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Patterned sheets

What they do for your psyche

Medical breakthrough

Is American medicine killing us?
Doctors talk back

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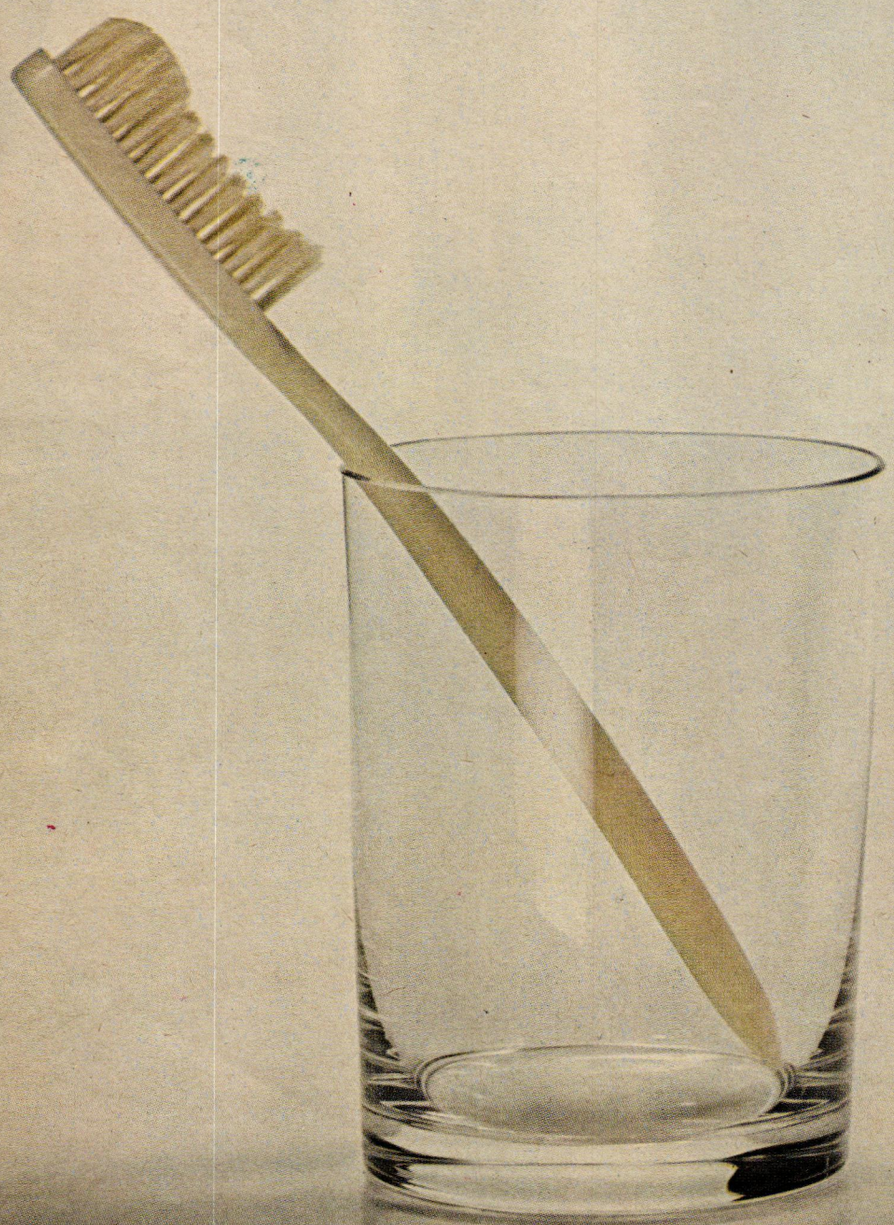

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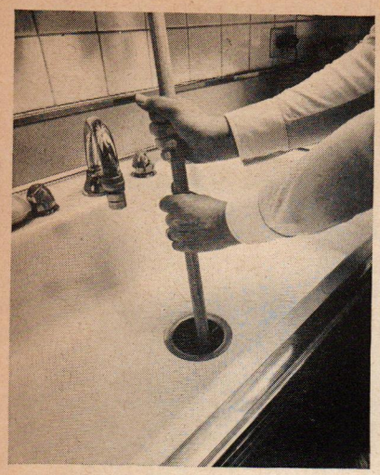

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HOUSE & GARDEN

(INCORPORATING **LIVING** FOR YOUNG HOMEMAKERS) Vol. 148 No. 9

SUSAN WOOD

ON THE COVER: This issue is all about color, and this living room, in which almost everything is white, has the expectant feeling of a stage. Color is about to give a great performance. Working with the tools on the floor—pads of paper, pencils, ruler, address file, and House & Garden Color swatches, decorator Tom Britt will show you how you can vary the personality of a room by varying one color scheme. Turn to page 98 to see the room chart the changes. The sectional sofa and ottoman are slipcovered with fresh white cotton canvas. By Guild Furniture for Lord & Taylor. Folding canvas deck chairs are from Lord & Taylor, too. Robert Natkin's *Faust Laughs*, lent by The André Emmerich Gallery, hangs over the armless sofa. Single shots of brilliant color spark all that white—linen and cotton solid-colored pillow fabric by Brunschwig & Fils. Glass table on a movable acrylic base from Les Prismatiques. Gray lacquered cube lamp table from Karl Springer. To order your 1977 set of House & Garden color chips, see page 38.

SEPTEMBER, 1976

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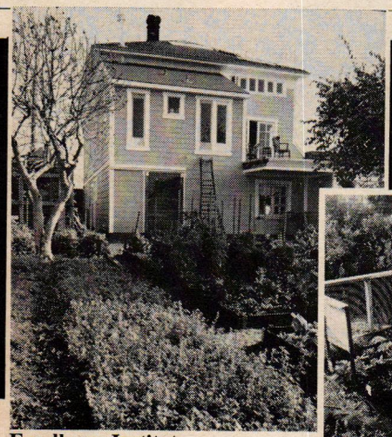
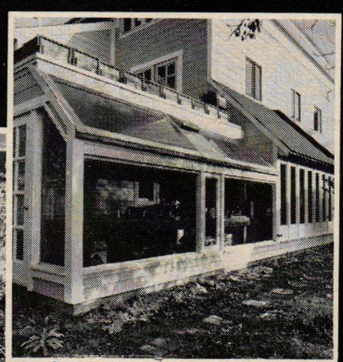
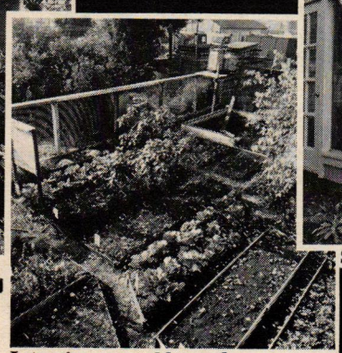


Farallones Institute

BARRY SHAFIRO



Small greenhouse addition



Intensive vegetable garden

Backyard bounty

The Farallones Institute, affiliated with Antioch College West in Berkeley, Cal., is teaching city people with backyards how to live economically. In a renovated Victorian villa, the public can see new systems for living—food and vegetable production, recycling of house waste materials, and solar heating—and students work towards a master's degree in Ecosystem Management. The Institute's house and garden is a study in economy of means. Not one inch is wasted in the small outdoor area. Animal pens hold enough rabbits and chickens to supply four resident college researchers with fresh meat and eggs. Beehives providing honey are set on platforms above a pond for raising fish. Waste water from the Japanese bathtub in the house flows into the pond "to supply a nutrient source for the growth of algae on which fish feed." Other household water irrigates the garden. Even the fencing around the yard is put to use—supporting vines and espaliered fruit trees. Compost bins, collecting organic wastes from house, garden, and animal pens, are everywhere. For more detailed information, write Integral Urban House, Farallones Institute, 1516 Fifth St., Berkeley, Cal. 94710.

Citizens Band radio made easy

If you have a teen-ager in the house, you'll know all about CB —Citizens Band radio. If you're not up-to-date on this trendy communication system, you can catch up by reading the *CB Bible* by

CB BIBLE

Author Bibb, alias Easy Money

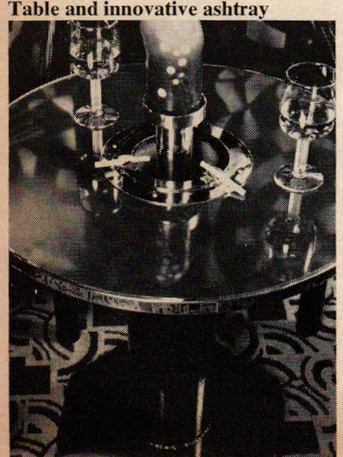
JADE ALBERT

Porter Bibb (Doubleday, $4.95). Says Mr. Bibb: "It's easy to dismiss CB as a fad, but I think it's here to stay. It will be as important at home as it is now in cars. Women living alone, for example, are going to find it helpful for emergency assistance." CB started with long-distance truckdrivers striking up conversations between themselves over two-way radio sets, to beat loneliness on the road. Today CB sets—from $150 to $500—are available to all, allow you to speak over 23 channels. You can be heard over a 25-mile radius. All CB owners must have their own "handle" or name, otherwise no one will listen, says Bibb. "Barry Goldwater is The General, publisher Nelson Doubleday is Bookworm, Mohammed Ali is Big Bopper, Betty Ford is First Momma. All are big CB fans." And Bibb? An enterprising author, publisher, and film maker, his "handle" is Easy Money.

Smoke gets in your eyes

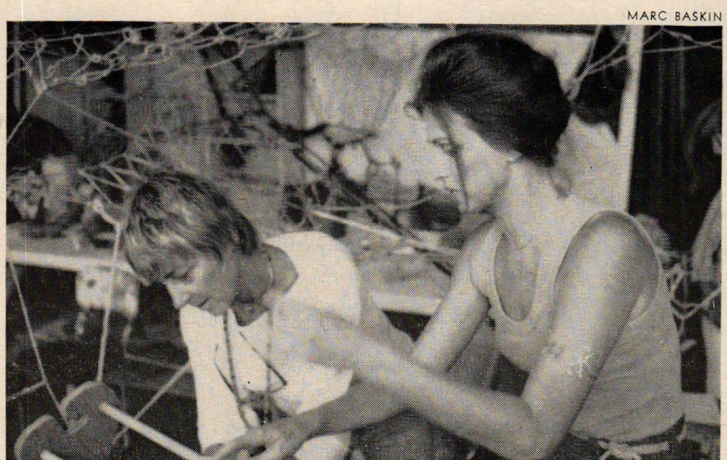
In Regine's dramatically red, tiered discotheque (more about the club, page 118), every detail is thought out—down to the last cigarette. The aubergine-lacquered tables (designed by Regine in Paris) have built-in metal water containers. Cigarette butts and ashes are dropped straight into the water. There's less smoke in the air; waiters are saved the bother of emptying overflowing ashtrays.

Table and innovative ashtray



SUSAN WOOD

MARC BASKIN



Jan Ring, weaver, right, at Grove House weekend workshop

Crafty people

Grove House is one of the largest and most successful artists' cooperatives in the country, headquartered in a spacious loft in Coconut Grove, Miami, Fla. Its fall season opens with *Four in Color,* September 7, showing weaving, pottery, and graphics. The coop, directed by lively former gallery owner Thyrza Jacocks, is a haven for craftspeople across Florida. Mrs. Jacocks keeps the coop afloat with an enterprising program of exhibitions, workshops, and crafts classes. "Today there's increasing interest in crafts and one-of-a-kind earthy objects," she says. Prices vary from a $3 mug to a $500 rug.

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Living

Good talk about architecture

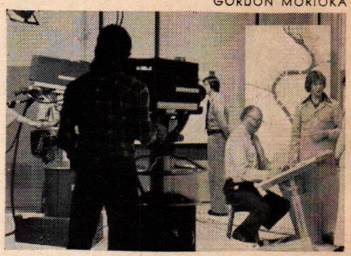
When critic and art historian Brendan Gill and architect Philip Johnson come together, you can be sure of a lively conversation . . . exactly what happened recently when Peter Eisenman, director of New York's Institute for Architecture and Urban Studies, asked them to talk about public architectural education programs. Gill led off. "To make the city as good and strong as we all want it to be, it's going to take a lot more knowledge on the part of all of us," he said. "Amateurs like I, who belong to community boards, preservation societies, or the Landmarks Conservancy are going to have to learn more about planning and building; otherwise we are going to go on stumbling and fumbling and making mistakes." Replied Johnson: "I don't like the word education myself. I left school in order that I could be educated. I learned everything outside and afterward. But if we don't have public education, then architects simply can't build buildings—it's as simple as that." Such dialogues are not unusual at the Institute. Under the energetic leadership of Eisenman and Peter Wolf, it is expanding its public education program to include a master's degree course for nonprofessionals, starting in two years. Meanwhile, it is opening a fifth series of evening courses for students, professionals, and nonprofessionls this fall. Courses under the direction of Andrew McNair include Architecture of the Fifties, from Eisenhower to Kennedy; an introduction to design; and New Challenges for the Architectural Profession, given by Brendan Gill. Each course is $70 for 10 weeks. The Institute is at 8 West 40th St., New York, N.Y. 10018.

JAMES MATTHEWS

Philip Johnson talking architecture. Brendan Gill listens

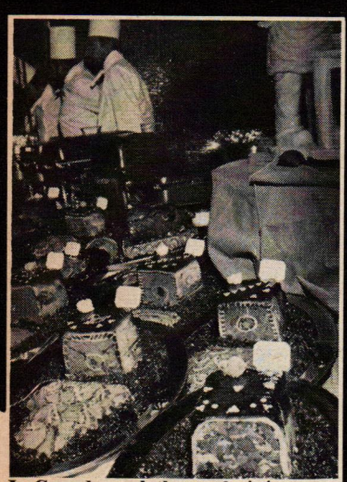
Teamwork

GORDON MORIOKA



On camera, architectural design team on Dayton river project.

In Dayton, Ohio, the local TV station has launched a first in audience participation programs. Viewers phone in their ideas about local city design to a team of architects. Charles Moore and his associate Chadwick Floyd, head of Moore Grover Harper's Dayton office, are behind this idea. The project under the scrutiny of the TV camera, Riverdesign Dayton, involves a 3½-mile development of the Great Miami River. Viewers are asked how best it can be designed for use and enjoyment by all. Mr. Floyd has also set up an open office for 2 hours a day, so people can drop by with additional thoughts. A resounding success. "So far, we've incorporated 110 workable ideas from local people into the scheme," he says.



In Canada, a plethora of pâtés

No cuisine minceur here

If ever there was a weekend winging that resulted in overweight, it was the Salon-Dégustation, organized by the Association Touristique des Laurentides in April to show just how good French-Canadian cuisine in the Laurentians is. Chefs from leading hotels tried to outdo each other in culinary excellence. The tables at the Hotel Chantecler at Saint-Adèle groaned with delectable salmons, hams, turkeys, eels, pâtés, truffles galore. Next day gourmets continued to feast on quail's eggs, salmon, native cheese. Fortunately the Laurentians do offer activities to counteract the calorie overload, notably skiing, tennis, swimming.

PENNI WISNER

DEPARTURE POINTS

JO FURMAN—BONAIRE TOURIST OFFICE

Bonaire's briny deep

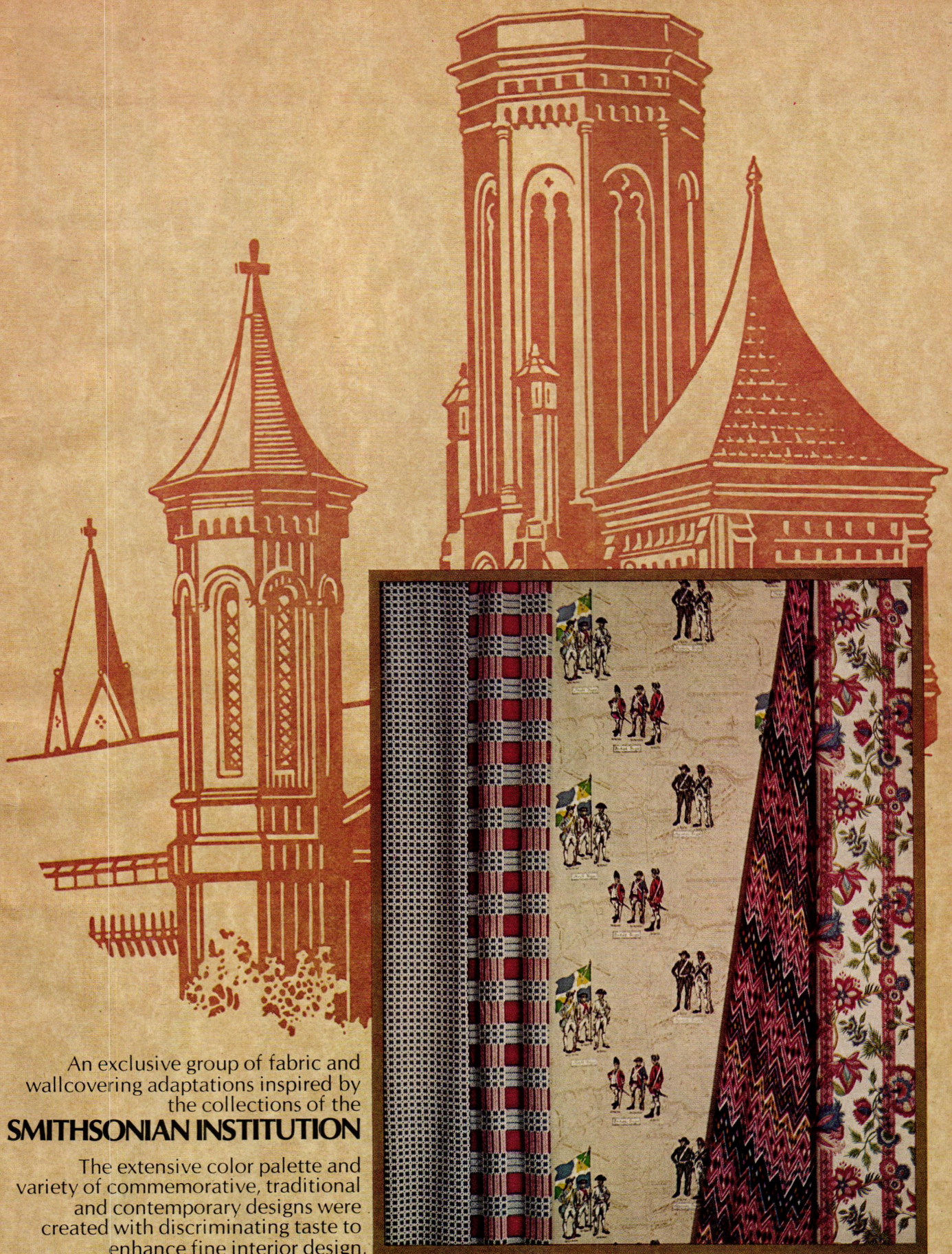
Windward ho!

Lying like stepping stones off the coast of Venezuela are three Windward Islands—Aruba, Bonaire, and Curaçao. To appreciate Bonaire, you must be ready for quieter pleasures. Such as: a walk at sunset along the coral-banked shore to watch for flamingos rising from shallow salt ponds. They steer a course directly overhead, all neck, trailing legs, and shocking pink wings, and head out to sea, barely clearing the ocean swells. Many flamingos make this flight every night and no one is absolutely certain of their destination. Happily they return each dawn, to the sanctuary that protects their breeding grounds. Marine life is protected, too, in Bonaire. Spearfishing is prohibited—so snorkelers and scuba divers find an underwater paradise. Another example of Bonaire's enlightened ecological ways is a 5,000-acre national park named after Washington, D.C. It bristles with tall cactus and reminds visitors of Arizona, until they return to their beachside hotel to sit beneath a thatched roof shelter, with a cool drink and watch the sun's splashdown into the sea. Bonaire has one main street, in Kralendijk, the pastel-tinted, faintly Dutch capital. Best hotel choices are the Hotel Bonaire and the Flamingo Beach Hotel, both on the water. The Bonaire is headquarters for scuba-diving instruction, equipment, guided dive trips. It has the island's one casino. The best restaurant is the Beefeater in Kralendijk. Travel to Bonaire is by jet from Aruba or Curaçao. KLM "Free Spree in the Sun" tours from New York and Miami for 8 days and nights start at $77 (plus air fare) and include 13 free specials, such as sightseeing and one-day car rental.

ALLAN POSPISIL

Bonaire Bests

*The only disco, E Wowo, for a night out in Kralendijk *** Find rare black coral handcrafted into jewelry at the government-sponsored Arts Foundation **** Cold Amstel beer at the Amstel Bar in Rincon, the island's oldest settlement. *** Coziest spot for a beach picnic—Boca Cocalishi, Washington National Park. **** Don't miss the whirl of activity on the town pier when Venezuelan vegetable boats are in.*



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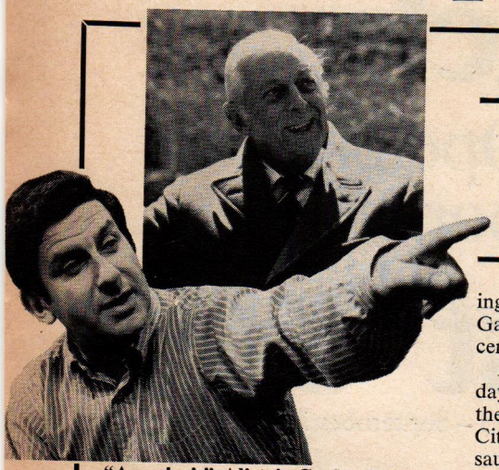
living

HARRY WIRTZ

Musicians at Russel Wright's alfresco party



"America's" Alistair Cooke, Britain's Jeremy Isaacs.

PEOPLE

What's **Alistair Cooke** up to these days? Writing a new book, of course. Profiles of seven men. But he's not saying who the lucky seven are.

