part. Since blades with Teflon-S coating operate with less effort, there is less fatigue, therefore more clean cuts.

Warren hoe coated with Teflon-S. The coating makes the hoe rustproof and easier to draw through the soil.



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USE ZIP CODES

The organized mind continued from page 41

the sentence. But for words and sentences which people use often, the printer keeps little sticks of letters ready made up. And these ready-made sentences are called clichés.

"If the printer wants to print something new, say, something in a new language, he will have to break up all that old sorting of the letters. In the same way, in order to think new thoughts or to say new things, we have to break up all our ready-made ideas and shuffle the pieces."

Bateson was building a picture for me. I saw the mind as an instrument, which, through society and culture, gets "set" in certain fixed patterns, some useful, and some not. In his book *Steps to an Ecology of Mind*, he gives an example: "Think of the house thermostat in your home. The weather changes outdoors, the temperature of the room falls, the thermometer switch in the living room goes through its business and switches on the furnace; and the furnace warms the room and when the room is hot, the thermometer switch turns it off again . . . But there is also a little box in the living room on the wall by which you set the thermostat. If the house has been too cold for the last week, you must move it up from its present setting to make the system now oscillate around a new level. No amount of weather, heat or cold or whatever, will change that setting. The temperature of the house will get hotter and cooler according to various circumstances, but the setting of the mechanism will not be changed by those changes—until you go and you move it again."

But how do you change the setting or calibration in your head? It is surely not a matter of moving a needle on a dial—if only it were. He began to talk about practice.

"I was interviewing a Japanese girl once," he told me, "about respect in the Japanese family: Who respects whom, who sits where, who opens the door for whom? She gave me beautifully detailed answers for half an hour. Then I asked one more question and she said, in a breathless voice, 'But in Japan we do not respect the father.' I said, 'But what have you been telling me for half an hour?' 'Oh, well, you see, we practice respect for the father.' I said, 'Why do you do that?' 'In case we need to respect someone.'"

There was a pause, understandably enough, after that one. "Look down that hole," he said. We looked down it for a while, and then he came to the rescue. "Well, the solution is that in the West we think of practice as something quite

different from how they think of it. We think of it as acquiring a skill which we will then use in a particular situation. They think of practice as changing a person. We, unchanged, will use the skill as though it were a tool. They change the self by practice: You become the sort of person who is able to respect when you need to respect someone."

He then asked me if I knew the book *Zen in the Art of Archery* by Eugen Herrigel. In it, the teacher asks the student to draw the bow "by letting go of yourself, leaving yourself and everything yours behind you so decisively that nothing more is left of you but a purposeless tension." To achieve this purposeless tension you must practice over and over, for years, and in the process, you become a different person. As the teacher says, "You will see with other eyes and measure with other measures."

In other words, practice seemed to be a key to change—not in the sense of "practice makes perfect," but more, "practice makes different." The goal being, as always, to achieve balance. And balance, after all, is a matter of calibration. Without it, you are lost.

"A lot of my students today have no core to hold on to in their lives," Bateson said, pacing up and down across the floor. "They have changed all sorts of things, such as the role of sex, the uses of hypocrisy, and grading systems. Many of these changes are very good, or at least are backstops against things that had become very bad. But then they are left with what in the Middle Ages was called *accidie*—the idea that nothing is particularly worth doing and there's no particular reason for doing it. It's a formidable thing. They don't have a standard against which to measure themselves."

His wife had come into the room, and was listening. "And this refers back to your first question," he said, startling me by his recall. "You go through life with various calibrations relating to feedback. Sometimes, if these calibrations are based on error, they can get you into trouble. But to have none is to have nothing to correct towards, to establish balance."

As I was leaving, we began to talk about the environment, about which Bateson is very concerned. Here again, it is a question of balance, in this case disturbed by man's wrong thinking about the way nature works. We cannot blame "technology," or "the system"; it is our error, in our mental calibrations.