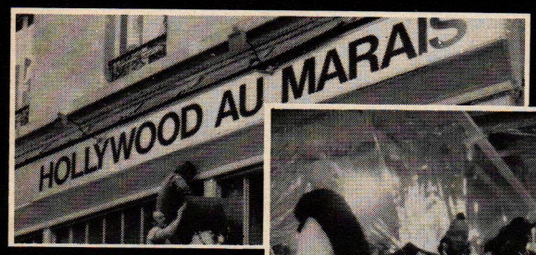
Architect **Stanley Tigerman** has chosen seven men, too—for his next architectural show in Chicago. And he *is* naming names. Architects Tom Beeby, Larry Booth, Stuart Cohen, Jim Freed, Jim Nagle, Ben Weese, and Tigerman himself are showing house drawings and models and selling them as art in the Richard Gray Gallery, Chicago. Show opens December 10.

All aboard **Erica Wilson's** seven-day needlework cruise. The ship is the SS Rotterdam, leaving New York City on August 28, stopping at Nassau and Bermuda, arriving back in New York September 4. A good way to make Christmas presents for friends.

Decorator **Angelo Donghia** has gone West. His new design center in Los Angeles shows fabrics and furniture "from all the people I like to work with when I'm doing interior designs."

Diana Vreeland's Hollywood costume show, transferred to the new Du Marais Cultural Center in Paris from New York's Metropolitan Museum, has had its run extended until November 1. Photographer Milton Greene added pizazz with a slide show of movie stars of the last thirty years.

JOSHUA GREEN



Hollywood costumes in Paris

Erica Wilson: stitchers' cruise

Gone West: Angelo Donghia in new Los Angeles showroom

WILLIAM STEELE

Ann Van Devanter, guest curator of the Baltimore Museum of Art, is traveling with *Two Hundred Years of American Painting.* The exhibit is being shown in four European capitals, now in Belgrade. She winds up her trip in Warsaw in December.

JADE ALBERT

Carol Gruber, an organizer of the Gourmet Cooking Ball.

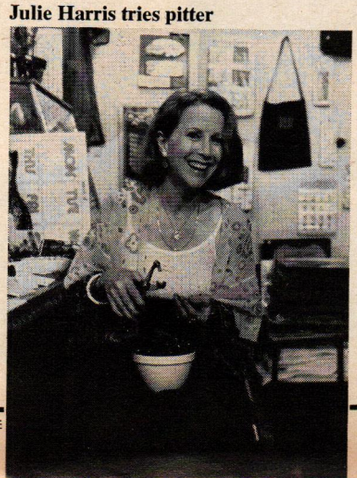
Decorator **Chessy Rayner** has rounded up "twenty of the best and most beautiful cooks" to prepare recipes in the ballroom of the Waldorf Astoria October 5, night of the Gourmet Cooking Ball. **James Beard, Craig Claiborne, Pierre Franey,** and **Maurice Moore-Betty** will be among the judges.

"Hunt the music" is landscape designer **Russel Wright's** way of getting people to experience nature. At a recent summer party, he hosted the Hudson Valley Symphony and other musicians in the woods on his 80-acre Garrison estate. The aural hide-and-seek celebrated the handing over of his property to the Nature Conservancy.

Actress **Julie Harris** has found "the perfect gift." She gives friends a $4 cherry pitter, found at Nancy's Fancy in New York.

Jeremy Isaacs, the dashing young British producer of *The World at War* (he's Director of Program for Thames TV) is bringing a week's British television to America from September 6 to 10. Screening is over Channel 9 New York, and may go across the country. "A Bicentennial gesture," Isaacs says.

Julie Harris tries pitter



Paris pleasure dome

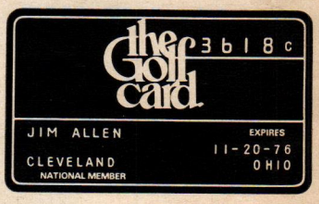
Parisian chic and Parisian cuisine have combined happily in "Le Square du Printemps," the restaurant that adorns Printemps, the popular department store on Boulevard Haussmann. On the top floor, the restaurant is domed by a huge cupola of paneled stained glass windows. You find yourself looking up at an enormous, glorious Tiffany lampshade, rather than down at the menu prices, which *are* reasonable. Created in 1923 by the master of stained glass windows, Brière, the cupola was disassembled in 1940 and stored for years. Recently restored by Brière's grandson, the cupola, made of 3,185 glass panels of green and blue flowers, is a glass garden 23 feet high, 65 feet wide. Circling the tables are food boutiques designed by the 3-star restaurant, Maxim's. Cafeteria style, open 9:30-6:30, daily except Sunday. LOUISE HARDIE

UNIVERSAL PHOTO

Printemps: the new restaurant

A new set of clubs

Golfers, a new day is dawning. Now you can play golf on some of America's most famous courses—free! For the price of a Golf Card, $35 annually ($55 if you want its privileges extended to another member of your family), you can



play two rounds a year at 210 courses across the country. Very useful if you are traveling. You do not have to pay greens fees or other charges. What's more you can use the club's pro shops, bars, dining rooms, and other facilities. To use the card, phone a participating club 24 hours in advance and ask for a tee time. Golf Card International, P.O. Box 8339, Salt Lake City, Utah 84108, or call toll-free 800-453-4260 HUGH SHERWOOD

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Umbrella $12.00					
Tote Bag $13.00					
Scarf $4.50					

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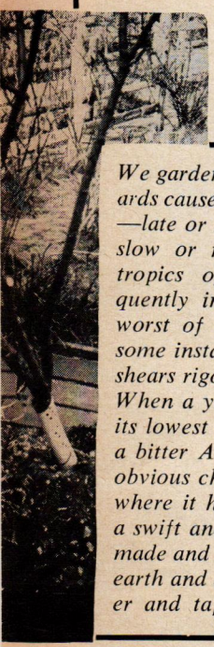
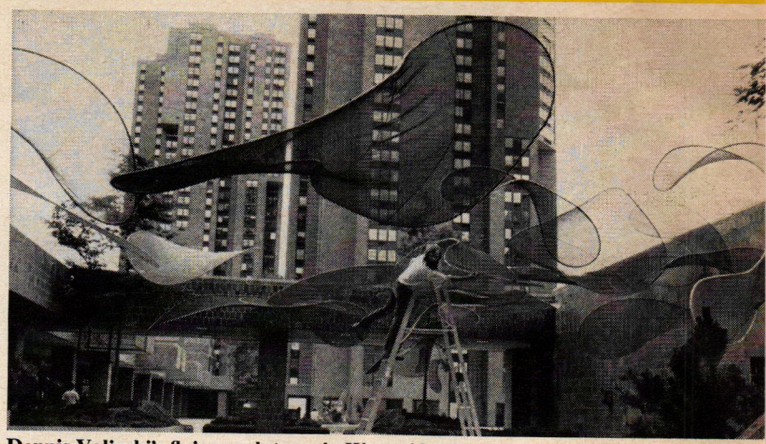
Living

GARDEN ART



We gardeners must be alive to hazards caused by unexpected weather —late or early frost, dry, wet, too slow or nonexistent springs, the tropics of summer (which frequently include hailstorms), and, worst of all, powerful winds. In some instances you must use your shears rigorously after such winds. When a young golden willow had its lowest lateral wrenched during a bitter August howler, I had the obvious choice of a clean lop. But where it had touched the ground, a swift and lovely curve had been made and so I pegged it there with earth and a few ample stones. Filler and tape repaired its fracture at the main trunk and the wounded tip rooted quickly. I thus had a very gracious bridge of living bark. You may use the same approach with toppled annuals, which keel over when past their prime. I let them root where they've tumbled and then sever them from the parent. When a March gale took the wisteria from the studio wall and hurled it to the ground, it looked fine, pruned back low and very short. It has become fatly gnarled and in its turnings reminds me of a perfect but crooked branch of plum blossoms flung across one of the more exotic Chinese screens.

ROBERT DASH



Dennis Valinski's flying sculptures in Waterside plaza

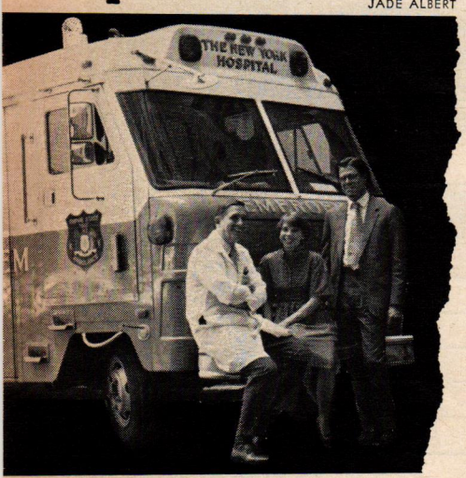
Plaza sweet

To bring color to a city apartment complex, sculptor Dennis Valinski has suspended moving shapes of mod-acrylic gauze across the plaza at Waterside, three high-rise towers on New York's East River. Some are 17 feet high. Colors echo the surrounding green trees, sky, and water, terra-cotta brick building. These "living sculptures that perform," in Mr. Valinski's words, dance in the breeze and change their mood with the light. Two thousand people attended the opening, with music and dance. Waterside gets high marks—this is the second show organized by the Public Arts Council and the Waterside Tenants' Association. It's on view through mid-October.

SUSAN ZEVON

Protection for preemies

JADE ALBERT



Dr. Auld and Spoffords with Grumman intensive-care van

A breakthrough in medical care for premature babies has just been announced by Dr. Peter Auld, professor of pediatrics, obstetrics, and gynecology at Cornell University Medical College. He has set up a $2 million, privately funded intensive-care unit for high-risk infants at New York Hospital. Babies can be referred to this center from 19 hospitals. Mr. and Mrs. John Spofford, parents of two premature babies who "pulled through" under Dr. Auld's supervision, have helped with the project. "Our son, now 4, was born with a breathing and heart problem. We know how much this kind of intensive care is needed." The Spoffords, with a gift from Mr. Spofford's mother ("nine of her thirteen grandchildren were born in New York Hospital"), helped contribute the mobile intensive-care unit which collects premature babies from community hospitals in which they are born. This super mini-hospital on wheels is fitted out with incubator and life-support machinery so a baby receives treatment on the road before it reaches Dr. Auld and his team.

Medicine by computer

The use of computers in medicine is booming. Before too long, it is forecast, doctors will have them on their desk tops to analyze diagnoses, much as the airline or rental-car clerks punch computers to speed their work. Ophthalmologists will probably be first to use them—already a central computer at Stanford University has been programmed to assist in the diagnosis and treatment of glaucoma. The computer "bank" was compiled by a team of eye doctors and computer scientists at Baltimore's Johns Hopkins University and New York's Mount Sinai Hospital. Financial aid for the project came from Artificial Intelligence in Medicine (AIM) a branch of the Department of Health, Education and Welfare. Tested recently in New York before an audience of attentive doctors, the computer program demonstrated reasonings and suggestions for therapy. "There's no doubt," says Dr. Aran Safir, director of the Institute of Computer Science at Mount Sinai, "the computer functions at an expert level."

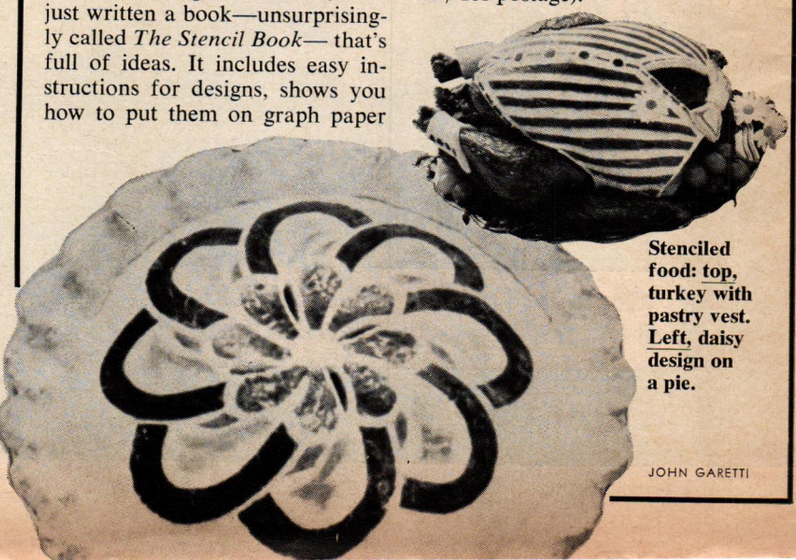
OLIE WESTHEIMER

HOW TO

Stencilers Fobel and Boleach

Stencils, stencils everywhere

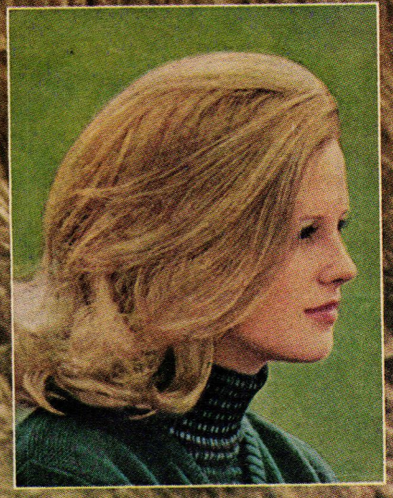
Do you long to do something creative with your hands? Stenciling is probably the easiest of all the crafts, and once you start you'll never stop. Jim Fobel and Jim Boleach, who design stencil kits, have just written a book—unsurprisingly called *The Stencil Book*— that's full of ideas. It includes easy instructions for designs, shows you how to put them on graph paper and then translate into wax-paper stencils. Why not stencil cakes, breads, or cookies, they suggest? This makes parties, or presents, much more personal. Use food coloring mixed with a little egg yolk for "paint." Fobel and Boleach also like to "dress" turkeys or chickens in stenciled pastry clothes; and match stenciled pie crusts with stenciled gift boxes to hold them. Flowerpots get butterfly or plant designs. Plain linen place mats are stenciled to match napkins. *The Stencil Book* by Jim Fobel and Jim Boleach (a Gladstone Book from Holt, Rinehart & Winston, $12.95) at bookstores or from Stencil Magic, 8 West 19th St., New York, N.Y. 10011 (add 75¢ for postage).



Stenciled food: top, turkey with pastry vest. Left, daisy design on a pie.

JOHN GARETTI

The 18 colors of Naturally Blonde are the blonde colors found in nature.



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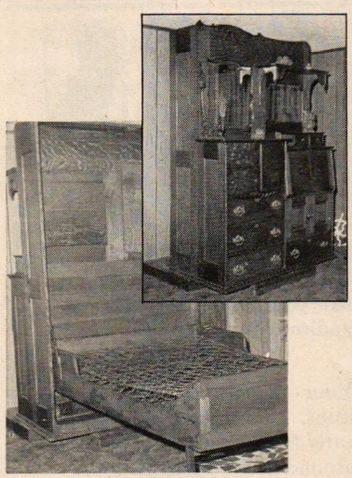
QUESTIONS & ANSWERS

Antiques

By Louise Ade Boger

Victorian hidden bed

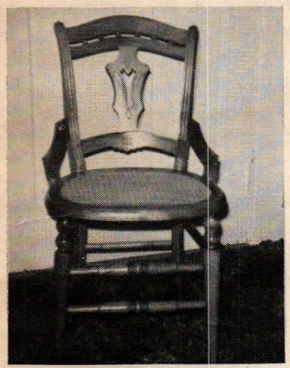


Can you tell me how old this hidden bed is? Are multipurpose pieces of furniture like this unusual?

R.S.—Eupora, Miss.

Throughout the centuries countless ways have been devised to put beds out of sight. Victorian wardrobe beds and parlor beds frequently possessed the combined advantages of a secretary, chest of drawers, and cupboard space for toilet accommodations (washbowl, pitcher), such as your example, which was made around 1900.

1800s cane chair



Is this old chair rare? What can you tell me about it?

D.P.C.—Belfast, N.Y.

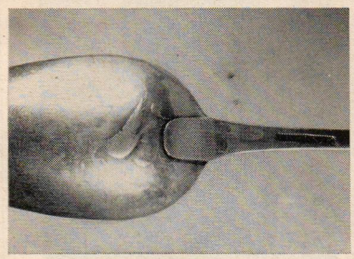
This type of cane-seat chair with turned legs and stretchers was made by chairmakers across the country during the 1880s and 1890s. The chairs were constructed of local woods and offered for sale in almost every city and town in America.

American silver tray

This mark appears on my silver tea set. When and by whom was the set made? F.L.—Brooksville, Fla.

Your plated silver tray was made by Mulholland Bros., Inc., of Aurora, Ill. This firm succeeded the Aurora Silver Plate Company between 1915 and 1922 and went out of business in 1934.

Delaware Blue Hen spoon



My tablespoon is marked "J: Warner" and has a bird on the back of the bowl, which looks something like this rough sketch. Can you identify the spoon for me?

J.C.—New York, N.Y.

The Delaware silversmith Joseph Warner (1742-1800) made your spoon. In Delaware, this kind of spoon with a bird and branch on the reverse of the bowl in the style of the 1790 period, when made by Delaware silversmiths, is often given the nickname "blue hen spoon." It was so called after the official state bird, although the decoration traditionally represents the dove of peace with olive branch.

Continued on next page

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QUESTIONS & ANSWERS

Antiques

continued from preceding page

George Washington andirons

Are you able to date these antique andirons for me?
H.J.W.—Bluff Point, N.Y.

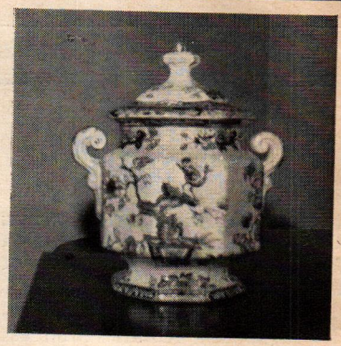
Your General Washington andirons, cast with flat-backs in the early fashion, were probably made around 1815 to 1820.

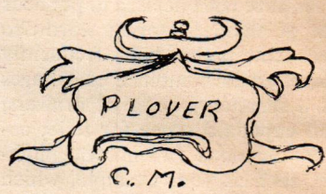
Bohemian porcelain figure

Can you interpret the mark on my figurine so I will know about its origin? A.B.S.—Paragould, Ark.

Your figure, dating about 1900, was made at the Alexandra Porcelain Works started by Ernst Wahliss at Turn, Bohemia, in 1880. The French word "deposé" means "patented" or "registered."

Staffordshire sugar bowl





We have tried without success to trace the origin of our old sugar bowl. From the mark, can you identify it? H.L.R.—Greenfield, Ind.

The mark on the bottom of your bowl bears the distinguishing initials of Staffordshire potter Charles Meigh, working at Hanley, 1835-1849. "Plover" is the pattern name.

Parlor clock

Can you tell me about my old clock from this photograph and the words "F. Kroeber, New York," which are on it? W.B.—Los Angeles, Cal.

Your "Occidental" model walnut parlor clock, made about 1885-1900, was shown in the 1888/89 catalogue of F. Kroeber. Florence Kroeber (a man) was born in Germany in 1840 and died in New York City in 1911.

Antiques show news

The Theta Charity Antiques Show, sponsored by the Houston Alumnae Chapter of Kappa Alpha Theta, will be held Sept. 29-Oct. 3 at the Albert Thomas Convention Center, West Hall, Capitol at Bagley, Houston, Tex. In celebration of the Bicentennial, the Petit Museum, a unique feature of the show made up of 6 room settings, will display only examples of Americana gleaned from private collections . . . The **Greater Chicago Antiques Show,** sponsored by the North Shore Junior Board of the Northwestern Univ. Settlement House, will be held Sept. 17-19 at the Saddle and Cycle Club, Foster and Lake Shore Drive, Chicago, Ill.

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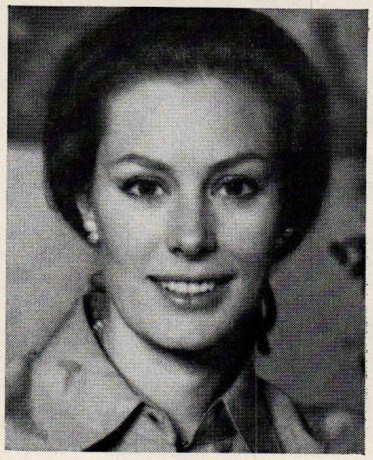
Is Your Mirror Your Enemy?



It can happen so unexpectedly. You go along for years not being the least bit concerned about how old you look. You feel young and alive. Life is going well. And then one morning you confront a certain truth in your mirror. You've grown older-looking without realizing it. And you almost hate your mirror for being so honest.

If your mirror is reflecting the truth you don't want to recognize, then the time has come for you to discover the secret of knowledgeable, younger-looking women from many parts of the world who have seen the highly-visible benefits of an unusual beauty fluid that helps women look their youngest, no matter what their age. This fluid is known in the United States as Oil of Olay beauty lotion.

Oil of Olay disappears into your skin almost before your eyes, to work with nature to combat dryness . . . the very dryness that accents little lines and wrinkles that make you look older than you should. Or could. Beauty connoisseurs discovered this skin-loving liquid and its remarkable ability to penetrate your skin's all-too-visible surface, deeply and astonishingly quickly. (You'll feel Oil of Olay soothing away dryness practically from the very moment you soothe it on.) A wealth of pure moisture, along with tropical oils and other emollients, soon brings to your skin a softness and suppleness that will be clearly noticeable when you look in the mirror.

Oil of Olay is a partner with nature in helping to maintain the oil-moisture balance of your skin . . . essential if you're to look your youngest. The beauty fluid is compatible with the skin itself and acts like natural moisture in alleviating dryness. And Oil of Olay helps keep your own natural moisture in the skin, a beauty bonus as the years slip by.

Soothe on Oil of Olay before going to bed. Let the beauty fluid do its good work through quiet hours of sleep. Then again faithfully every morning, as a quick-penetrating, non-greasy makeup base. Or, if you like to let your skin take a vacation from cosmetics, Oil of Olay gives your face a dewy, lustrous glow. Oil of Olay in the middle of the day, too, is a refreshing, soothing pleasure that again eases dryness as it importantly increases the moisture content of your skin.

You will discover Oil of Olay and its beautiful secret at drugstores everywhere. See for yourself how quickly your your mirror can again become your friend.

Beauty Secrets

Wearing glasses can draw attention to the skin around your eyes where little aging crow's-feet first appear. More frequent use of Oil of Olay on these special areas can be helpful.