It seems we need rules, both as individuals and as a society—but we must be ready at any time to change the rules in order to achieve balance, both within ourselves and for the world we live in. ■

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LOCK-DOWN FURNITURE

ages 80-81:
alluff" modular seating system: ottoman, 26" x 20" x 27" high, \$100; chair, 32" sq. x 20" deep, \$125; ottoman, 25" x 28" x 15" high, \$50. Covered in blue cotton, shown in white canvas. At Workbench.

ay and white striped fabric: over sofa and sofa pillows, 55" wide, 100% cotton, 100% cotton, \$30 a yd. From H.B. Herman-Connor at Decorator's Walk.
Checkerboard" ceramic tiles: 11" x 11" tiletop size, \$9.90 a sq. ft. Country Floors.

omfort Shade" fiberglass window shades: widths to 72", lengths to 96", 36" x 72" long shade, \$28. By Anna Western Mills.

small White Semicircle" sculpture: (1974), on a stainless steel base. By Xavier Corbero. \$1500. Staempfli Gallery.

oven bamboo basket on table: 27" sq. x 3" high, \$7. At Lord & Taylor.

lass pitcher: 14" high, 1/2 gal. \$14. At Bailey/Huebner at Henri Bendel.
Sol" folding chairs: 21 1/2" wide, each frame, canvas seat and back, \$30. At Workbench.

Seashells and coral: from Seashells Unlimited.

lass vase filled with shells: from Design Research.

chrome lamp: 16" high, \$90. By SAO Designs.

AGES 82-83:

hair and ottoman: chair, 23 1/2" x 28" x 28" high; ottoman, 25" x 20" x 4" high; slip-on velvet cushions, tubular frames fit inside each other. By James David. At Macy's.

"Farmset" lacquered pine cocktail table: 49" sq. x 16" high, plastic-lined storage basin under flip-top table-tray, rope handles, assembles with wooden pegs and screws under table base. By MRM-Trading Ltd. At Scandinavian Design.

Game table: 31" sq. x 28 1/2" high, smoked glass top, chrome-plated tubular braces, corner caps, shipped partially assembled, completed with screwdriver. By James David. At Macy's.

California redwood sling chair: 25 3/4" x 29 1/2" x 34" high, kiln-dried, weather-resistant, "Super-Tuff" slings in yellow or white, washable, mildew and stain resistant. \$100. By Samsonite. At Altman's.

Three-shelf pine étagère: 35" x 15 1/4" x 33 1/2" high, large screws included, assembles with a 7/16" wrench. By Settlers Furniture.

"Regatta" chair-in-a-bag: 29 1/2" x 33" x 24 1/2" high, beige cotton canvas covering, button-on cushion, steel rods

insert to hold chair ends apart. By Overman International.

Movable-based table: I-shaped wood rectangles may be used in a wide variety of positions for table bases, cabinet bases. Glass top optional. \$520 as shown. Designed by Bruce Arzig for Mixed Media Designs.

Children's furniture: table, 25" x 17" x 20" high; bench, 25" x 13 1/2" x 20" high; chair, 15 1/2" x 13 3/4" x 20 1/4" high, all of high-tempered pressed board, with wedge-shaped peg assembly that children can't remove, bench will support up to 200 lbs. \$79 per 3-piece set. At The Children's Room.

Pine cocktail table: 40" x 22" x 16" high, packaged in a carry-home carton, assembles with screws and wrench. \$80. From the Penthouse group by Decorion Div. of Stratford Co. At Stern's.

"Cubex" cube system: scratchproof white enameled wood panels in 11" sq., 13" x 11", and 26" x 11" sizes with connectors, also available in pine finish, with connectors. By Cado/Royal System. At Norsk.

Lounging chair: 27 1/2" x 30 3/4" x 25" high, natural finish pale pine, sling seat, loose cotton cushion included. From the "Easy Livin'" group by Burris Industries.

"Farmset" lacquered pine armchair: 29" x 31 1/2" x 24" high, zip-off denim cushion covers available in 10 colors; assembles with pegs and screws and hexagonal "key," armrest pads included. By MRM-Trading Ltd. At Scandinavian Design.

"Opto" tube system: plastic-coated steel tubes, clamps, feet, balls, caps available in 8 to 10 colors depending on the part. Shown is a deluxe single loft kit, foam mattress not included; kit includes denim covered foam cushions, loft board, and Formica desk top. Instructions and tools for assembly included; loft is estimated to take two people working for one day to complete. \$360 as shown; \$260 without mattress. At The Tube Shop.