* * *

Each time you apply Oil of Olay® to your face and throat, smooth the beauty fluid right up to your hairline. (Don't worry. It's so fast-penetrating and non-greasy, it won't "slip" into your clean hair.) It's a sad mistake to frame your younger-looking face with an area of dry older-looking skin.

(Advertisement)

GOOD LOOKS AND GOOD HEALTH

A new medical frontier: colored light

Doctors and scientists discuss a remarkable new treatment—healing with color

By Caroline Seebohm

Red is exciting. Green is soothing. Orange is sexy. This kind of color thinking is now an accepted part of interior design, in offices and hospitals as well as private houses (see House & Garden, March 1976). But there is a completely new awareness dawning about color that has nothing to do with your state of mind. It seems that the application of colored light to the human body can cure disease.

A new thought, to be sure. We regard color as something to look at through our eyes and appreciate visually. But color is actually a process of light radiating outward. Light stimulus produces the perception of color—the energy so propagated can be thought of as electromagnetic waves. In other words, colored light is the transfer of energy.

"Visible light penetrates deep into the body, a fact that was not known until very recently," says Faber Birren, well-known color expert, author of several books on the subject, and color consultant to House & Garden. "It's been thought for years that the only therapeutic effects of color are by means of ultraviolet and infrared, both of which are, of course, invisible to the naked eye. But now we are beginning to realize the effects of visible light, by which I mean the color spectrum of red, orange, yellow, green, blue, and violet."

The word used to describe therapy with light is called "phototherapy." Elwood D. Bickford, member of the U.S. National Committee on Photobiology of the National Research Council, and scientist with the Environmental Lighting Division of Duro-Test, explains what it means. "Photo refers to the photons that form the energy in light, energy that goes through space and penetrates the human skin." Mr. Bickford describes the process thus:

"The first law of photochemistry says that in order for light to be effective in a chemical way it has first to be absorbed. So the material you treat has to absorb light. Most biological materials (such as blood, tissue, skin) absorb over a large color wavelength region, but we know more than that now. Your body tissue transmits red and orange portions of the spectrum much more readily than the shorter wavelengths, the blue and violet ends of the spectrum. In other words, red or orange penetrates deeper into your body than blue or violet.

"The reason you get sunburn, for instance, is because the ultraviolet coming from the sun is absorbed only in the very top layers of the skin, without penetrating any deeper, so that it burns the surface. When you put a flashlight into your mouth or under the palm of your hand, all the veins and passages show up very clearly. That is because light from a flashlight is very rich in red, and therefore it penetrates very well."

One of the most convincing proofs of the efficacy of phototherapy is the treatment of newborn babies suffering from jaundice. According to Dr. Jerold F. Lucey, chief of pediatrics at the University of Vermont Medical School, a leading authority in the field, the application of blue light has been found effective in breaking down a material called bilirubin, which causes jaundice in infants. Not only is this treatment highly effective, but prior to this therapy, the most successful treatment was exchange transfusion, which can be very dangerous for babies.

Other innovative work with phototherapy, originating at Massachusetts General Hospital, has been done with psoriasis patients. The skin is exposed to a high intensity ultraviolet light, which in conjunction with a drug taken by the patient, has produced phenomenal results. Patients who have had psoriasis all their lives, covering over 90 percent of their bodies, have been freed of the symptoms if treatment is continued. About 26 institutions across the country are currently using this process. The laser beam, another therapeutic tool, has been found effective in treating detached or torn retinas. The laser emits a blue-green light that is absorbed through the eye.

Doctors are now treating stubborn infections of herpes virus (responsible for cold sores) by paint-

Continued on page 27

I don't like gray. Or peroxide. Somebody, please come up with another idea.

I've got a sinking feeling. It's just dawned on me that the grays are coming in faster than I can pluck them out.

Another day. Another gray.

The grays keep coming while I consider the alternatives. Becoming the first girl in my class to make it as a gray haired lady. Or using a haircolor and having people say, "What a pretty color your hair is now," as if it were a new dress or a new lipstick—instead of something that is part of me. The thing is, I *like* my natural color and don't want it changed.

Another day. Another gray.

I'd better do something. Quick. But I'm scared. I think all haircolors have peroxide.

Just in time, my friend, Samantha, tells me about Clairol's Loving Care® lotion. It has absolutely no peroxide. So it works differently from most other haircolors. It covers only the gray without changing your natural color. And Loving Care comes in 15 shades to make it easy to find yours.

I like the idea.

Better still, now that I use Loving Care, I like what I see. And feel. Crazy as it sounds, Loving Care is actually good for my hair. It makes it softer, yet gives it more body than it had before.

Now, let the grays come. I won't see them. Neither will anybody else.

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The more we find out about the effect of colored light on other living things and on ourselves, the more intriguing the possibilities become

Colored light

continued from page 22

ing red dye on the diseased areas, then exposing them to ordinary light. Other skin disorders are being looked at for possible treatment by phototherapy. "You are going to hear about a lot of breakthroughs in this area," Mr. Bickford believes.

Experiments with other living organisms are equally phenomenal. "Visible light has been found to penetrate into the skulls of ducks and sheep," says Faber Birren. "You implant electrodes in the sheep's skull when it is born; then when it grows up you can apply visible light to the electrode and see the results. In another example, rats exposed to red light from birth grow larger than those exposed to blue light. The violet and blue components of visible light are more deadly to rainbow trout than green, yellow, or orange."

A lot of work has also been done with plants. Red and blue light are the colors that do most to activate plant growth. Green light is neutral—plants don't do anything under it. In France, the irradiation of potato plants with red light has stimulated germination. Warm white lamps encourage the growth of tomato seedlings, according to experimenter Stuart Dunn; blue and pink lamps are the next best.

The more we find out about the effect of colored light on other living things and on ourselves, the more intriguing the possibilities become. "The advent of phototherapy for the treatment of hyperbilirubinemia (jaundiced babies) has an exciting and more general implication," write Drs. Richard J. Wurtman and Robert M. Neer in the *New England Journal of Medicine*. "If light can be used to speed the destruction of one circulating compound—bilirubin—it seems not unlikely that light exposure will eventually be shown to influence plasma levels of other compounds. Light may be beneficial in many more ways than are now apparent."

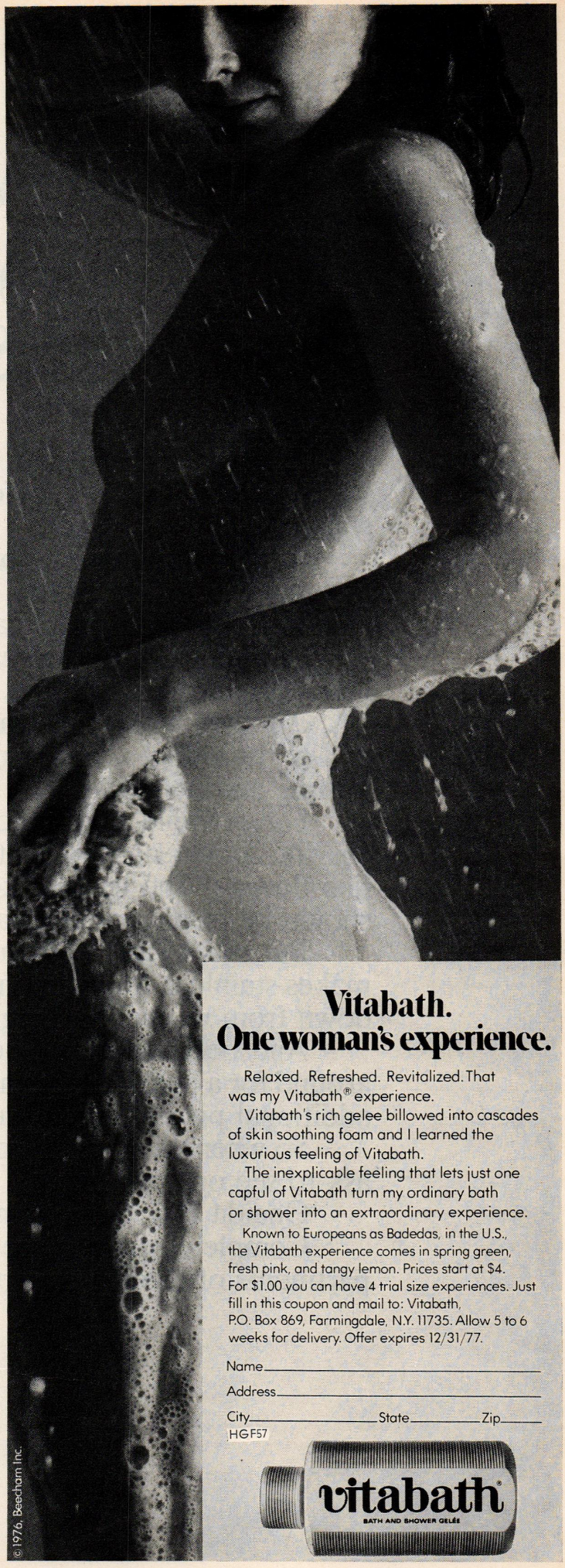
It is probably rather unlikely that your doctor will start prescribing colors instead of pills when you next get sick. Not yet, anyway. But there's evidently more to colored lights than simply looking pretty. Their power may help you get well some day. ■

BEAUTY AND HEALTH PRODUCTS NEW THIS MONTH IN THE STORES

It's September and so many things are starting up again, as they always seem to every autumn, that many of us feel that *this* is the real new year. A major group of skin treatments and makeups from the classic **House of Chanel** should help you put your best face forward from here on. The beauty philosophy is as neat and as simple as a Chanel suit. For instance: no grouping of skin into "dry" and "oily" categories, but a choice of cleanser, toner, moisturizer, and mask—one designated for normal skin, the other the same basic product, but in a formula that's slightly milder for dryer, more sensitive skin. A specially trained *analyste* will help you select which to use when you visit the department store where the collection is sold. The makeups are stunning—lip and cheek gloss, lipstick, rouge, eyeshadow, translucent powder in loose and pressed forms, creme blush, mascara, nail enamel, and a range of 6 liquid makeups to choose from. The works! One thing more—they're designed to be practically weightless in your makeup bag. Neat, beautiful, and weightless—isn't that what we all aspire to? They'll be at Saks Fifth Avenue, all stores, in mid-September. Treatments from $10 to $20; makeup from $4 to $15.

Here's a new one to help you wake up in the A.M.—**Natural Spearmint Toothpaste** is sugarless, contains no salts, and is flavored with natural spearmint oil. It uses coconut oil for cleansing, and the paste itself is made from seaweed and vegetable glycerines. Pretty healthy, that! It's made by *Tom's Natural Soap Company* and is available through health-food stores across the country. Or you can drop $1.25 in the mail and order it directly from Tom's Natural Soap, Railroad Ave., Kennebunk, Me. 04043. There's a fennel-flavored toothpaste too.

Elizabeth Arden has a new formula for lip gloss that stays put, shines, and has a moist look that lasts very well. **Great Color Lip Gloss** comes in natty little tubes, smooths on with a fingertip. There are 6 raisin-colored shades of pink and red with a super-sheer Clear. They're $3.50 each.



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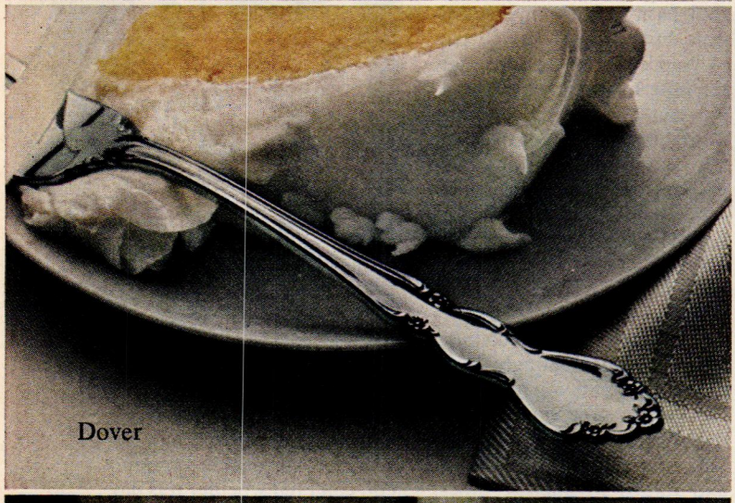

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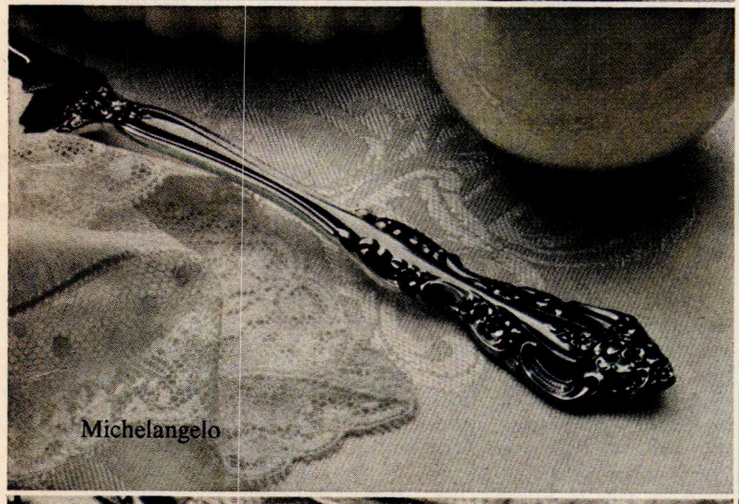

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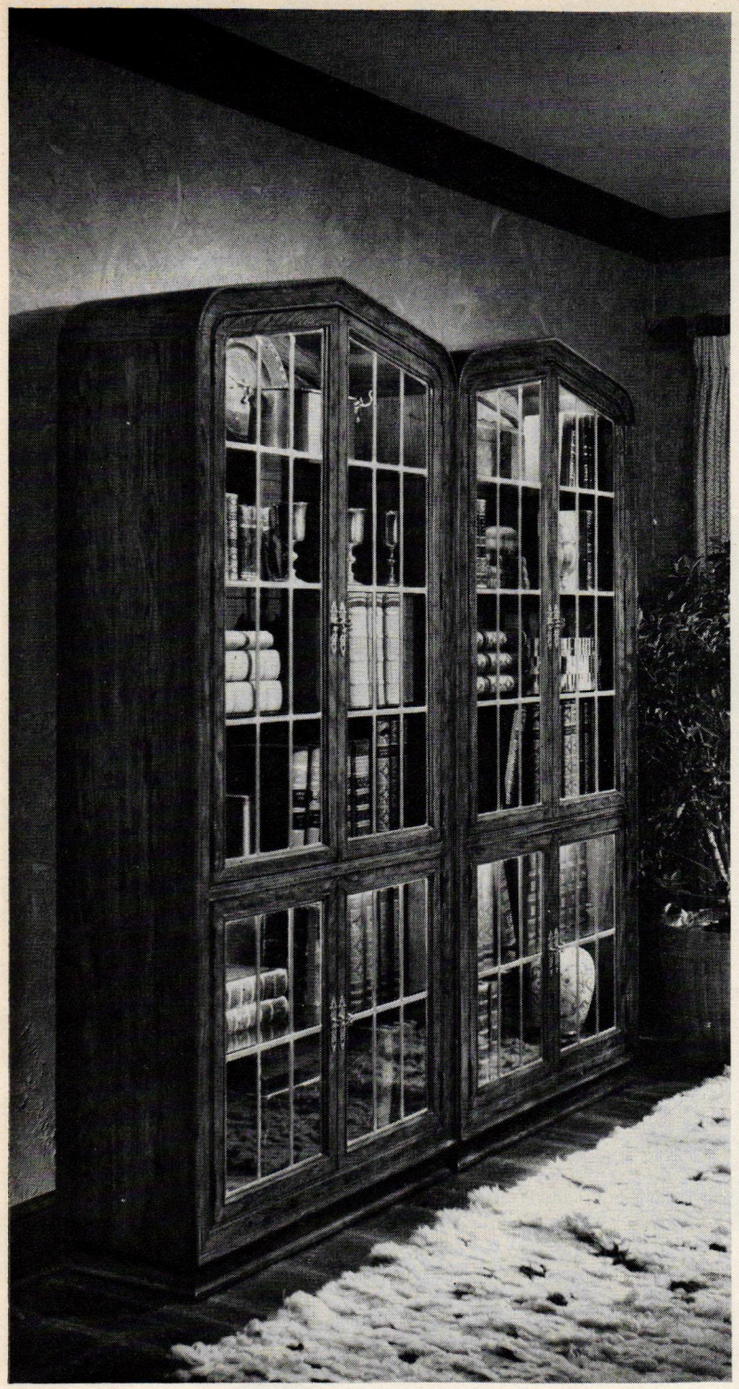

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Seven days in Egypt

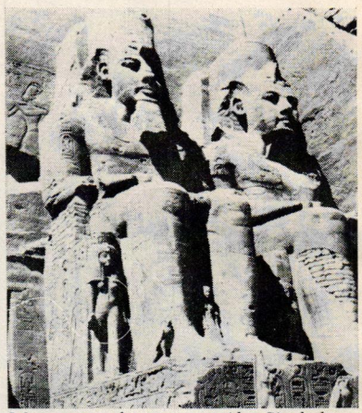
From the austere splendor of the Cairo Museum to the gaudy bazaars and the temples of the Nile

By Dee Hardie

You don't just say "I'm going to Egypt next week," and expect your magic carpet to unfold easily. It takes preparation, but it could be *the* trip of your century. And no matter how much advance reading you do, and most of the available books seem to be on the antiquities, nothing will prepare you for the vast splendor and beauty of ancient Egypt or the chaos of modern Cairo.

In 1975 the Arab Republic of Egypt actually turned tourists away because the country did not have enough hotel rooms. This is being remedied. Hotels are now going up in the tourist centers far faster than the myriad of temples and tombs in ancient times. But if you want to stay in one of the three, big, newer hotels in Cairo—the Nile Hilton, Sheraton, or Meridian (and everyone seems to want to do just that)—you should book at least three months in advance. And don't miss your hotel reservations by even one day, or they will be automatically canceled.

Egypt is currently a hot ticket on the tour circuit. If you are with a group, red tape is no problem. But as independent travelers, my husband and I chose to do it on our own. We had seven days in Egypt, sandwiched between business calls in Europe. We flew TWA from Rome to Cairo, but a day later than

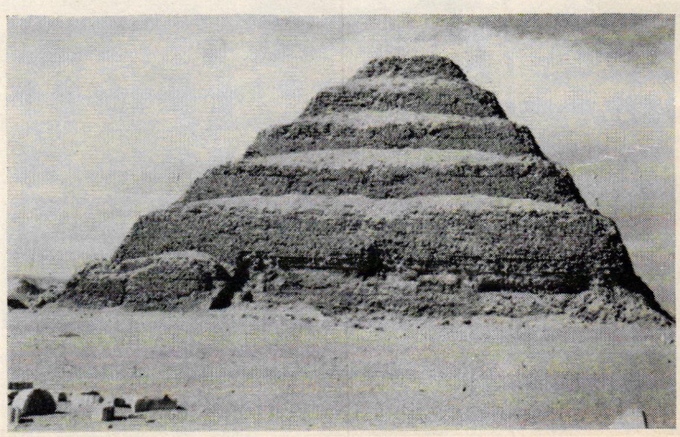


Monumental statues at Abu Simbel

planned as our plane was overbooked and we were bumped. (TWA also flies every evening from New York to Cairo arriving late the next afternoon.) You can't tell whether it is day or night in the Cairo airport as it is always the same—crowded. The taxis are plentiful. Luggage is tied high on top of the roof as if on the back of a camel. You might find yourself compressed with four others as the drivers believe in togetherness, especially since the fares are cheap.

When we finally arrived there was no room in the inn, hardly a seat in the lobby. Saudi Arabian oil magnates were drifting around in flowing burnooses and tweed jackets fingering their prayer beads, a Spanish tour was noisily being evicted from its rooms, and it was Thursday to boot—the day Egyptians

Continued on page 32



Drifts of sand soften outlines of the step pyramid of Saqqara

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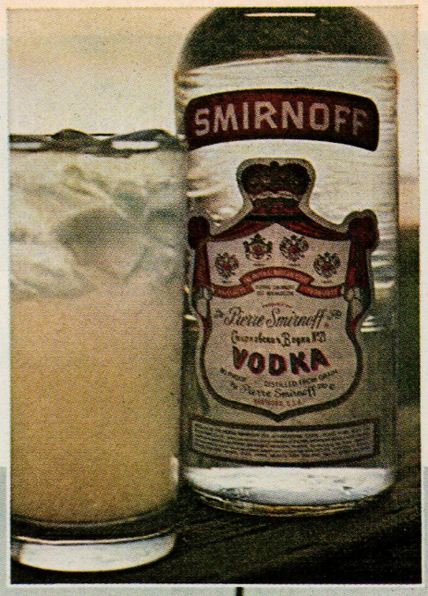

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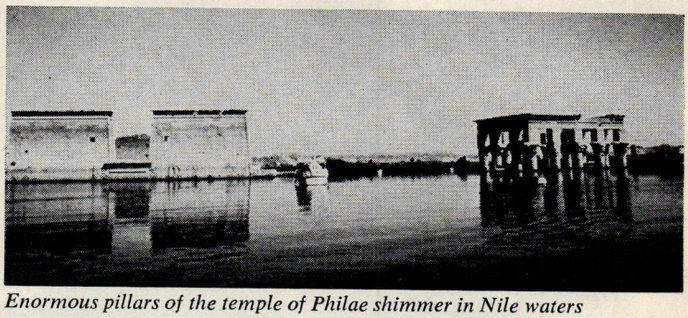
GOING PLACES, FINDING THINGS

The contrast between the east and west banks of the Nile is vivid—one side luxuriously green, the other an endless stretch of beige desert, Beau Geste country

Seven days in Egypt

continued from page 30

marry and hold gala receptions. A parade of jubilant Egyptians celebrating a wedding wove through the lobby, complete with belly dancers.



Enormous pillars of the temple of Philae shimmer in Nile waters

The manager of the Nile Hilton finally relocated us in a third-class hotel heavy with Russian tourists and faded grandeur. (We later discovered free room and board for Russians is one way the Egyptians are repaying the Soviet Union for the High Aswan Dam.) After a bottle of delicious Stella beer, twice the size of an American one, we felt grateful to have a bed. In fact we had three. And a dripping faucet.

With all its uncertainties, Egypt is an exceptional, emotional experience, a feast of art, and I would return immediately—if only to see again the golden treasures of Tutankhamen on the second floor of the musty Cairo Museum.

We planned seven days in Egypt. Too short a time, of course, and "no we didn't see Alexandria," we find ourselves telling friends. But we did see Egypt. Kaleidoscopic perhaps—three days in Cairo and four days and five nights on a splendid floating hotel sailing down the Nile from Aswan to Luxor. The cruise was the only tour we booked from the U.S.A.

Thomas Cook and Herr Baedeker were first to take sahibs and memsahibs around the pyramids in the late 1800s. Now there are many tours, and individual guides can be obtained through your hotel. Since our time was so short, we felt we should be guided full-time and we chose 24-year-old Raouf, whose name translates as "Sympathy." More colorful guides, the dragomen in costume, are cheaper (about $52 a day), but their stories are embroidered, their history shaky. Raouf recently finished four years at the High Institute of Tourism, studying history, languages, everything from Tutankhamen's life to timetables to Abu Simbel.

He took us immediately to Gaz tours, his base, to double check our cruise tickets. *Everything* should be double checked in Egypt. When we entered the office we were greeted by "Howdy, partner!" It was a cultural shock, but comforting. "Moose" Niazi, the owner, had migrated to Canada, but returned to his native Egypt. He suggested our flying to Abu Simbel before boarding the cruise ship.

Abu Simbel is a must, and fortunately we knew it. It can only be reached by air because of the High Aswan Dam. When we were there last October there was only one plane, Egypt Air, leaving Cairo at 6:30 A.M. "Moose" somehow got us aboard. Air service is now more frequent.

With our Abu Simbel plans settled, we spent the next three days seeing Cairo. Mornings start early and evenings end late. The clatter of street con-

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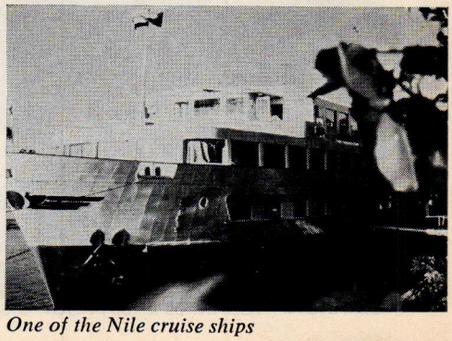

One of the Nile cruise ships

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Seven days in Egypt

continued from page 32

versations begins about 7 A.M. with peddlers using shop doorways as market stalls. A goat might be tethered nearby. At 8 A.M. a truck often fumigates the streets. Smoke clouds rise everywhere, wafting into our hotel room. At 9 A.M., peddlers with their portable wares disappear and the shops open for business.

All three of our days could have been spent in the Cairo Museum. It is cavernous, dusty, filled to the brim, incredibly cluttered, magnificent. The second floor is the realm of King Tutankhamen. Here are his jewels, his golden furniture, his spread of dazzling wealth, his superb decorative arts. Some of these treasures, only a sampling of what is in Cairo, are on a world tour helping to pay for the High Aswan Dam (which in turn supplies electricity for all of Egypt).

The Coptic Museum shows another side of Egyptian culture—Christian Egypt, in icons, frescoes, and fine old fabrics. Far livelier is the Khan El Khalili Bazaar, built in 1400. Go armed with a strong defense and a good guide. Narrow little streets curve provocatively, closing out the Cairo sun. Each street has its own personality, its own particular trade—a street for herb and spice sellers, another for copper, rugs, leather, and on and on. I found a hand woven rug, 3 by 5 feet, with a bright design of mosques and minarets, for $15. On the street of perfume, visit the tiny shop of Mohamed Abd El Sayed Khatteb, 83 Gohar El Kaied. Banquettes line the wall and while you sit there drinking thick coffee, Mohamed Abd will concoct a perfume just for you. I came away with something called "Secret of the Desert." The bazaar is open 10 to 10 daily except Sundays.

A morning or afternoon tour of the papyrus factory is a delicate change from the museum and bazaar life. At Zamalek, across the Nile from the Hilton, it is reached by felucca, the one-masted, wooden, native boat of Egypt. Wander around to see the papyrus woven, painted, and polished.

We saved the pyramids of Cheops, Khephren and Mykerninus of Giza, and the Sphinx, for our last day in

Continued on page 37

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Sir Walter Scott

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Seven days in Egypt

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Cairo. Only a half-hour's drive from the city, the approach to these man-made monuments lives up to all expectations. A dragoman was soon by our side. He could speak some English, French, German, and Italian, yet he couldn't write his name, which he said was Nasser in Arabic. We climbed inside the largest pyramid, Cheops, with Nasser pulling us up the steep, narrow climb. If the Egyptians could haul over two million blocks of limestone, we could at least see the inner works. "We smile," directed Nasser as my husband took our photograph. And he kept smiling. Getting rid of Nasser was more of a chore. And if you manage to get away from Giza without a scarab bracelet, you are indeed clever.

We avoided all by rising high on a camel named "Florida," riding around the pyramids. (Why we both rode on a single camel I'll never know, but I think it was because my husband wanted to prove his bargaining prowess. Take two camels. It's much more comfortable.) Later we had a delicious lamb kebab stew at the nearby hotel, the old-fashioned Mena House, with hanging beads and carved wooden room dividers. Here we watched a glorious sunset behind the pyramids and the Sphinx. (If we had had more time we certainly would have stayed the night here.) After dinner we went back to sit at the foot of the illuminated monuments for the "Son et Lumière" show. Check beforehand, as the shows are given on alternate evenings in English and French.

While in Cairo we ate breakfast in our hotel, dinner at the Aladdin in the Sheraton, and the Pyramid Roof of the Nile Hilton. For seafood we tried the "Sea Horse," an outdoor restaurant beside the Nile. A perfect lunch—red fish, Stella beer, and feluccas sailing by. We also went to the spotlessly clean Groppi in Talaat Harb Square.

On our last morning in Cairo we were picked up by Wagy, Raouf's younger brother, at 5 A.M. to guarantee that we got on the 6:30 A.M. plane to Aswan. For about two hours we flew over Egypt, following the wide ribbon of the Nile. At Aswan, a bus took us to the two huge shrines

Continued on page 39

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hewn out of rock at Abu Simbel by Ramses II. The four gargantuan statues of Ramses smile wisely, as well they should. Block by block, they were moved to a higher site so they wouldn't be drowned by the High Dam at Aswan, a feat accomplished by an international corps of engineers, primarily Swedish, backed by UNESCO. No other shrine is quite as impressive as this one, a huge outdoor sculpture museum. We then returned to the waiting plane to fly to Aswan to board "Isis" in time for lunch.

In the next five days we saw more than 34 centuries of Ancient Egypt as we floated down the Nile, far more comfortably than Cleopatra. The Isis and Osiris, two luxury cruise ships, sail either from Luxor or Aswan, stopping each day at a different site. As there are 56 outside staterooms on each ship, everyone has a view. And what a view —the Great Nile! These sister ships sail year-round; the longest cruise is eight days, the shortest, four days.

As the air-conditioned boat glides along, the contrast of the east and west banks is vivid—one side luxuriously green with wide borders of sugar cane, the other an endless stretch of beige desert—Beau Geste country. Men in flowing galabias of pink, blue, and white work with water buffalo or lope along on camels, trailed by burdened donkeys. The women and girls, usually in black, wash laundry and wave to us as we pass. Overhead, the cloudless, blue canopy of sky. It is startingly Biblical.

An Egyptian guide, speaking perfect English and French, took groups of about 20 to the sites of the day. We sailed in feluccas or were carried by open horse-drawn carriages, relics of the Victorian age.

In five days of cruising we saw Philae Temple, a world of columns half submerged in water, now being moved to another location, the High Aswan Dam, the Temple of Kom-Ombo, the Temple of Horus at Edfu where the god Horus ruled in barbaric splendor, the Temple of Esna, and finally the glories of Luxor.

Luxor, ancient Thebes, is vast. Karnak, 10 minutes from town, is a city of temples built

Continued on the next page

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William Shakespeare

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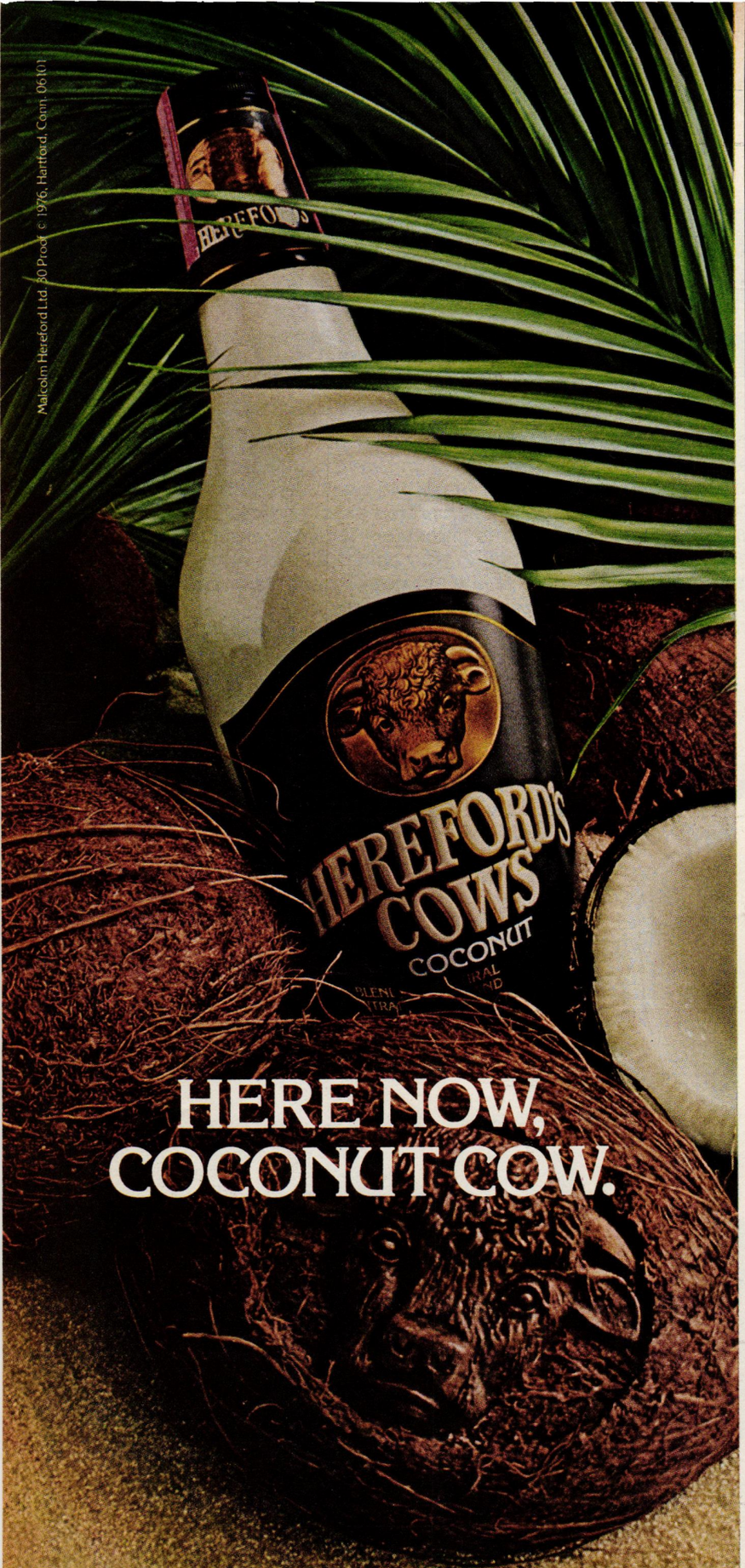

Seven days in Egypt

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to the dimensions of gods, not men. We saw it by day and by night; the "Sound and Light" show at dusk is even more moving than that at the pyramids. On the western bank of the Nile, we visited the Valley of the Kings, including the temples of Tutankhamen and Queen Hatschepsut, the Valley of the Nobles, and the Valley of the Queens.

It is, quite honestly, exhausting at times. The tours start early and you return to your ship for lunch. Then there is often an afternoon tour. You might find yourself skipping a temple or two. On the ship, there is a lovely topside, canopied swimming pool, and the service is superb. Menus are varied and tasty. At the gala Oriental evening, in the middle of the trip, guests dress in costumes, and by this time if you haven't purchased at least one galabia, you have stronger will power than I did. Everyone receives a small gift. The buffet is a splendid feast with a centerpiece of whole roasted lamb.

At the end of this voyage through time one realizes that Egyptology is a science that requires years of scholarly study. But just being there counts too. Bring binoculars to use from the boat or on tours. A hat is a good idea too. One kindly traveler wished she had brought cheap felt pens to give to the children, who are incredibly beautiful and constantly begging.

Reservations for the Isis and Osiris can be made through your travel agent or the Hilton International Hotel Corp., 301 Park Avenue, New York, N.Y. 10022. In Cairo, Gaz Tours is located at 1090 Immobelia Bldg., 26, Cherif Street. Remember that you need a visa, that air-mail letters take three weeks to reach Cairo from the States, and that *Sa'eeda* means "Hello!"

Gourmet notes from Egypt

The chef on board our Nile cruise ship, the Isis, which offered excellent cuisine, gave me two recipes that we particularly liked—an eggplant salad and stuffed zucchini with apricots.

Eggplant salad

Bake a large eggplant in a 400° oven until charred on the outside and soft on the inside. Cool, remove skin, and chop eggplant coarsely. Place in a colander to drain. Mash or purée in a blender. Stir in ¼ cup mayonnaise; 2 hard-boiled eggs, finely chopped; ¼ cup each parsley and onion, finely chopped; 2 cloves garlic, finely minced; 3 tablespoons olive oil; 2 tablespoons lemon juice; and salt and pepper to taste. Place in an oiled mold and chill. Unmold on a platter and decorate with thin strips of green pepper, lemon wedges, sliced onion rings. Serve with pumpernickel or toast triangles. Serves 4 to 6.

Baked stuffed zucchini with apricots

Halve 2 large zucchini crosswise and then lengthwise. Scoop out pulp, leaving a shell approximately ¾ inch thick. Chop pulp and save. Parboil shells 2 to 3 minutes in boiling, salted water. Drain, dry, sprinkle with salt and pepper and set aside. Sauté a large onion, minced, and half the chopped zucchini pulp (you can use the remaining pulp as you wish later), in 3 tablespoons butter. Add 1 cup long grain rice; 1 cup water; 1 large ripe tomato, peeled and chopped; ½ teaspoon salt; ¼ teaspoon each sugar, cinnamon, and black pepper. Cook and stir 15 minutes to blend flavors and partially cook rice. Stuff zucchini and put aside.

Boil until soft 1 to 1½ cups diced dried apricots; 2 cups water, 2 tablespoons honey; ¼ teaspoon cinnamon. Layer half the apricots and juices in a baking pan. Place zucchini on top and spoon rest of mixture over. Sprinkle with 1 tablespoon lemon juice. Bake in 350° oven, basting often, for 30 minutes. Serve hot. Serves 4 to 6. ■

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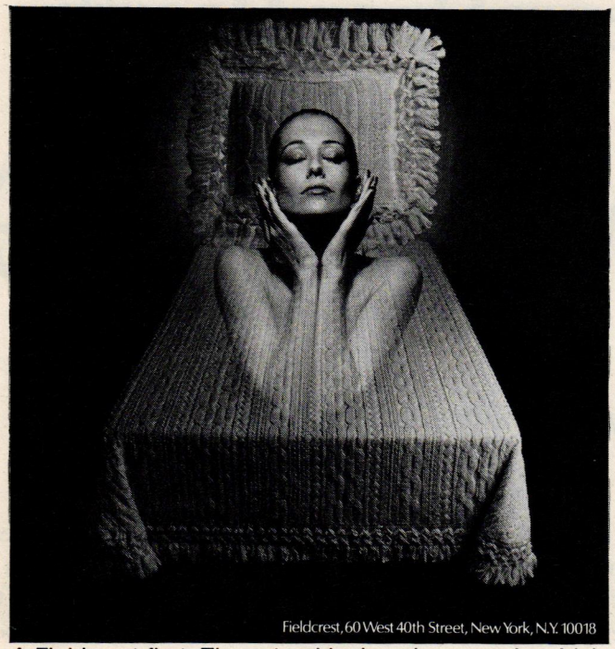

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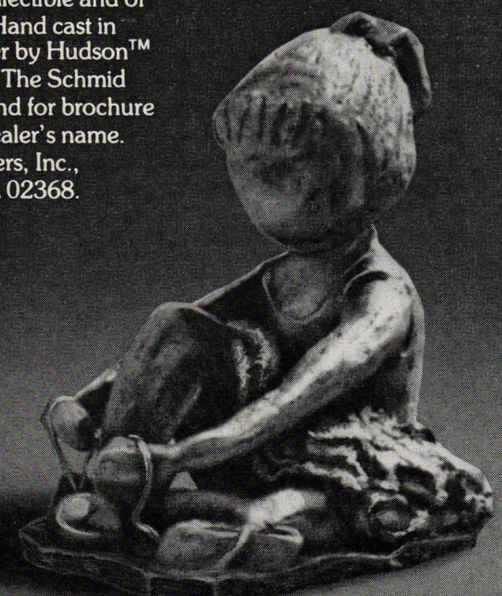

MONEY MATTERS

New Kitchen? New Carpet? New Lawn?

How you can use your home-improvement loan

By Paul Gross

If you're like the rest of us, you're probably much more confident about the outlook for the future now that your pocketbook is a little fatter and the economic news is so cheery. And chances are that that's all the inspiration you need to go out and make some major purchases that you've put off for so long. Fabulous! But just because times are better, don't relax your purse strings entirely. The better you handle your personal finances, the more money you'll have left to live the way you want to.

Homing in on improvements

A home-improvement loan has a weighty sound to most of us—something to be reserved for a major reconstruction project such as turning the garage into an apartment, or giving a Victorian house a face-lift. In fact, you can get a home-improvement loan to install wall-to-wall carpeting in your living room. Or to put in new draperies, slipcovers, and bedspreads. Or even to install a new lawn (on property contiguous to your house). If you own your own home, apartment, condominium or cooperative apartment, you can get a home-improvement loan for anything from a room addition to appliances or furnishings. If it can be used around the house, chances are that you can get a home-improvement loan for it. If you rent an apartment or house, the list of things you get a home-improvement loan for is a little more limited—both by your own practical considerations and the bank's lending policy. Generally you'll be able to get a home-improvement loan for only those things that you can take with you if and when you move. A loan to make some structural changes, for example, probably wouldn't be approved.

The real question is whether you *should* take out a home-improvement loan at a bank. In some cases you may be much better off finding another source of funds. A home-improvement loan makes sense if you want to borrow a lot of money and will need a number of years in which to pay it off. Most banks will let you borrow up to $10,000 for as long as 10 years. However, the price you pay is a high interest charge—around 12 percent for banks in New York. And that can add up. For example, a $10,000 home-improvement loan at 12 percent interest over 10 years would cost you around $7,218 in interest.

If you don't need to borrow much money, or if you can pay off a loan fairly quickly, consider borrowing against your savings account. For example, a savings bank will let you borrow an amount equal to what you have in your account minus the interest they plan to charge you—and give you up to three years in which to pay it off. The net interest rate you pay comes to only 2¼ percent. The money in your savings account, frozen for the length of loan, will still earn 5¼ percent. Apply that toward the 7½ percent the bank charges, and the net interest rate is only 2¼ percent.

A savings and loan association will give you a similar deal—with some significant differences. The interest rates charged and paid are the same. Hence your net cost will be 2¼ percent. The difference is that you can choose to pay only the interest each quarter. At the end of the loan's term, which is one year at most, you'll have to pay the principal or extend the loan for another year. How long you'll be able to continue extending your loan depends entirely on your relationship with the savings and loan association.

Finally, if you have a whole-life insurance policy, you might consider borrowing against the policy's cash surrender value—which is the savings element of the policy. The interest rate you'll be charged ranges from 5 to 8 percent, depending on the state in which you bought the policy. There is one caveat to weigh carefully: The insurance company will deduct the amount of the loan outstanding from the policy's face value when it pays your beneficiaries. So, if you have a $50,000 policy and borrow $5,000 from it, your beneficiaries will get only $45,000.

Continued on page 62

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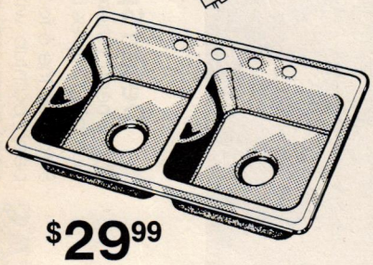

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A GREAT AMERICAN IDEA

CELEBRATING THE 1976 BICENTENNIAL

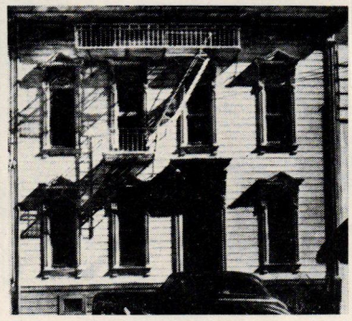
To save a house, move it

San Francisco, in a daring display of initiative in historic preservation, moved a dozen Victorian houses out of demolition's path

By Marilyn Schafer

Along with the bridges and cable cars, San Francisco is rows of sparkling Victorian houses with crisply painted gingerbread trim. Although these period houses are cherished by local people, many of them are threatened with demolition unless some minor miracles occur. One such miracle has just come full circle, and here is its blueprint. Bear in mind that it could never be pulled off in quite the same way again—but it is a monumental triumph and a lesson in historic preservation effort and faith.