"The Brick System": shelf, 37 3/4" x 12 1/2" x 2 1/4" high; full-brick, 13" x 2 3/4" x 2 1/4" high; half-brick, 12 1/2" x 1 1/2" x 2 1/4" high, shelf and half-bricks in white only, full-bricks in white, orange, and brown. ABS plastic "Novodur" antistatic finish, imported from Italy by Inter/Graph Ltd.*

"Puls" modular units: 28 1/2" x 19" x 19" high, lightweight blocks, denim covered, tied with white cord. By Overman International.

Addresses of stores mentioned in this issue

B. Altman & Co., 361 Fifth Ave., New York, N.Y. 10016
Bloomingdale's, Lexington Ave. at 59th St., New York, N.Y. 10022
Country Floors, Inc., 300 E. 61st St., New York, N.Y. 10021
Design Research International, 53 E. 57th St., New York, N.Y. 10022
Henri Bendel, 10 W. 56th St., New York, N.Y. 10019
Lord & Taylor, 424 Fifth Ave., New York, N.Y. 10018
Macy's, Herald Sq., New York, N.Y. 10001
Norsk, 114 E. 57th St., New York, N.Y. 10022
Scandinavian Design, 117 E. 59th St. (Continued on next page)

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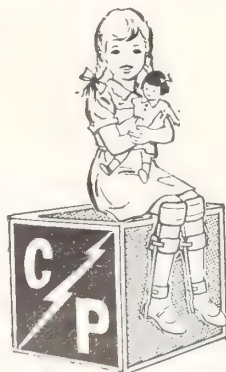
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Shopping information

continued from preceding page

St., New York, N.Y. 10022

Seashells Unlimited, 590 Third Ave.,
New York, N.Y. 10022

Stampfli Gallery, 47 E. 77th St.,
New York, N.Y. 10021

Stern's, Bergen Mall, Rt. 4, Paramus,
N.J. 07652

The Children's Room, 318 E. 45th
St., New York, N.Y. 10017

The Tube Shop, 436 West Broadway,
New York, N.Y. 10014

Walkaway Workbench, 10th Ave. at
23rd St., New York, N.Y. 10014

Workbench, 470 Park Ave. S., New
York, N.Y. 10016

Building Facts

Materials and equipment used in the Screen House on pages 44-47

DESIGNER: Michael E. Jantzen

INTERIOR DESIGNER: Michael E. Jantzen

LANDSCAPE DESIGNER: Michael E. Jantzen

CONTRACTOR: Michael E. Jantzen

SIZE OF HOUSE: 196 square feet and 180

square feet of deck

COST OF HOUSE: \$1,761

STRUCTURE

Foundation: Poured concrete foot-

ings.

Framing: Standard wood frame con-

struction.

EXTERIOR OF HOUSE

Exterior walls: Plywood by U.S. Ply-

wood, Div. of Champion-International

Inc.

Exterior finish: Exterior latex house

paint with texture added.

Roof: Built-up roofing of rock, tar,

and tar paper.

Doors and windows: Aluminum

screen wire by New York Wire Co.;

corrugated fiberglass awnings by Filon

Co.

Skylight: Plexiglass bubble.

INTERIOR OF HOUSE

Interior walls and ceilings: Plywood

by U.S. Plywood, Div. of Champion-

International Inc.

Floors: Tongue-and-groove plywood

floor.

Lighting: White balls by General

Electric Co.

Plans for screen house for sale from

Michael E. Jantzen, Box 172, Carlyle,

Ill. 62231, for \$15. Plans for solar water

distiller \$5; and for greenhouse (see,

page 6), \$10.

Materials used in the greenhouse on page 6 of Living

4' x 12' sheets of clear corrugated fiber-

glass used for the **south face cover-**

ing by the Filon Corp.

Spray-on aerosol urethane foam used

for **insulation** by Insta-Foam Prod-

ucts, Inc.

Reflective space blanket used as cover-

ing for the flexible **movable insula-**

tion on south face by Metallized Prod-

ucts Division, King-Sceley Thermos Co.

Pyrocrete 102 used as **exterior fire-**

resistant coating over urethane foam

by Carbolite Co.