In the raffish community behind the big dome of city hall and the San Francisco opera house, there stretched an area of architectural limbo to be known as the Western Addition, a large area slated for urban renewal. The wrecker's ball was due to fall, flattening everything. Popular second-hand shops quickly relocated. However, tucked between the boarded-up buildings were over a dozen



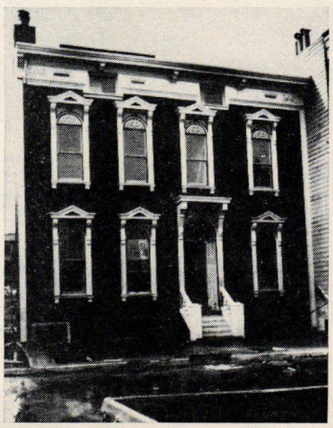
Before: *One of the Victorians slated for demolition, bought for $500.*

"down at the heel" but still lovely old houses that had weathered *the* earthquake, subsequent fire, and were all well over a hundred years old. More than that, they were examples of a special kind of Victorian style peculiar to San Francisco. Many of them were multiple dwellings, and it was their total façades that were of interest, not just those optional sections of an "over-porch" or bay window that could be salvaged separately.

Close to the last minute, champions rushed in from almost opposite directions, and when the dust settled, it was their combined forces that literally moved mountains to save houses.

During: *The house takes a middle-of-the-night trip to its new location. Owner paid $6,500 for a lot in historic preservation area.*

The San Francisco Redevelopment Agency, slow-moving on this project because of the amount of bureaucratic red tape involved, and the Foundation for San Francisco's Architectural Heritage, a well-funded and responsive nonprofit group, dreamed up a bizarre plan—they would pick up the orphaned houses and move them to a community of their own at the far end of the Western Addition. Then, not only would that community be designated a historic area, but also each house would become a national registered landmark with a covenant of historical preservation easements, so that no one could change, deface, or destroy it ever again. To attract buyers, the houses would sell for a token fee of $500 each, with a stipulation that the owner would pay for the property (the place to put the house), and agree to restore it to standards set by the San Francisco Redevelopment Agency within a year. Not only were the houses moved—in the middle of the night—but financing was arranged with the Bank of America for qualified buyers. The project was complicated by the fact that not one house could be moved until there were buyers for all of them.



After: *Installed at its new lot. Total remodeling cost: $67,575.*

As of May, 1976, all the houses were sold and their new home, Beideman Place, had begun to shine—making its own history as an "overnight" historic place.

San Franciscan Marla Brenner finished her house first. She paid $500 for the house, $6,500 for the 30-by-75-foot property (the city gave buyers a special price), and spent a total of $67,575 on remodeling. With pride of ownership, she now smiles out over the freshly painted, cream-colored window ledge of her rust-colored "Eastlake" Victorian cottage. ■

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What could be easier to look at than this GE range with the picture window oven. (GE didn't invent glass), but they did invent the self-cleaning oven that comes with this range.

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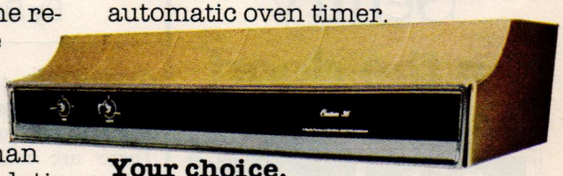

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HEALTH·PSYCHOLOGY·SEX

Facts about flu:

Should you have the shots?

Is sex therapy helpful—plus advice on how to handle a fight

By Drs. Robert and Mary Catherine Tyson

Q. What is the truth about prevention and treatment of colds and flu?
A. There isn't just one sort of cold. There are many varieties, each caused by a microscopic virus. *Treatment* is symptomatic, since no cure for these infections is known. Rest is essential. Can you go out? Probably, if your temperature is under 100° and the weather is mild. But a person who has a severe cold and "keeps going in spite of it" is endangering his health. Antihistamines, nasal sprays, and mild pain relievers—such as aspirin and related medication—reduce discomfort and lower temperature. Menthol's aroma is impressive but useless, and so are gargles. A "cold" that responds miraculously to cold tablets, and what are sometimes called "summer colds," are usually allergies, simulating colds. Proper diet, obviously, helps prevention of colds. Get enough protein from usual portions of meat, fish, and eggs. A variety of fruits and vegetables assures you of sufficient vitamins. Massive doses of vitamin C may be preventive, but there's disagreement as to its value. In any event, 500 to 1000 milligrams can't do any harm, because overloads are excreted. Depression probably makes you more susceptible to viral infection. Attitudes can invite trouble. These include recklessness or bravado about health, clothing, and general hygiene, as well as "trusting to luck."

Every winter many people self-diagnose influenza when they actually have a cold or bronchitis. Typical flu starts with shaking chills and high fever, up to 105°, profound toxicity, headache, backache, bone pains, and possibly a severe cough. Antibiotics are important, not to cure the flu—a common misconception—but to prevent or treat secondary infections, such as pneumonia, occurring when bacteria enter the weakened body. The word "influenza," like "cold," covers a whole group of different viral infections. Each year the current troublemaker must be identified so the effective vaccine can be prepared and administered in time. These vaccines are highly effective, giving about 80 percent protection, and they may give some slight immunity to colds as well. In view of a possible epidemic this fall of a more virulent type of swine influenza, against which the population has no immunity, influenza vaccine is of much greater importance than it ordinarily is. (But remember that secondary infections, responsible for most of the fatalities in 1918, can now be treated with antibiotics.) It's vitally necessary for everyone 60 years of age, with a history of respiratory infections or problems such as asthma, emphysema, etc., to receive the new swine flu vaccine. It's also a must for people with heart conditions, diabetes, and other chronic illness that could lower their resistance. However, it's of extreme importance to pretest every allergic person before the injection to prevent severe and sometimes fatal allergic reactions.

Q. What's sex therapy all about?
A. Outstanding among today's sex therapy programs is the one conducted by W. H. Masters and V. E. Johnson at the Reproductive Biology Research Foundation in St. Louis. Attendance by both partners is required, because sex problems are regarded as based on their entire relationship and a need for better communication. To participate, the couple takes up temporary residence near the Foundation, while all sessions take place at its clinic.

Like most current sex therapy techniques, the Masters and Johnson approach avoids lengthy probing of the past, and stresses learning new attitudes and behavior. The first step is a relaxed fact-finding conference to go over problems and counteract misinformation. The atmosphere of confidentiality and calm acceptance is therapeutic in its own right and reduces guilt. Next comes the indispensible medical exam, to find out whether problems are caused by genuine physical ailments or are rooted in psychological hangups. A therapy team then holds consultations with each partner singly and later both together. These consultations aim at identifying sexual misconceptions that have to be corrected.

In addition to the systematic Masters and Johnson away-from-

Continued on page 50

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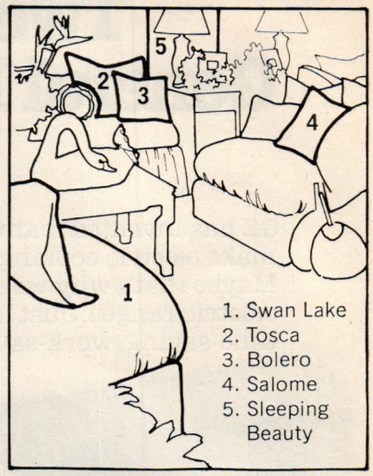

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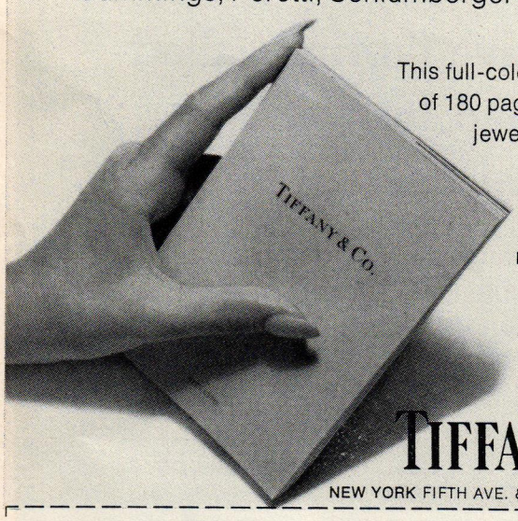

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Cheerful willingness to listen usually takes the fight out of people

Facts about flu

continued from page 48

home type of program, sex therapy is practiced by individual consultants in their offices, and may involve one person, a couple, or each partner separately. Theories and techniques vary widely. At one extreme is lengthy, passive, orthodox psychoanalytic probing and interpretation of experience—this obviously with one person—aiming at eventual insight and freedom to change. At the other end is active counseling, offering direct advice and guidance. Often sex therapy is obtained in the setting of general psychotherapy, not necessarily aimed primarily or originally at sex problems apart from others. Your family doctor, if he or she is alert to emotional difficulties, may be a good guide to the best therapist and type of therapy. Remarkably, many ethical sex therapies meet with some success, probably because they have much in common in spite of their differences. All regard sexual pleasure as legitimate, calmly and fully accept the person without blame, offer a confidential ear, believe there is an understandable explanation and treatment for sex problems and hope for improvement. The professional reliability of any individual or group offering any form of sex therapy should be checked carefully. Properly conducted, sex therapy can claim a relatively high degree of success.

Q. Is an argument therapeutic or should you always try to maintain peace?

A. No matter what you do, you can't have complete peace. You can't stay on good terms with everyone. Some conflict and hostility is inevitable. Sooner or later your integrity will be threatened and you'll have to take a stand that may involve an argument. This far and no further is a basic requirement for your self-esteem. However, holding your ground doesn't necessarily mean open warfare. You can defend yourself with determination or oppose someone effectively if you control your emotions. A skilled boxer defends himself and attacks, but he's at his best when he does it coolly. An argument doesn't necessarily mean belligerence. It also means reasoning to show the truth or inaccuracy of a proposition, to maintain a viewpoint you value, to oppose an impractical plan, or to gain some advantage.

You can disarm insistent troubleseekers with a cheerful smile instead of a counterattack, because it leaves them feeling at a loss. Try an inquiring, expectant look that says without words: "And what else?" You can also greet their opening thrust with "I see," saying, "You know, I really don't understand. Could you put that more clearly?" A person may be put off by the prospect of having to repeat aggressive remarks; the need to grope for other expressions can have a cooling effect. You might like the "Yes, but—" technique. You accept the challenge, letting it pass without direct rejoinder. Then you slip in your response. On the other hand, you may actually prefer a fight to a peaceful settlement. Fighting, verbal or otherwise, undoubtedly stimulates a lot of people and may do them some good. If it makes you feel better and stronger, the only question is whether you can afford it. You can safely go at some people, but what about a supervisor, a prospective customer, or someone you have to get along with and who resents argumentative attitudes? Remember, you can be wrong. Don't get into an awkward, futile contest defending yourself when the other person's right. Admit the error and notice that this adds to your strength. Welcome grievances with something like: "I'm glad you mentioned it." Cheerful willingness to listen usually takes the fight out of people. However, if you must be critical, criticize what the person had done, and not the person who did it.

A man and woman living together are the most likely of all to make each other bear the brunt of accumulated tensions, because he's always there and so is she. Subtly growing feelings of possessiveness and taking the other person for granted increase the danger of letting tempers fly. Have the courage to understand and really examine an opposing viewpoint. Focus on the facts. Keep your ego out of it. Usually there's an issue at stake, not you as a person. Recently relaxed sexual attitudes don't always affect a man and a woman at the same time or in the same way. And that's an interesting cause of edgy nerves.

Further tips for keeping the peace: Be careful not to let irrelevant tension put a chip on your shoulder. Keep your distance physically from a challenger. People feel endangered when you come too close in a threatening situation. Speak with calm assurance, since weakness invites aggression. Don't force the issue by shutting the door on discussion. Leave it open for further give and take. ■

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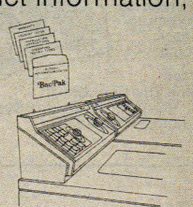

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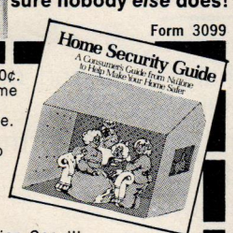

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WHEN THE RAINS CAME: TAKING CARE OF GUTTERS

By Deanne Raffel

When it rains and water comes seeping into the basement, you have a problem. But if your house's foundation is in good condition why should a sudden downpour cause so much trouble? The answer is usually gutters. They overflow and water washes down the substructure rather than away from the house through the downspouts.

Your first job is to obtain a sturdy extension ladder, secure it on the ground, and rest it against the house. Climb up to the roof while using both hands to steady yourself and take a good look at the gutters. Are they sagging, as well as being filled with leaves and other debris?

With rubber gloves protecting your hands, scoop out the black murk—there will be quite a build-up sitting over the entrance to the downspout. Clean out the trough running around the entire house, as well as the top and bottom of the leader, as deeply as your hand can reach. Slip the nozzle of a hose up into the pipe and try to wash the remainder of the debris out of the pipe from the base upward. If the spout is still not clear, use a long wire or plumber's snake to loosen the clogged area. Now thoroughly wash the gutters; the water should flow freely out through the base.

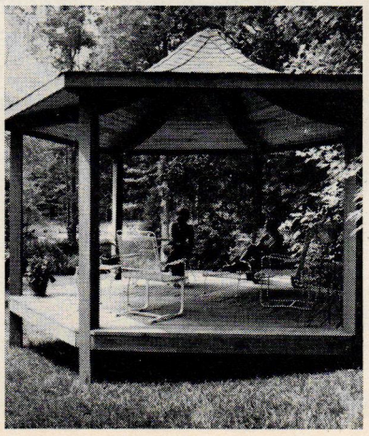
Also check for open seams and holes, and see the extent of the bowing. A sagging gutter, as well as a clogged one, dumps gallons of water where it is not supposed to settle. Straighten the bow manually, and attach new hangers to both the roof and gutter as a support for the weakened section.

Open seams must be closed. Purchase silicone adhesive (available in both caulking-gun tubes and squeeze tubes) to close the gaps in the span and plug up small holes.

Larger corroded sections require a patch. Cut a piece of asphalt roofing shingle larger than the opening, cover the area around the hole with roofing cement, and set the patch into the adhesive. Seal the edges and face of the strip with more cement. (A patch made from an aluminum-foil pan may be used on aluminum gutters but *never* on copper.)

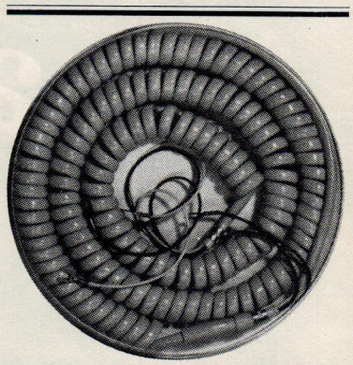
To keep the gutter and leaders clean, install mesh (bought at a hardware store), made specifically for this purpose, across the top of the channel. Another helpful touch in keeping a dry basement—add a cement drain trough or a downspout extension pipe that will guide the rainfall further away from the foundation.

Do-it yourself gazebo



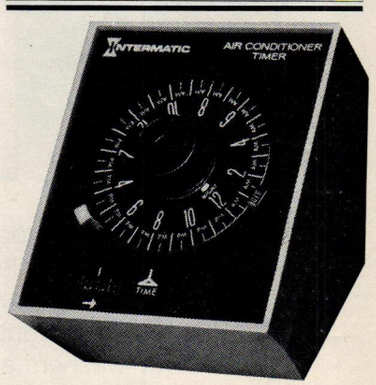
A hexagonal garden shelter or house wing is available prefabricated and precut. 16 feet wide, it encloses about 360 square feet of space, approximately 7½ to 8 feet high at cornice or fascia. Dubbed the "Carolina Gazebo," the $2192 package (excluding freight charges) includes 6 columns, 6 laminated rafters, fascia boards, roof decking, roofing felt, asphalt shingles, and hardware for assembling. Flooring materials are an extra $369. Screens or lattice could be added also. The lumber is southern pine, with a sealer protecting the kiln-dried laminated timbers. Columns are pressure-treated with Koppers preservative. For details, write Koppers Co., Forest Products Div., 1900 Koppers Bldg., Pittsburgh, Pa. 15219.

Untangling the telephone



A long cord on your telephone lets you move freely while speaking, indoors or outdoors, and you can install this extension cord yourself. Coiled handset cords are 15 or 25 feet long, $5.95 and $7.45 respectively; straight line cords, 20 or 50 feet long, are $3.75 and $5.95. For wall, desk, or telephone jack outlets, the cords come in 12 colors to match color schemes or the phone itself. Do-it-yourself installation instructions claim to require only a screwdriver. Smith-Gates Corp., Farmington, Conn. 06032.

Air-conditioning costs cooled



A new automatic timer for room air conditioners claims to cut electrical power consumption 50 percent by reducing operating time. The timer can be set to turn off the conditioner in the cool of the day —perhaps early morning—and turn it on again before residents return home from work. No special wiring is needed; plug the timer into a wall outlet, the air-conditioner cord into the timer. 125- and 250-volt timers are available nationally for $14.95. Intermatic, Inc., Intermatic Plaza, Spring Grove, Ill. 60081.

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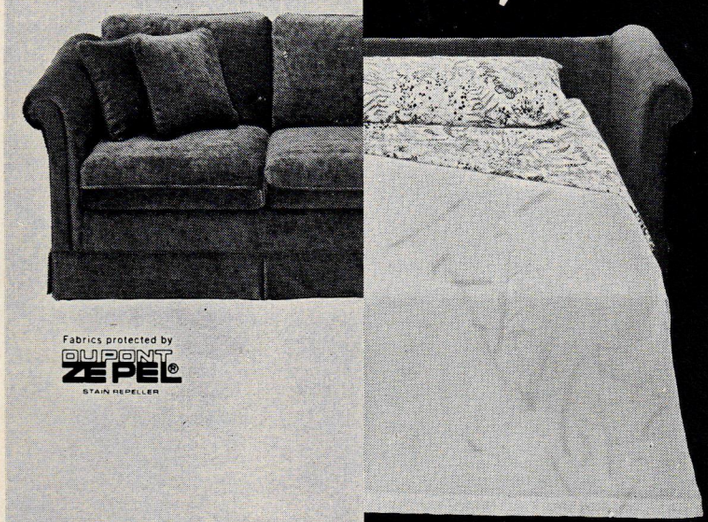

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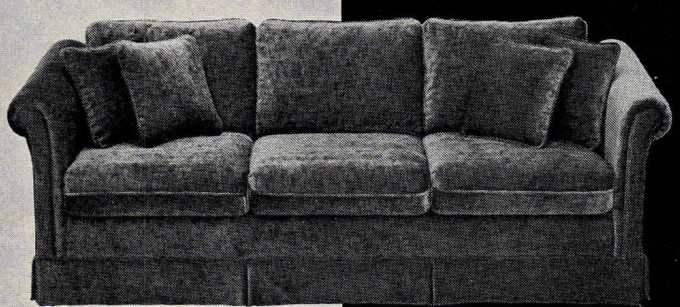

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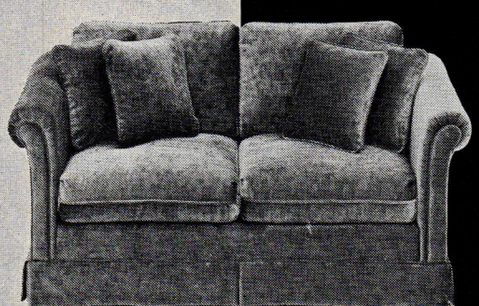

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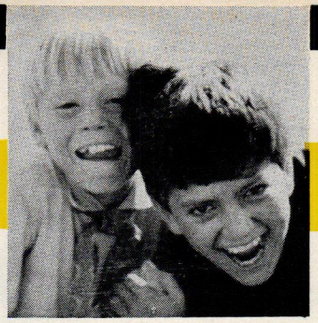
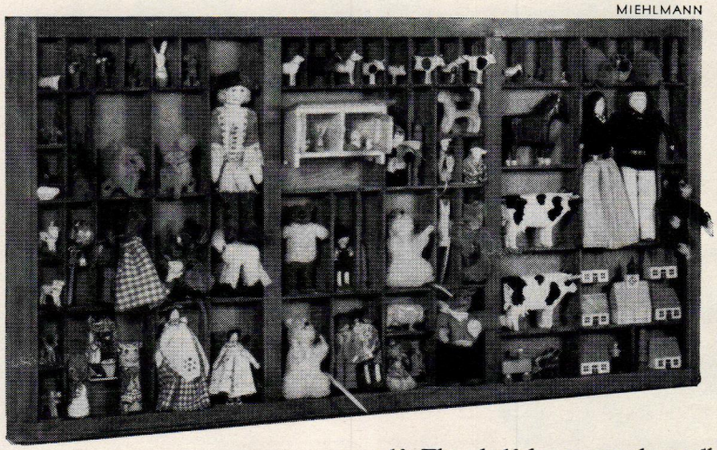
The Children's Exchange



games • health • education • psychology
the arts • books • TV • sports • the great
outdoors • fashions and fads • environments

Small is beautiful

MIEHLMANN



Children are miniaturists—they love to collect small things, the tinier the better. In New York City, Barbara Isenberg made this wooden type drawer into a display shelf for her 3-year-old son's collection of small animal figures and stuffed dolls. She stuck figures with double-sided carpet tape so that Christopher can take them out to play and put them back easily himself. The shelf hangs on the wall with picture hooks.

Compartments range in size from 3 to 8 inches, making nice visual variety in a box 16 by 30 inches overall. Type drawers (used to hold hand-set type in printing shops) can be found in junk stores and antique shops—unless you happen to know a printing firm going out of business. Ms. Isenberg paid $5 for hers. MARY SMITH

Teen-age traumas

Give a teen-age girl 20 dollars, and she will probably spend it on lipstick, clothes, and a magazine that tells her how to put it all together. Give a girl Andrea Boroff Eagan's new book, *Why Am I So Miserable If These Are The Best Years Of My Life?* (Lippincott, $6.95), and her looks will improve from the inside out.

"No one is free from problems or pimples," the author begins, in an attempt to put the troubled adolescent on her feet. She then goes on to discuss girls and girls, girls and boys, sex, birth control, and general health. Two unprecedented chapters on handling parents and knowing one's legal rights ("getting busted," signing contracts, rape, juvenile law), knock down just about any advice-to-teen-agers competition.

If the tone of the book appears controversial, it is because the material is up-to-date. The author admits to a stormy adolescence, and her writing reflects a sympathy for teen-age girls. Ms. Eagan talks frankly and with responsibility about the sexual revolution, women's liberation, and the effect of advertising on women: "Advertising encourages us to be dissatisfied with the way we look and plays on our desire to be attractive." On parents: "There really isn't any point in making an issue of every little thing that comes up. If you keep a sense of proportion about what is important and what isn't, your parents just might respond in kind." The author offers several answers to many of the big choices a girl has to make for herself, never pushing for one "right" solution.

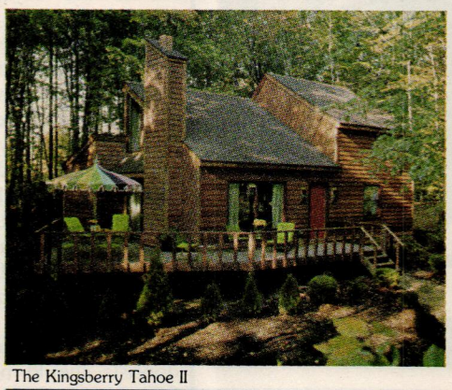
Ms. Eagan's main concern has been to keep up with the modern issues, showing the teen-ager how to handle them by dealing with herself first. That's why *Why Am I So Miserable If These Are The Best Years Of My Life?* makes sense for today's teen-ager.

Continued on page 56

Aristocon, Roman Square

When Aristocon® and Lustrecon® appeared in the kitchen, baths & playroom

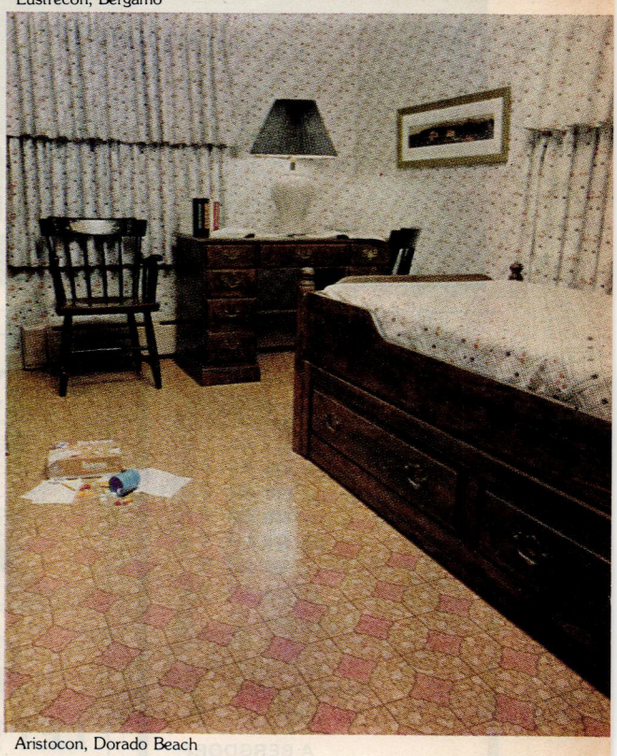
Lustrecon, Bergamo



The Kingsberry Tahoe II

Lustrecon, Athenian

...they really floored the Tahoe II.



Aristocon, Dorado Beach

Beautiful? Sure. But these two trend setters in floor coverings have more than sensational looks.

So, when Kingsberry Homes furnished their trend setter home, the Tahoe II, they came to Mannington. They wanted a home with value, ease of maintenance and wearability. The same qualities found in Mannington's Aristocon and Lustrecon.

Both Aristocon and Lustrecon have the exclusive no-wax JT88® wear layer. A wear layer so stain-resistant, that even household problems like mustard, iodine, alcohol and shoe polish won't mar their good looks.

And, unlike other so-called no-wax floorings, they won't need a re-dressing. In fact, just damp mopping and occasional power buffing restore their original lustre.

With exciting designs and today's colors, both 6 and 12 foot widths for seamless installation in most rooms, these beauties could floor any trend setter home.

Like yours.

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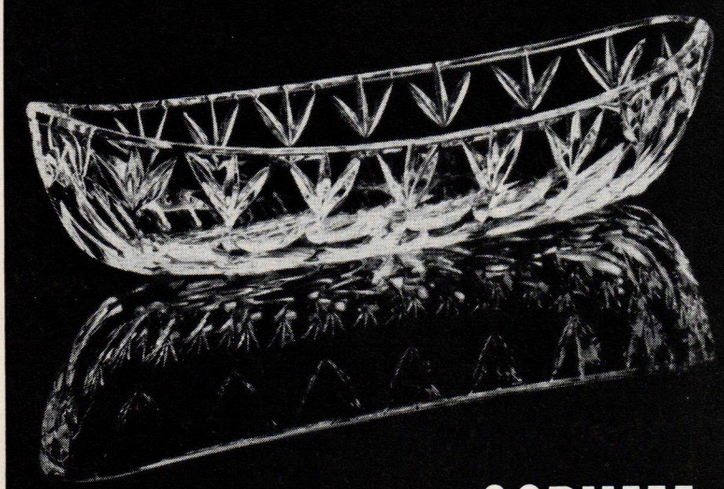
Others by Wellco Carpet Corp., Calhoun, Ga. a wholly owned subsidiary.

mannington
SUCCESS IS BEAUTIFUL

Write for free mini samples and color brochure showing other Mannington Aristocon and Lustrecon designs, plus names of nearby dealers.

Gorham Crystal. A brilliant way to serve anything.

This new Gorham serving dish is the ultimate in full-lead crystal. Exquisitely hand-blown. Deeply hand-cut for diamond brilliance in Gorham's beautiful Bamberg design. Just right for celery, olives, candy, or a sparkling gift. 9½" long. $25.00 at finest jewelry-gift stores and crystal departments.



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City _____
State _____ Zip _____
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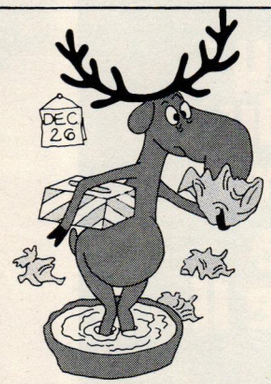
BERGDORF GOODMAN



LET N-M TAKE CARE OF YOU.

Get lots of rest, avoid crowds and stress, and meet Christmas merrily when you shop from your home via the 1976 Neiman-Marcus Christmas Book. There's something for everyone between its pages. The 1976 Christmas Book will be ready to mail to you or a friend in mid-October. Just send 1.00 for each book with the name and address of the recipient to: Neiman-Marcus, Dept. 08, P.O. Box 2968; Dallas, Texas 75221. P.S. If you are currently receiving N-M mailers, you are already scheduled for one 1976 Christmas Book.

Neiman-Marcus

THE CHILDREN'S EXCHANGE

continued from page 54

Straight talk about teeth

A visit to the dentist can create more childhood horrors than the Big Bad Wolf. Yet one American child in five has severe malocclusion (teeth not meeting properly), and thus is doomed not only to be stuck in a dentist's chair, but also to wear for roughly two years a nasty contraption in the mouth that straightens teeth. Dr. Jay Weiss, an orthodontist, has given some thought to the problem of children's fears and resistance to braces—probably because he holds a master's degree in psychology as well as being a professor at the Psychiatric Institute Dental Service, Columbia University School of Dentistry. "Parents play a key role," he says, "in that they may have crooked teeth themselves and are saying in effect, 'I don't want my child to suffer what I've suffered.' Often a child is not old enough to understand that, and doesn't really care. It takes a certain amount of maturity to postpone gratification and wait for the future Dazzling Smile that is promised."

Dr. Weiss believes that orthodontists should be more psychologically attuned to young patients. "One of the most important things is to give them the feeling that they have some control over the situation, and some participation in it. For example, I ask them to help in simple ways like writing up name cards to identify x-rays, and even mixing impression material. This kind of approach should be taught in dental schools."

Dr. Weiss believes that cooperation is the key factor. "Young children go through a stage when they *want* to please adults. I believe that orthodontics, to take advantage of this stage, should be done early—before puberty, if possible. The results in such circumstances will be far more successful." Dr. Weiss has written a helpful and witty guide for orthodontic patients and their parents, *Embraceable You,* $8.95 from Health Sciences Publishing Corp., 451 Greenwich Street, New York, N.Y. 10013. CAROLINE SEEBOHM

Nature's child

When it comes to answering a curious child's questions about plant and animal life, almost every parent could use some help. And help is on its way, in the form of *The Complete Family Nature Guide* by Jean Reese Worthley (Doubleday, $7.95).

Notes on dead trees, earthworms, crickets, and spiders all help to raise the reader's Nature IQ. Not only does the book discuss the who, what, and where of nature's various inhabitants clearly enough to be understood even by those adults raised among the concrete fields of our cities, but also there are numerous suggestions for activities to share with children and keep them occupied. How about starting a spider web collection, or making spore prints, or nature note paper?

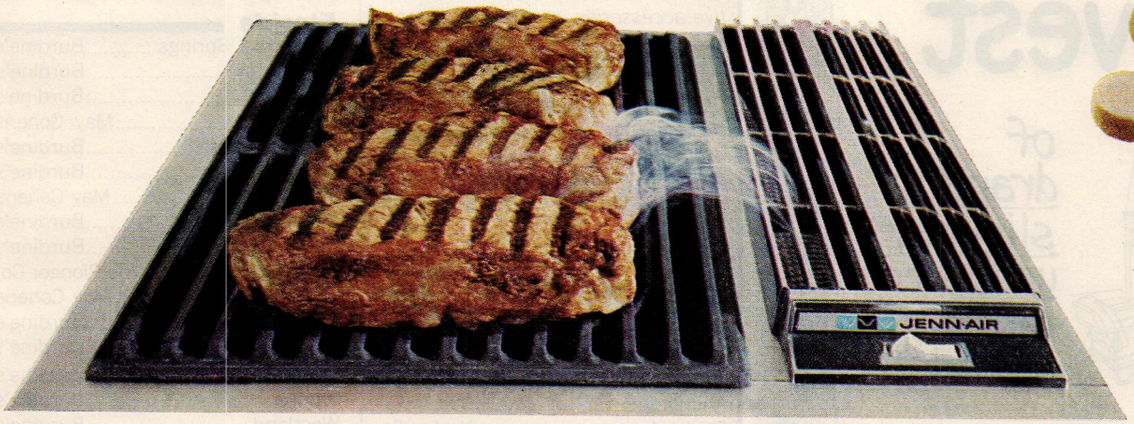
There could be more illustrations—a common cricket and praying mantis are illustrated, for instance; the ichneumon fly and flower fly are not. Yet the latter are exactly what the curious budding naturalist will be trying to identify. Still, on the whole, the book is a very handy reference for any older child or for a parent trying to lure the younger set away from the steady glow of television, even if it's only to the backyard—which upon closer inspection may have more nature hidden in it than you thought.

Oh you Ked!

It's a razzle-dazzle sneaker, one that almost deserves a salute. Red, white, and blue all over, with plenty of stars and stripes, the "Liberty" sneaker, new from Keds, will give a Bicentennial bounce to any kid's summer wardrobe. At stores around the country carrying Keds, they are $9.50 a pair.

TRIUMPHS OF THE AMERICAN TABLE

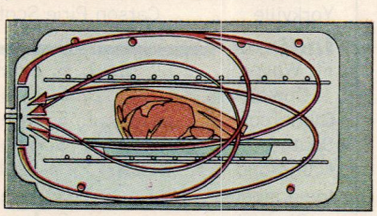
Only the Jenn-Air Grill-Range lets you enjoy them all.



The Jenn-Air Char-flavored Beefsteak!

A triumph of the Jenn-Air Cooktop Grill, it comes sizzling to your table. Its crunchy brown crust has the taste of smoke. And it splits under the knife to reveal a lush pink meat running with juices that bathe your mouth with every bite.

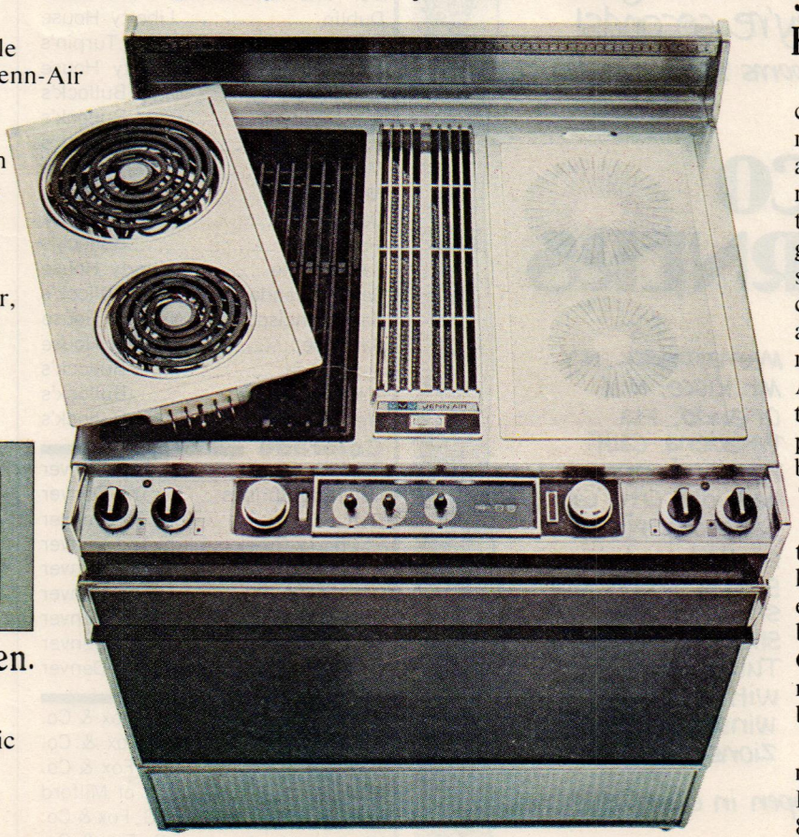
And it's only one of a whole triumphant rangefull of foods Jenn-Air cooks in a stream of power-driven air. Jenn-Air's *five* Cooktop Convertible units with surface ventilation let you grill, spit roast, griddle, shish-kebab and deep-fry. On the rangetop or in the oven, Jenn-Air's airstream cookery cooks cooler, cleaner, better . . . whisks away smoke and odors . . . exhausts directly to outdoors to keep your kitchen cleaner, sweeter.



The Jenn-Air Power Oven. It's two ovens in one!

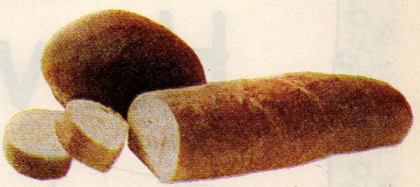
First, it's a conventional electric oven and broiler that lets you cook all your present recipes without change. But then, just by flicking a switch, it becomes an entirely new kind of oven that lets you cook foods in a stream of power-driven air.

As a result, the Jenn-Air Power Oven cooks cooler and faster (roasts, turkeys, hams *cook at a 50° cooler temperature in up to one-third less time)!* It cooks evenly, because the heat is spread evenly throughout the oven. It cooks cleaner, because there's less spattering, and smoke and steam are exhausted directly to the outdoors. And it has *two* oven cleaning controls. It cleans itself continuously during use. If deposits accumulate during heavy use, you just switch over to "accelerated cleaning" and the job is done in half the time.



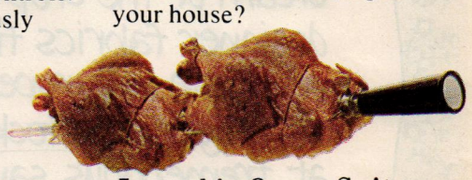
THE JENN-AIR GRILL-RANGE

A magnificent cooking instrument



Jenn-Air's Down-home Yeast Breads.

Hot loaves, fresh from the oven. They fill your kitchen with a basic, down-home fragrance. And they all bake beautifully, dependably nestled in the even heat and double-thick insulation of the Jenn-Air Power Oven. How long has it been since the family came home to the smell of fresh baking at your house?

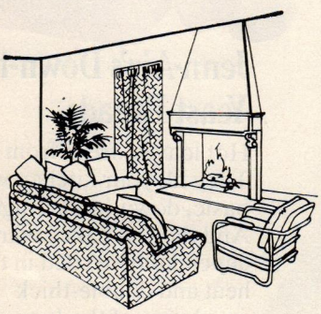


Jenn-Air Open-Spit Roasted Chicken.

Open-spit roasting makes chicken taste chicken-ier. Clear, radiant heat strokes the chicken as it revolves, develops a fuller, richer flavor, probes deep into the meat to make it more richly gelatinous. Meanwhile, smoke, spatters, odors, and steam that could give meat a steamy taste are whisked away by Jenn-Air's rangetop surface ventilation. And there are no end of good things you can spit-roast—pork, duck, even a bologna basted with cherry preserves. **The Jenn-Air Grill-Range** is available with ceramic smooth-top or conventional surface heating elements. Heating elements slip out in seconds, to be replaced by any of the 5 Cooktop Convertible units. Also note the digital clock and brushed stainless steel top.

For the Jenn-Air dealer nearest you, see the Yellow Pages, call toll free 800-428-1825 or write Jenn-Air Corporation, Indianapolis, Indiana 46446. Also available in Canada.

Fall Fabric Harvest



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Downers Grove, Ill.
Hanover, N.J.
Houston, Texas
Humble, Texas
Lake Forest, Ill.
Mamaroneck, N.Y.
Mt. Kisco, N.Y.
Orlando, Fla.
Pasadena, Calif.
Portland, Ore.
Redwood City, Calif.
Sarasota, Fla.
Scottsdale, Ariz.
St. Clair Shores, Mich.
St. Louis, Mo.
Strafford-Wayne, Pa.
Tulsa, Okla.
Wilton, Conn.
Winston-Salem, N.C.
Zionsville, Ind.

Acton, Mass. to open in early 1977

OFFICIAL HEADQUARTERS

House & Garden

Colors

You will find in these stores a selection of furniture, carpets, decorative accessories in our 1977 Colors, and many products or similar choices in House & Garden New Corals as seen on page 104.

Alabama
Bessemer ..... Pizitz
Birmingham ..... Pizitz
Brookwood ..... Rich's
Eastwood ..... Pizitz
Five Points West ..... Pizitz
Gadsden ..... Pizitz
Huntsville ..... Pizitz
Montgomery ..... Pizitz
Roebuck ..... Pizitz

Alaska
Anchorage ..... Nerland's
Fairbanks ..... Nerland's

Arizona
Phoenix ..... Goldwaters
Metro Center ..... Goldwaters
Prescott ..... Goldwaters
Scottsdale ..... Goldwaters

Arkansas
Ft. Smith ..... Froug's

California
Costa Mesa ..... Bullock's
Concord ..... Liberty House
Del Amo ..... Bullock's
Dublin ..... Liberty House
Fresno ..... Turpin's
Hayward ..... Liberty House
La Habra ..... Bullock's
Lakewood ..... Bullock's
Los Angeles ..... Bullock's
Mt. View ..... Liberty House
Northridge ..... Bullock's
Oakland ..... Liberty House
Pasadena ..... Bullock's
Sacramento ..... Liberty House
San Fernando ..... Bullock's
San Francisco ..... Liberty House
San José ..... Liberty House
Santa Ana ..... Bullock's
West Corina ..... Bullock's
Westwood ..... Bullock's

Colorado
Boulder ..... The Denver
Colorado Springs ..... The Denver
Denver ..... The Denver
Cherry Creek ..... The Denver
Englewood ..... The Denver
Lakeside ..... The Denver
Northglenn ..... The Denver
Fort Collins ..... The Denver
Greeley ..... The Denver

Connecticut
Enfield ..... G. Fox & Co.
Hartford ..... G. Fox & Co.
Meriden ..... G. Fox & Co.
Milford ..... Wayside of Milford
Waterbury ..... G. Fox & Co.
West Hartford ..... G. Fox & Co.

Delaware
Wilmington ..... Strawbridge & Clothier

District of Columbia
Washington ..... Woodward & Lothrop

Florida
Altamonte Springs ..... Burdine's
Clearwater ..... Burdine's
Dadeland ..... Burdine's
Daytona ..... May Cohens
Ft. Lauderdale ..... Burdine's
Hollywood ..... Burdine's
Jacksonville ..... May Cohens
Miami ..... Burdine's
Miami Beach ..... Burdine's
North Palm Beach .... The Pioneer Co.
Orange Park ..... May Cohens
Orlando ..... Burdine's
Pompano ..... Burdine's
Sarasota ..... Burdine's
Tampa ..... Burdine's
Westland ..... Burdine's
West Palm Beach .... The Pioneer Co.

Georgia
Atlanta ..... Rich's
Lenox ..... Rich's
Belvedere ..... Rich's
Cobb Center ..... Rich's
Decatur ..... Rich's
North DeKalb ..... Rich's
South DeKalb ..... Rich's
Greenbriar ..... Rich's
Perimeter ..... Rich's
Smyrna ..... Rich's

Hawaii
Maui ..... Nerland's

Illinois
Chicago ..... Carson Pirie Scott
Evergreen Park .... Carson Pirie Scott
Hillside ..... Carson Pirie Scott
Lakehurst ..... Carson Pirie Scott
Lombard ..... Carson Pirie Scott
Matteson ..... Carson Pirie Scott
Mt. Prospect ..... Carson Pirie Scott
North Riverside .... Carson Pirie Scott
Randhurst ..... Carson Pirie Scott
Wilmette ..... Carson Pirie Scott
Edens Plaza .... Carson Pirie Scott
Yorktown ..... Carson Pirie Scott
Yorkville ..... Carson Pirie Scott

Indiana
Ft. Wayne ..... L. S. Ayres
Downtown ..... L. S. Ayres
Glenbrook ..... L. S. Ayres
Southtown ..... L. S. Ayres
Hammond ..... Carson Pirie Scott
Indianapolis ..... L. S. Ayres
Glendale ..... L. S. Ayres
Greenwood ..... L. S. Ayres
Lafayette Square ..... L. S. Ayres
Washington Square .... L. S. Ayres
Lafayette ..... L. S. Ayres
Scottsdale ..... L. S. Ayres
South Bend ..... L. S. Ayres

Iowa
Cedar Rapids ..... The Killian Co.
Iowa City ..... The Killian Co.
Spirit Lake ..... Carpenter Interiors

Continued on page 60

"We're 2,000 miles apart now, but still just as close."