Turbine type **ventilator** by Lomanco,

Inc.

Materials and equipment used in the house on pages 84-89

ARCHITECT: Alfred De Vido

INTERIOR DESIGNER: Barbara Greene of

GKR, Inc.

SIZE OF HOUSE: 3,000 square feet

SIZE OF LOT: 2 acres

STRUCTURE

Foundation: Concrete block founda-

tion walls on concrete footings.

Framing: Standard wood frame con-

struction of walls and floors with ex-

posed wood beams and roof rafters.

EXTERIOR OF HOUSE

Exterior walls: 3/4-inch vertica-

l tongue-and-groove cedar siding by

Weyerhaeuser Co.

Exterior finish: Stain by Samuel

Cabot, Inc.

Roofs: Wood shingles

Insulation: In walls, 3 1/2-inch batts

of glass fiber; in roofs, 1/2-inch rigid

board insulation. Insulating glass in

living-dining room panels.

Windows: Fixed glass panels and

casement sash by Andersen Corp.

Skylights: Custom made by Robert

Otto.

Doors: Wood frame sliding and

swinging glass panel doors and solid

core 1 1/2-inch-thick flush wood door.

Garage door: Flush wood panel door

by Overhead Door Corp.

INTERIOR OF HOUSE

Interior walls: 1/2-inch "Sheetrock"

by U.S. Gypsum Co.

Ceilings: In living-dining room and

master bedroom, 1/2-inch tongue-and-

groove wood decking, exposed wood

beams, and roof rafters. In kitchen

and playroom, fixed Plexiglas panels

between roof rafters. In other rooms,

1/2-inch "Sheetrock" by U.S. Gypsum

Co.

Interior finishes: White paint by

PPG Industries.

Floors: In living-dining room, kitchen,

playroom, hall, 8-inch white ceramic

Italian tile; in bedrooms, wall-to-wall

carpet; in bathrooms, 4-inch white

ceramic tile by American Olean Tile

Co.

Lighting fixtures: Track lighting in

living-dining room rafters, recessed

cylindrical ceiling fixtures, by Light-

olier, Inc. and Harry Gitlin.

Fireplace: Masonry; damper by

Donley Bros. Co.

Music System: In living room wall

cabinet, turntable by Garrard, tuner

by Harman-Kardon, 8-track stereo by

JVC.

Hardware: Schlage Lock Co.

Accessories: Dining-table china, glass

goblets, flower bowl from Design Re-

search, N.Y.; napkins by Caldwell

Alexander; ceramic bamboo planters

by The Baywoods, Inc.; in master bed-

room, Conrad Marca-Relli collage from

Guild Hall, East Hampton, N.Y.

Kitchen and bathroom cabinets:

Custom made, faced in white Formica

by Central Kitchen.

Kitchen and bathroom counter-

tops: In kitchen, wood butcher block;

in bathrooms, white Formica.

Plumbing fixtures: American Stan-

dard, Inc.

Plants: Hanging plants in kitchen,

figus in living-dining room by The

Baywoods, Inc.

MECHANICAL EQUIPMENT

AND APPLIANCES

Appliances: Two built-in wall ovens,

4-burner electric cooktop by General

Electric Co.; refrigerator-freezer by

Sub-Zero Freezer Co., Inc.; "Kitchen-

Aid" food waste disposer, refuse com-

pressor by The Hobart Mfg. Co.; food

center by NuTone Div., Scovill Mfg.

Co.; built-in toaster by Swanson Mfg.

Co.; built-in can opener by "Trade

Winds" Thermador Div.; Norris In-

dustries. In laundry, washer and dryer

by General Electric Co.

Water heater: Rheem Mfg. Co.

Heating system: Oil fired, forced

warm air by Carrier Corp.; humidifier

by Research Products Corp.; thermo-

stat controls by Honeywell.

Best in Booklets

Marvelous ideas to help you plan and shop are in the booklets below, and they're yours for the asking. You can order them directly from *House & Garden*—send for the ones you want today. Just fill out and return the order coupon, circling the number of each booklet desired, and enclose 50c for postage and handling, plus any additional charge as indicated next to the booklet number, and we'll see to it that your booklet requests are filled as quickly as possible. Please do not send stamps; coins, check, or money order may be used.