Before I could tell time, I knew when my dad would be home from work. I'd be waiting at the window, watching for him to turn the corner.

When I was old enough, I'd run to the bus stop to wait for him. And we'd race each other to the porch, then sit on the steps and talk about everything from football to cowboys.

That part of the day was ours. Now, we're 2,000 miles apart, but I still get a kick out of sharing my day with him.

Long Distance is the next best thing to being there.

Bell System

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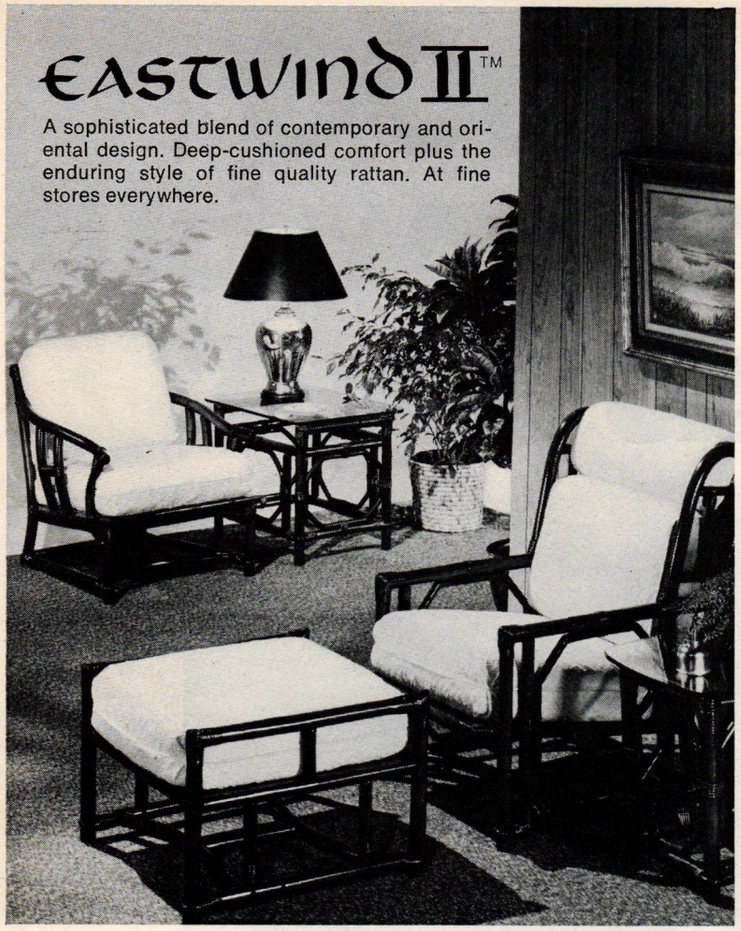
A sophisticated blend of contemporary and oriental design. Deep-cushioned comfort plus the enduring style of fine quality rattan. At fine stores everywhere.



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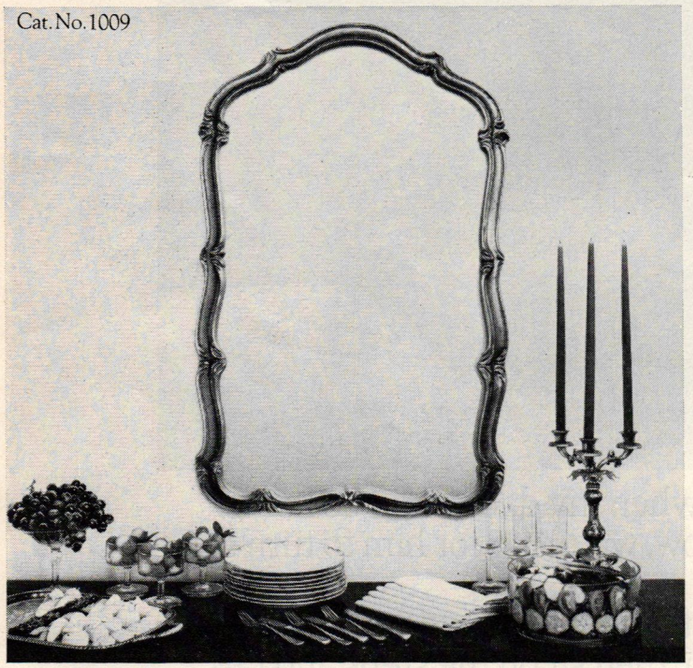

Wake up a wall. Any wall.

One suggestion for your dining room is this provincially shaped mirror. It's finished in old gold with red rub and dark dusty antiquing. For more suggestions, send us your name and $1.50. We'll send you our full color catalog and the name of your nearest Carolina Mirror dealer.

Carolina Mirror Corporation
North Wilkesboro, North Carolina 28659

OFFICIAL HEADQUARTERS

House & Garden Colors
continued from page 58

Kansas
Topeka .....C. A. Karlan Furniture

Kentucky
Lexington .....Shillito's
Louisville .....Shillito's

Louisiana
New Orleans .....D. H. Holmes
Canal Street .....D. H. Holmes
Lakeside .....D. H. Holmes
Oakwood .....D. H. Holmes

Maine
Portland .....Jordan Marsh

Maryland
Annapolis .....Woodward & Lothrop
Baltimore .....Hutzler's
Chevy Chase....Woodward & Lothrop
Eastpoint .....Hutzler's
Iverson Mall....Woodward & Lothrop
Prince George's .....
Woodward & Lothrop
Southdale .....Hutzler's
Towson .....Hutzler's
Westview .....Hutzler's
Wheaton Plaza Woodward & Lothrop

Massachusetts
Boston .....Jordan Marsh
Braintree .....Jordan Marsh
Burlington .....Jordan Marsh
Framington .....Jordan Marsh
Lynn .....Saxony House
Malden .....Jordan Marsh
Peabody .....Jordan Marsh
Worcester .....Jordan Marsh

Michigan
Dearborn .....Hudson's
Detroit .....Hudson's
Fairlane .....Hudson's
Flint .....Hudson's
Grand Rapids .....Hudson's
Harper Woods .....Hudson's
Lansing .....Bretz Shop
Livonia .....Newton Furniture
Pontiac .....Hudson's
Saganaw .....Hudson's
Southfield .....Hudson's
Sterling Heights....Newton Furniture
Taylor .....Hudson's
Troy .....Hudson's
Westland .....Hudson's

Minnesota
Minneapolis .....Dayton's
Brookdale .....Dayton's
Southdale .....Dayton's
Rochester .....Dayton's
Rosedale .....Dayton's
St. Paul .....Dayton's

Missouri
Jamestown .....Stix, Baer & Fuller
Kansas City .....Stix, Baer & Fuller
St. Louis .....Stix, Baer & Fuller
Crestwood .....Stix, Baer & Fuller
Riveroad .....Stix, Baer & Fuller
Westroads .....Stix, Baer & Fuller

Nebraska
Columbus .....J. L. Brandeis
Grand Island .....Miller & Paine
Lincoln .....Miller & Paine
Gateway .....Miller & Paine
Omaha .....J. L. Brandeis
Ames Plaza .....J. L. Brandeis
Bakers Square .....J. L. Brandeis
Crossroads .....J. L. Brandeis
North Store .....J. L. Brandeis
Southroads .....J. L. Brandeis
Westgate .....J. L. Brandeis
Westroads .....J. L. Brandeis

New Hampshire
Bedford .....Jordan Marsh

New Jersey
Cherry Hill....Strawbridge & Clothier
Echelon.....Strawbridge & Clothier
Manalapan .....Steinbach's
Paramus .....B. Altman & Co.
Pleasantville .....Steinbach's
Short Hills .....B. Altman & Co.
Woodbridge .....Abraham & Straus

New Mexico
Albuquerque ....American Furniture

New York
Albany .....Mayfair
Babylon .....Abraham & Straus
Brooklyn .....Abraham & Straus
Eastland .....Sibley's
Elmhurst .....Abraham & Straus
Garden City .....Abraham & Straus
Hempstead .....Abraham & Straus
Huntington .....Abraham & Straus
Lake Grove .....Abraham & Straus
Manhasset .....Abraham & Straus
New York .....B. Altman & Co.
Rochester .....Sibley's
Saratoga .....The Carl Co.
Schenectady .....The Carl Co.
Shoporama .....The Carl Co.
Scotia .....The Carl Co.
Willowbrook .....The Carl Co.
Syosset .....Caldwell's Interiors
Syracuse .....Sibley's
Victor .....Sibley's
White Plains .....B. Altman & Co.

North Carolina
Fayetteville .....Belk's
Wilmington .....Furniture City
Winston-Salem .....Belk's

Ohio
Beldon .....Higbee's
Cincinnati .....Shillito's
Beechmont .....Shillito's
Kenwood .....Shillito's
Tri-Country .....Shillito's
Western Woods .....Shillito's
Cleveland .....Higbee's
Ford City .....Higbee's
Great Lakes Mall .....Higbee's
Midway Mall .....Higbee's
Parmatown .....Higbee's
Severance .....Higbee's
Westgate .....Higbee's
Columbus .....Lazarus
Eastland .....Lazarus
Northland .....Lazarus
Westland .....Lazarus
Lima .....Lazarus
Mansfield .....Lazarus
Salem .....Strouss
Upper Arlington .....Lazarus
Warren .....Strouss
Youngstown .....Strouss
Austintown Plaza .....Strouss
Eastwood Mall .....Strouss
Liberty Plaza .....Strouss
Southern Park Mall .....Strouss

Oklahoma
Norman .....Mister Robert
Sand Springs .....Froug's
Tulsa .....Froug's
Briar Village .....Froug's
Brook Plaza .....Froug's
Crystal City .....Froug's
Eastgate .....Froug's
May Meadow .....Froug's
Northland .....Froug's
Southland .....Froug's

Continued on page 62

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Do patterned sheets soothe your psyche?

They do for their designers, as you will see on page 96. Sleep researchers, Sandra Oddo found, aren't so sure; but she did uncover some new dream facts.

Do stripes on your sheets give you angular dreams? Have printed flowers a subconscious scent? Does your choice of bedclothes affect the way you sleep—does it have significance?

"Hmm," says Dr. David Davis, who has a sleep clinic in New York City. "It's never been studied." Never? "No, never," affirms Dr. John Karaçen, secretary of the American Sleep Association. People have been taped to electrodes from their eyeballs to their toes to sleep for science. "Sometimes to make them comfortable we tell them to bring what they want from their own beds to the clinic," says Dr. Karaçen. "It's almost always their pillows."

Dr. Allan Hobson, a neurophysiologist at the Meuss Mental Health Center at Harvard University is studying the rhythm of sleep. Every 15 minutes throughout the night his special time-lapse cameras click, freezing a second of sleep into part of a 36-picture series of a night's rest. The pictures were recently shown at the Sleep Association meeting in Cincinnati, and his group is planning an exhibition on the physiology of sleep to be at the Carpenter Center for Visual Arts in Cambridge, Mass., next spring. "We want to call attention to the esthetic aspect of our work." "Sleep is beautiful—dynamic, rhythmic, lyrical. It is behavior that takes up a third of our day, and we're not even aware of what we look like while it's going on." The pictures show the development of sleep from the first flirtings with dozes to the intricate shared patterns of sleep that develop when two people share a bed.

And the bedclothes? He does his own sleeping under an antique crocheted coverlet made by his grandmother, through which he can see the red stripes of his very modern sheet. "It makes me feel rather swinging, I guess, under the more formal shape of the coverlet." Aha, then the sheets are significant.

"Habitat variables like sheets may very well be important," says Dr. Hobson, "but there is no evidence. What interests me is the inside of sleep—the brain mechanism." His photographic work shows the sleeping bodies moving to respond very closely to the cyclical rhythms of the biological clock that clicks over in the brain every night. The cycle is 90-100 minutes long in man (cats' cycles are 30 minutes, elephants' are 2 hours, probably indicating that the length of the cycle is related to the size of the brain) and includes marked stages of deep sleep, dreaming sleep, and several other regular changes in bodily rhythms. "We now know that dreams are a fixed pattern of action controlled only by internal rhythms," he says. "The content of the dream can be influenced from outside, but, contrary to Freud's psychoanalytic theories, there is no evidence that the action of dreaming comes from anything external to the brain's set cycle. The questions raised by the mechanism of dreaming itself are fascinating. For instance, how do we see things without light? How are the images generated? And where does the information for them come from?"

It appears, says Dr. Hobson, that the parts of the brain concered with eye movement may also switch on the brain's visual perception system—so that when Rapid Eye Movement sleep rolls the eye to the right, for example, the brain asks itself "what does this random movement remind me of?" And then, perhaps, it shunts the resulting image through memory and emotional channels until it is properly fleshed out to be presented in the context of a dream. "This evidence of the mechanical generation of dreams challenges the classic psychoanalytic view," Dr. Hobson says. "Instead of a dream being a defense mechanism for the psyche in which information is presented through the id, which says 'No, you can't come out until you've got your clothes on,' dreams are very creative activity. The brain turns a minimum of information into an interesting picture."

Researchers like Dr. Rosalind Cartwright at the University of Illinois in Chicago, who is looking for evidence of extrasensory perception in dreams, are trying to find

Continued on page 135

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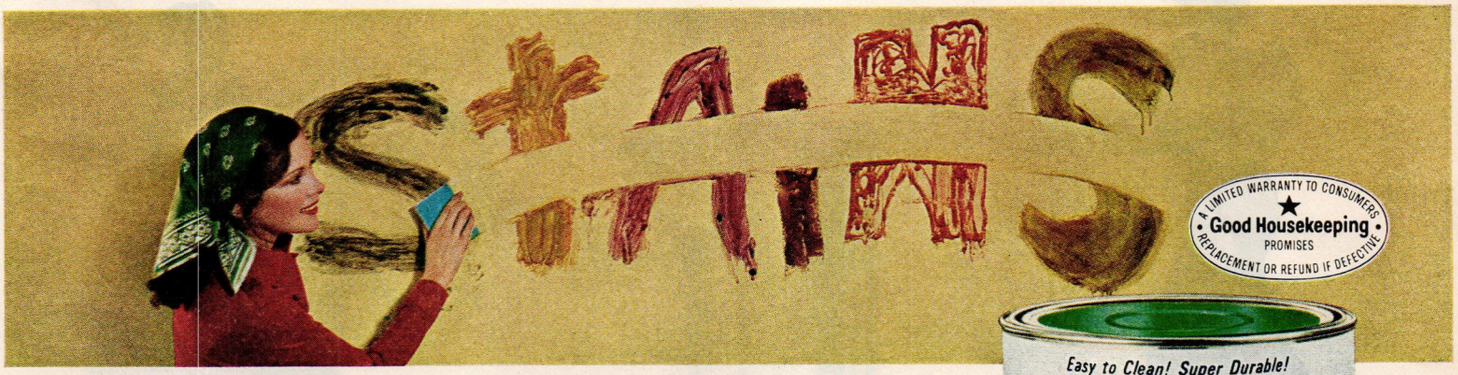

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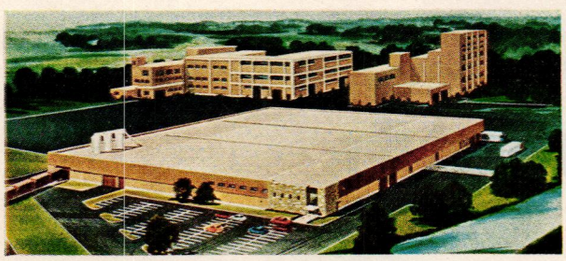

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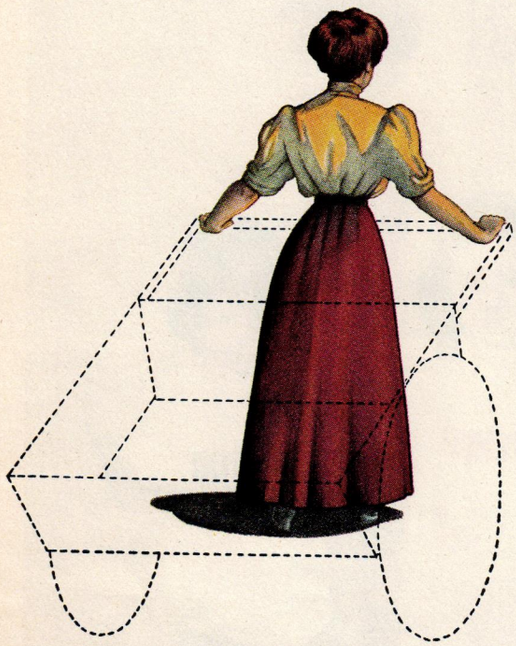

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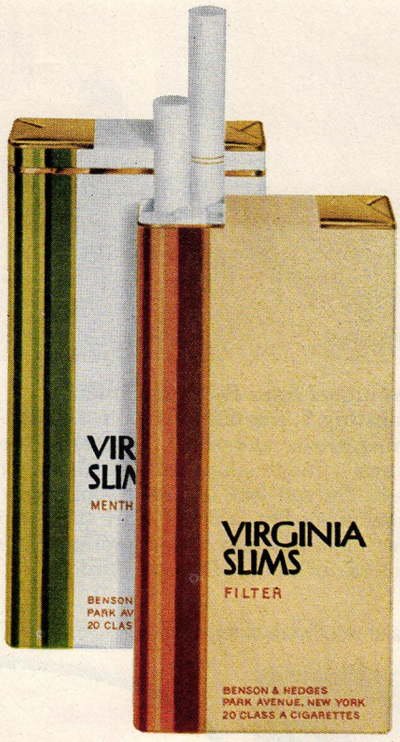

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House & Garden
September, 1976

color let go

It's a special gift, the ability to see in color. Humans can do it, and so can a few other animals, like birds, some of the primates, a few lizards, and the honeybee (although the honeybees' visible spectrum is different from ours—they can't distinguish red from black, but they can see ultraviolet). The rest of the animals exist in a world of mystery, primal shadows, perpetual shades of night. But for us, there's color! Color is awake, here, now. And we seem to be evolving toward even greater capacity: Suddenly we are aware that *our* spectrum is deeper, broader, dazzling with colors that never existed before. Reality supersedes logic. We begin to see like children again, like dreamers, with kaleidoscope eyes, knowing that anything is possible now. Color won't be restrained, so don't even try. Let color become your way of life, your state of mind. See with fresh eyes, feel color, listen to color, smell it, taste it. Don't hold back—let go!

color shock

The excitement of colors you've never seen before

BY DOUGLAS DAVIS

Adolph Reinhardt said: "There is something wrong, irresponsible, and mindless about color, something impossible to control." Barnett Newman —a colleague of Reinhardt—welcomed color. In the late 60s he painted a series of huge, glowing, three-color canvases entitled *Who's Afraid of Red, Yellow, and Blue?* It is a debate as ancient as the caves and as fresh as now, because there are two eternal answers to the same eternal question, living side by side, like the male and female traits in every psyche: Yes, color is relative, impossible to control, and immoral; yes, color is absolute, it can be used to predictable effect, it is pure-as-light. Certain manufacturers and designers will hold for the second yes: They know blue sells, blue makes a room restful. But turn the "hue" and "chroma" controls on your TV set and something else happens: Color fragments into a thousand hues-without-name, depending on the channel, the subject, the hour, and the minute. Josef Albers claimed all his life that color is *never* seen by the eye As It Is. He would send 50 students into the same street to find examples of "Coca-Cola Red" and get 50 different answers. "If one says red," he wrote, "and there are people listening . . . it can be expected that there will be many reds in their minds . . . and one can be sure that all these reds will be different."

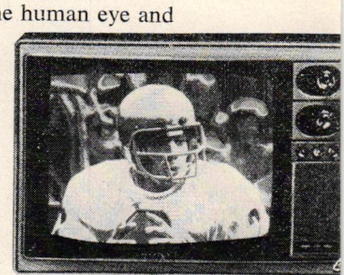
So who's afraid of color? Less and less of us, it appears. Goethe, who spent more time thinking about color theory than anyone this side of science, believed that nations and races afraid of color retreat into black and white. The British and the Germans (and other "people of refinement") preferred "absolute negation" of color, "owing partly to weakness of sight, partly to the uncertainty of taste." But the French, the Italians, the Spaniards loved "active" colors, red most of all. Anyone who steps off a flight from most of Europe (East and West) finds the American landscape in 1976 "active" with color. White tennis shirts are now scarlet; lips and nails form a spectrum of brash orange, shiny pink, or even azure; black suits are now yellow; dress shirts open and multicolored; cars striped down the middle; and public plazas aglow with sleek red Calders; museums adorned with all-red, all-blue, all-white paintings; institutional buildings (even one hospital) dabbed with coats of bright primaries. If a monochrome landscape means uncertainty of taste, we are now certain, very certain.

Something is changing. We are on a different track now, leading to a different end —unless the decision made by an entire society to convert to color (the United States in the last century was conspicuously monochrome) is in fact superficial, unprompted by deeper, inchoate instincts. But think again. Of all the visual phenomena that assault our senses, color is the least susceptible to measurement and analysis. We can measure light, chart wavelengths, and scale sounds, but we cannot isolate color from its source of perception. Goethe said—again—that we perceived it with our souls. Countless others have insisted—many of them psychologists—that we associate every color with a memorable event, be it the wallpaper in the room where we spent our childhood or the flower that we picked for our first love. If this is so, then the new American indulgence in color is a delicious mystery that deserves our serious attention, if not investigation by a psychic detective.

Pause first to define the signs of this change, to ask *what* rather than *why*. In art —always the leader of fashion, design, architecture—the amazing and self-evident fact is this: Color has triumphed as form only in the 20th century.

Not until our lifetime did all-color paintings begin to be proud of themselves as all-color. Not until now do we find—for the first time in the history of art—paintings calling themselves *Red; White; Green Red Yellow Blue; Blue Lines 10; Umber; Magenta Double,* with no pretense to being other than what they are.