Building and Remodeling

CONSUMER LITERATURE

8. **"THE BEDROOM BOOK."** Serta, the "Perfect Sleeper" mattress maker, offers this guide to buying mattresses, and construction plans for a four-poster bed. All this plus great exercises, a brief history of the bed, and enlightening information on sleep and how it is related to beauty. 50c

9. **"THE FURNITURE FITTER"**—or, to put it another way, paper dolls for adults! American Drew presents a ready-to-cut-out collection of its most popular furniture designs, sealed to help you decide which pieces would look best in your home. \$2

Decorating

10. **"THE WONDERFUL ART OF COLOR DYEING."** This booklet offered by Rit Dye shows how to give new color to home fashions and furnishings through a variety of dyeing techniques. Included are instructions for tie-dyeing, easy batik, washer dyeing, and dip-dyeing.

11. **"THE HEARTBURN CAFÉ"** . . . where stimulated tastebuds reign supreme. Delightful, 4-color recipe booklet crammed with favorite pungent recipes. Everything from Gotcha! Guacamole to Blazing Indian Pudding. Alka 2, Miles Laboratories. \$1

12. **"WINDOW MAGIC."** The newest edition of this booklet contains full-color photos of room settings, hints on decorating with Levolor blinds, and do-it-yourself instructions for laminating and painting designs on these custom blinds. The brochure is filled with pictures of imaginative interiors by well-known designers. 50c

13. **"THE CORDIAL TOUCH"**—21-page booklet from *Cordial Whiskeys & Spirits* crammed with recipes for appetizers, dips, desserts, and fish, poultry, and beef dinners. The exciting ingredient in all dishes is *Cordial Cordials and Brandy's*.

14. **INTERNATIONALLY ACCLAIMED GOURMET KITCHEN KNIVES** from Germany are presented

Italian, Mediterranean, American traditional and contemporary furniture. Each booklet is a guide for selecting bedroom, dining room, living room, and occasional pieces. Handy room planning kit included. Drexel Furniture. \$1

15. **GRASSHOPPER/BRANDY ALEXANDER RECIPE BOOK.** Presented in this booklet are many easy ways to prepare delicious desserts and beverages using these products. Brandy Alexander Fondue and Grasshopper Cake are a sampling. Heublein. 25c

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18. **VACATION PLANNING KIT.** The Virginia State Travel Service offers booklets to help you decide what to do. "Chapters in Virginia," "All the Beautiful Parks," "Virginia," and many more.

19. **"TRAVEL SOUTH USA."** To keep your eyes green as they state tourist as leisure recreation, scenic vacation spots. Resorts, festivals, landmarks are described and illustrated. Southern Travel Directors Council. 25c

20. **MOTOR HOMES.** To help you choose the motor home that is right for you—4 consumer brochures from GM, illustrating its Glenbrook, Palm Beach, Crestmont and Birchaven, and Eleganza II models. Each brochure highlights their important features.

21. **"SI! THE PRICE IS RIGHT!"** presents travel packages to choice of 15 outstanding destinations in Mexico. Special rates and extras at superb colonial hotels in cosmopolitan cities, archeological centers, luxurious sun resorts, and sleepy fishing villages. National Hotelera.

22. **1976 VACATION PLANNER** will help you in putting together your Irish vacation. "Ireland Personally Yours" will answer many of your questions about accommodations, architecture, historic monuments and many cultural, sporting, and recreational activities. Irish Tourist Board.

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Potpourri

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3. And even though you may lose as much as 20, 30, 50 pounds OR MORE . . . you never miss a meal . . . never deny yourself sensible snacks and desserts . . . never for a single moment starve yourself the very least bit.

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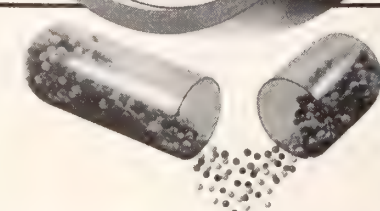
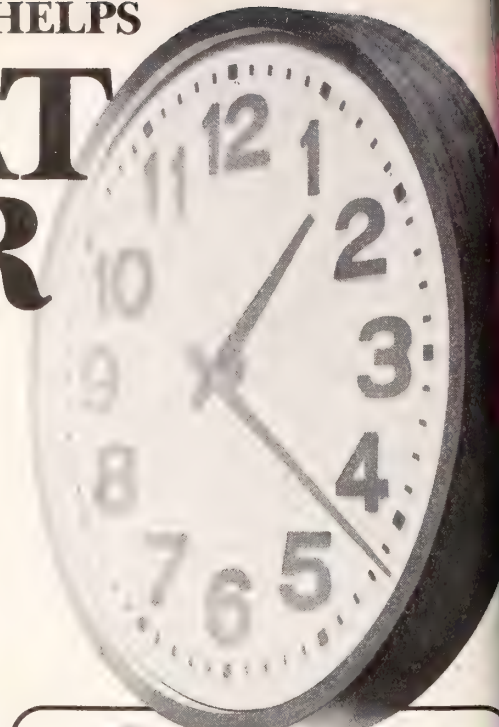
That's because with the COUNTDOWN no-hunger way to slimness, you arm yourself with the most modern and effective way to weight control known to medical science: This medical doctor's all-out assault and VICTORY OVER FAT BUILD-UP . . . due to excess calorie intake and lack of fast calorie burn-off (the basic cause of overweight). The COUNTDOWN once-a-day, continuous action, time-release capsule and program works all the time . . . all day . . . Transforms your body fat into "flush-away liquids" . . . it is by far the easiest, most pleasant way to achieve that slim, trim body of your dreams.

WORKS SO FAST YOU START TO GROW SLIM IN JUST DAYS — IN FACT, EVEN WHILE YOU SLEEP!

Best of all, not once are you asked to pit your hunger against a cast-iron willpower. All you are asked to do is simply this: Take one of these new ALL-DAY time-release capsules each morning . . . then following the doctor's satisfying eating program and his simple nightly bedtime toneups (that are actually fun to do), you literally eat your way to slimness as you shed pounds and inches like never before.

Naturally, you can't expect to gorge and stuff yourself silly on all sorts of over-rich, high-fat foods . . . and in unlimited quantities. BUT — and this is the whole key to success — if you will simply replace all those zany, half-baked fad diets of the past with this high-powered ALL-DAY capsule and this doctor's sane, satisfying eating program . . . YOU without gnawing hunger . . . YOU without grueling exercise can lose up to 10 — 20 — 30 — even 50 pounds OR MORE thanks to the latest, most effective doctor-developed ONCE-A-DAY reducing program in AMERICA . . . COUNTDOWN with Mira-thene-12.

SEE DRAMATIC RESULTS IN JUST 72 HOURS . . . OR IT COSTS YOU NOTHING!



JUST ONE CAPSULE A DAY HELPS YOU DISSOLVE FAT AWAY as this doctor's 3-way action program

- breaks down bulging pockets of fat while it burns away fatty tissues from your entire body
- shrinks your body's fat cells
- turns fat into liquid that your body drains away

Yes, you step up fat burn-off as you decelerate calorie intake . . . meaning pounds and inches melt away starting in just days!

So effective you'll lose up to 6 pounds of fat and fluid the very first 72 hours!

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GUARANTEE

You must lose up to 10, 20, 30, 40 — even 50 pounds, or it costs you not a single penny on this special no-risk trial offer. In fact, if you are unsatisfied for any reason — simply return the bottle cap only for a full refund of your purchase price with no questions asked. Can anything be possibly more fair?

COUNTDOWN, Dept. JWL-45 416A Fox Pavilion, Jenkintown, PA 19046

Yes, I want to lose weight with this doctor's thrilling once-a-day time release capsule and reducing program. Rush me, on full money-back guarantee, the COUNTDOWN I have checked below.

- Check Quantity Desired
- 21 day supply . . . only \$5.95 (plus 35¢ postage & handling).
 - 42 day supply . . . only \$9.95 (plus 50¢ postage & handling). You save \$2.00
 - 63 day supply . . . only \$13.95 (plus 50¢ postage & handling). You save \$4.00

Total amount enclosed \$_____ (Penn. residents add 6% sales tax). Check or money order, no CODs please.

Name _____
Address _____ Apt. # _____
City _____ State _____ Zip _____

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