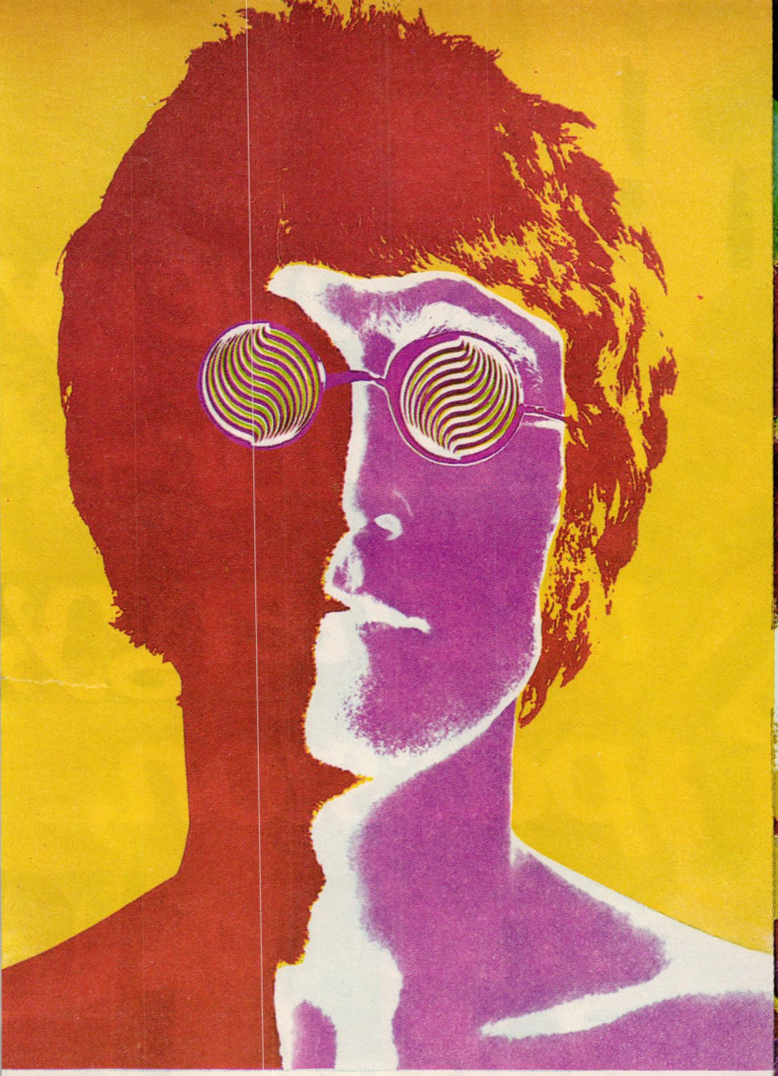
Nasty, sinful color. It has a life of its own now. We can't keep it out of our lives, even when we try (and increasingly we don't). Our tolerance for new, synthetic hues is boundless, opened up not only by theories about the mechanics of the human eye and mind (briefly: The eye-beam itself *imposes* itself on everything it sees. There is no absolute, objective world beyond us; there is only what we see/construct), but in the experience of modern life. Primitive man saw only the colors granted by nature—the green of the grass, the blue of the sky, the white of clouds, the black of night, the yellows, pinks, violets of flowers. These are quite enough, you might say, but a plenipotentiary of "color-lights" has been added, through aniline dyes, coal-tar derivatives, metallic oxides, neon lights, acrylic paints, polymers, color photography. *(Continued on page 114)*



The TV came does not "se color as the h man eye does.

AVEDON
M. E. SIGMOND
WALKER EVANS
ERIC POLLITZER

Editor's note: Douglas Davis is an artist and critic whose videotapes, prints, drawings, and objects have been exhibited extensively. His most recent book, *Fragments for a New Art of the Seventies,* was published last year. Critic in the arts at *Newsweek* magazine, Mr. Davis is currently working on a book of essays to be published by Harper & Row later this year.



Startling color distortion sparks Richard Avedon's poster of John Lennon.

hagall's "The Four Seasons," in Chicago, is a mosaic of bright tender color.
alker Evans' "Parking Garage, New Haven, Conn. 1973," *below;* Polaroid SX-70.

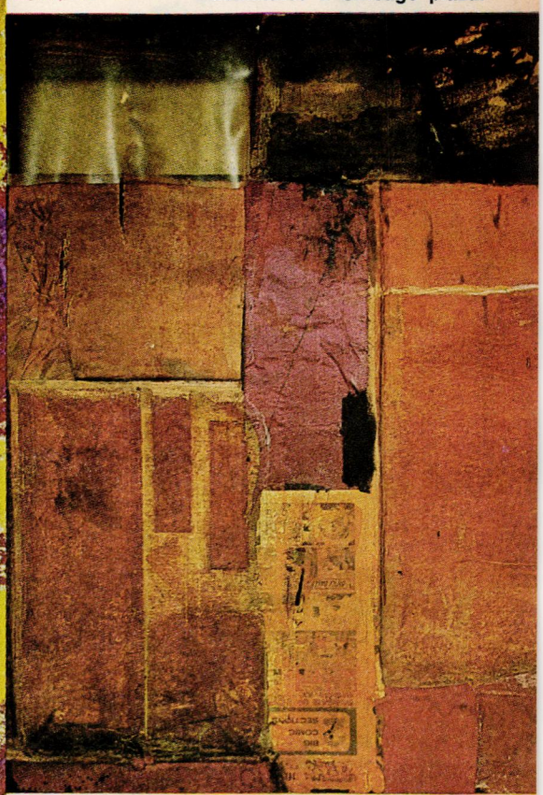
Television, modern painting, new film and cameras are bringing us a vibrant new spectrum and changing the way we see color

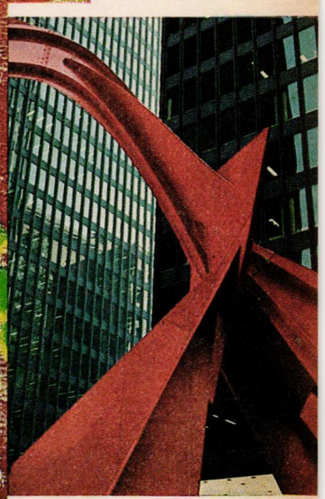
Johnny Carson's complexion can change with the turn of a knob.

Grass is red, people yellow, on ABC's action football shot.

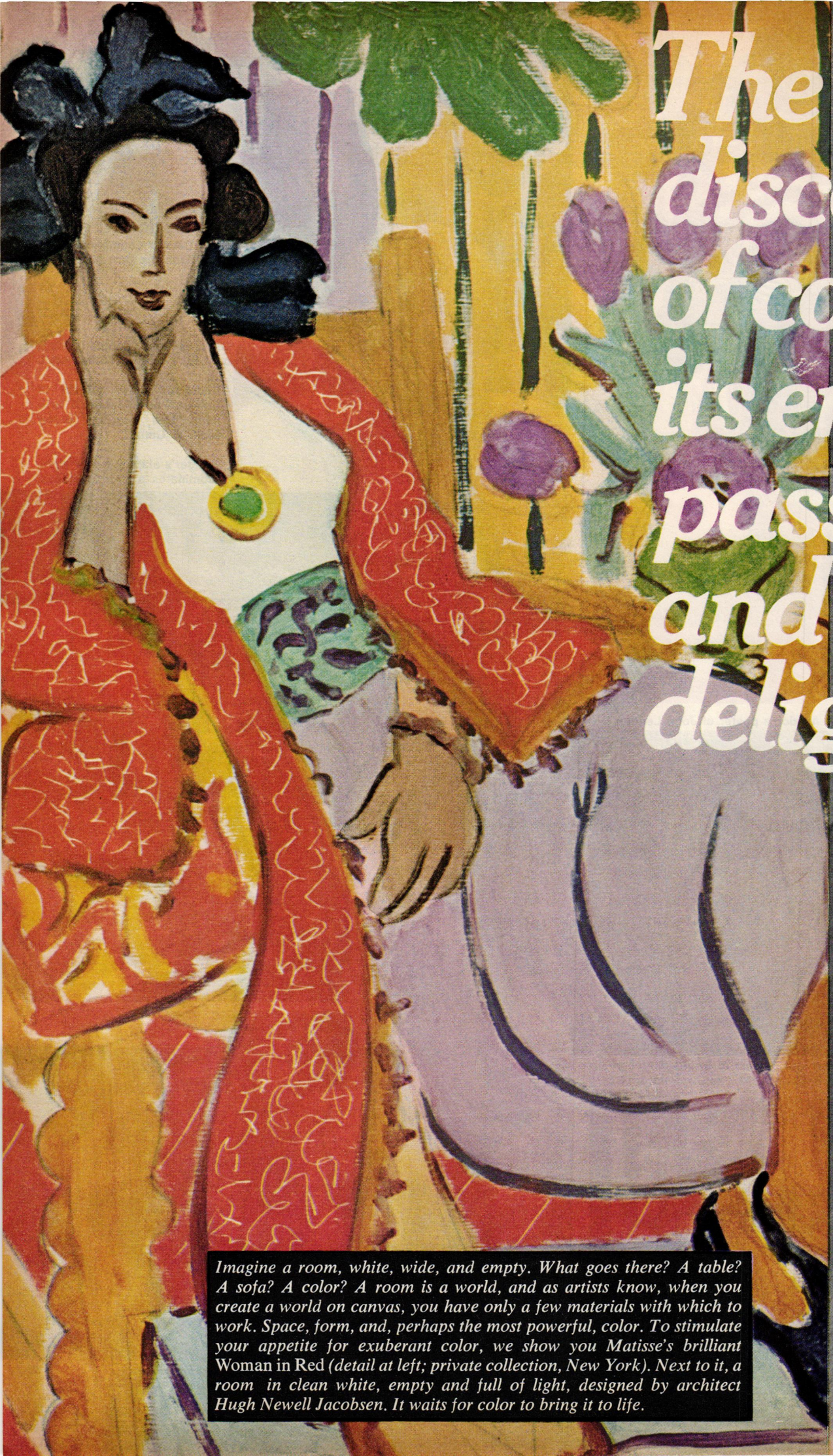
Redness is the subject of Robert Rauschenberg's brilliant "Red Interior," *below* (coll. V. Ganz).

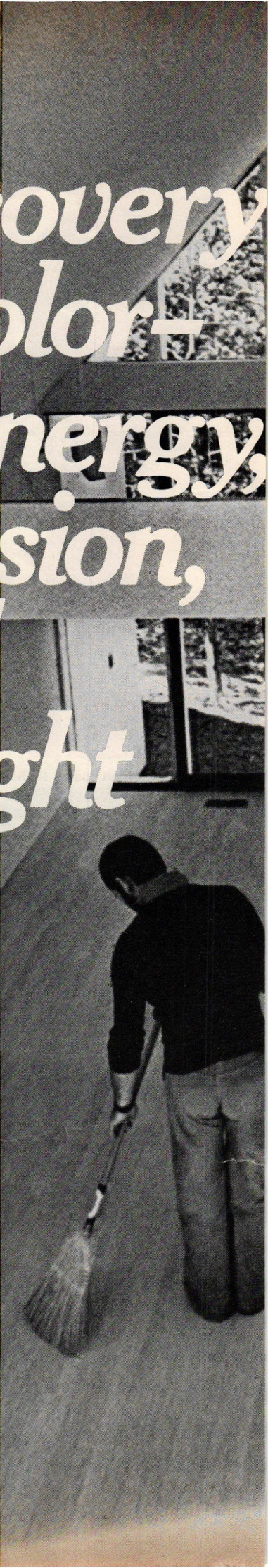
Calder's stabile, *below right,* dominates a Chicago plaza.



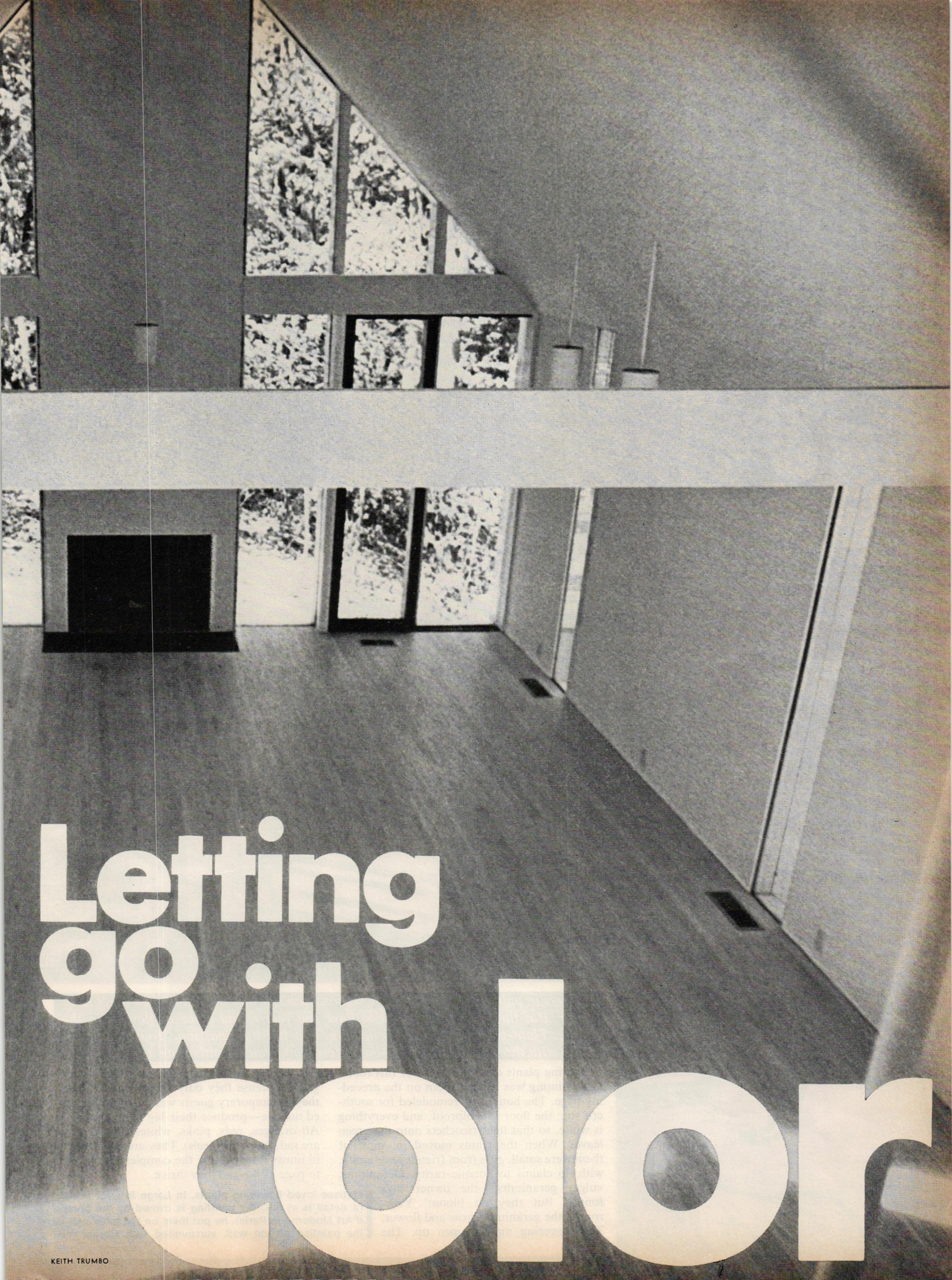


The discovery of color— its energy, passion, and delight





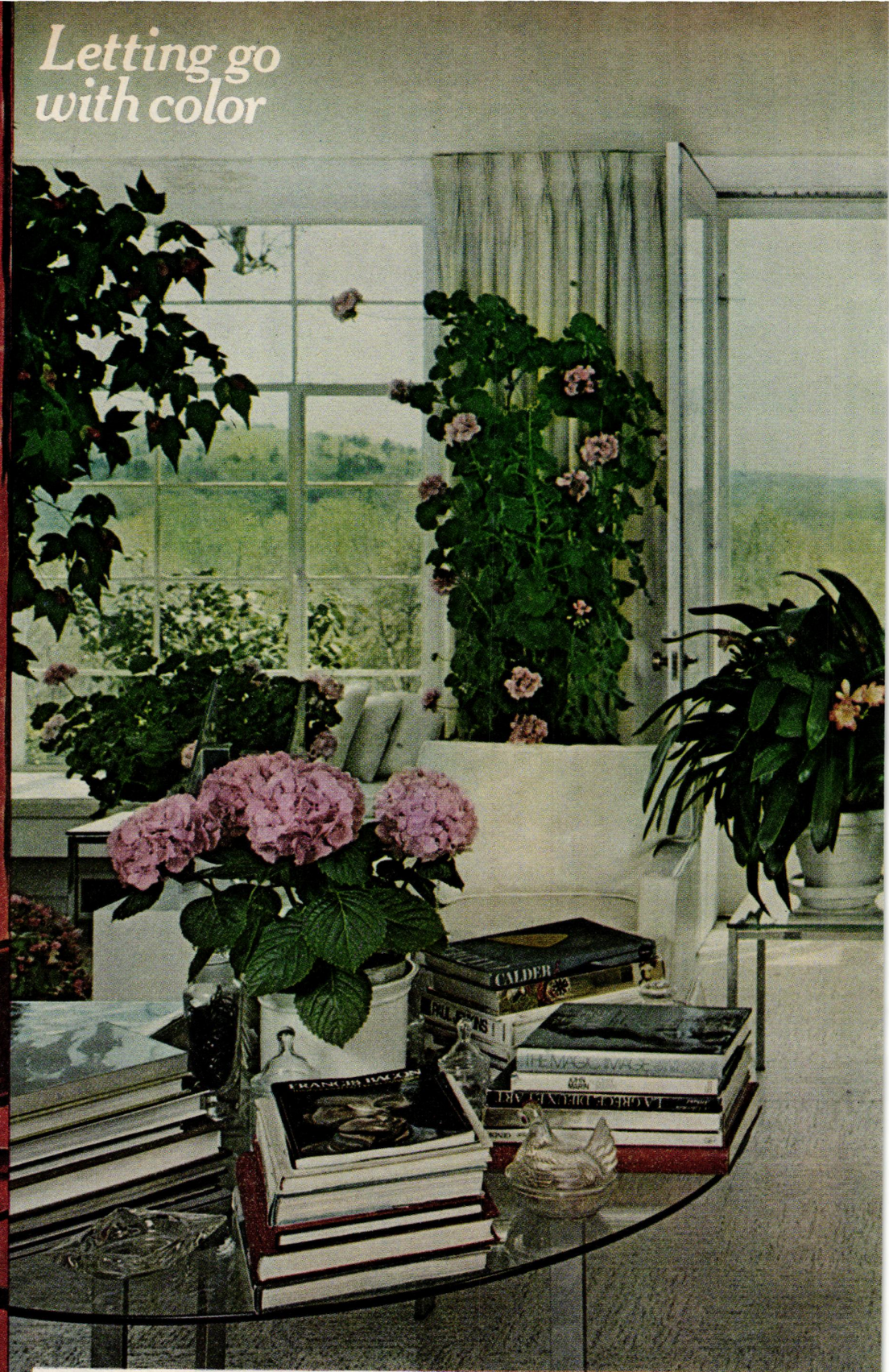
Imagine a room, white, wide, and empty. What goes there? A table? A sofa? A color? A room is a world, and as artists know, when you create a world on canvas, you have only a few materials with which to work. Space, form, and, perhaps the most powerful, color. To stimulate your appetite for exuberant color, we show you Matisse's brilliant Woman in Red *(detail at left; private collection, New York). Next to it, a room in clean white, empty and full of light, designed by architect Hugh Newell Jacobsen. It waits for color to bring it to life.*



Letting go with color

KEITH TRUMBO

Letting go with color



Flowers in paintings hold still. The seasons don't bother them and they don't need water. But there are other ways to have the year-round color of flowers in the house. Plant-growing, like art-collecting, is a full-time passion. You begin, perhaps, with three African violets—but before long, you're cultivating a small jungle.

Flowering plants are the reason for this room, as a painting was for the room on the preceding page. The house was remodeled for southern sun; the floor is spillproof, and everything is white, so that light ricochets onto the green leaves. When the plants moved in, most of them were small, gifts from friends and family, with no claims to botanic rarity. Geraniums, vulgar geraniums," the owner says fondly. But they do bloom! Year-round, the geraniums grow and flower. The flowering maples open up. The clivia holds forth in sunny hues. The hydrangeas—because they only flower once indoors, they're temporary guests waiting to be replanted outside—produce their big pink snowballs. All oranges, reds, pinks, whites (blue flowers are sad, the owner feels). They are all cared for in unusual ways—for the complete story, turn to page 108—and they thrive.

Matisse loved flowering plants. In *Large Interior in Red* (a detail is at left; the painting is owned by the Musée d'Art Moderne in Paris), he put them on the table and in the painting on the wall, surrounded with vibrant red.

NORMAN MCGRATH

plants

Color that grows –flowering plants to fill a room with life

fabrics

Letting go with color

Ways of using color are almost without number—neutral, natural, strong and dark, pastel, vivid. "Both harmony and dissonance of color," said Matisse, "make very pleasant impressions." Sometimes, an unexpected combination of color and pattern that at first is startling, on further acquaintance vibrates into a new harmony.

First there was an Oriental screen, large and handsome, ten panels with an understated floral theme. The color started there. The question was: How to turn the room into a garden to go with it. Fabric and pattern were the answers. Designer Bebe Winkler put floral-printed fabrics over all the furniture, in House & Garden's new coral colors, ranging from pale to intensely orange. On the floor, a rug with a geometric print that recalls bricks, perhaps, or lattices like the brass frame for the big glass coffee table. Pillows, big, soft, and comfortable, in a tiny brown-and-white geometric print. Real greenery—tall spiky plants—was added to the exuberantly flowering fabrics. And small bright Oriental vases. The room became a landscape, a place of color and pattern. At night, Miss Winkler says, the light that shines through pale peach lampshades, reflecting from the pale peach ceiling, is warm and luminous. The plants and flowers are from J. Barry Ferguson.

***Open Window*, (a detail) painted by Matisse in 1905 (owned by John Hay Whitney), was one of the first, very controversial Fauve paintings. In it, Matisse used sharp contrasts of line and pattern that the room at left recalls.**

HORST

On furniture, wall coverings, rugs—patterns to make the most of color

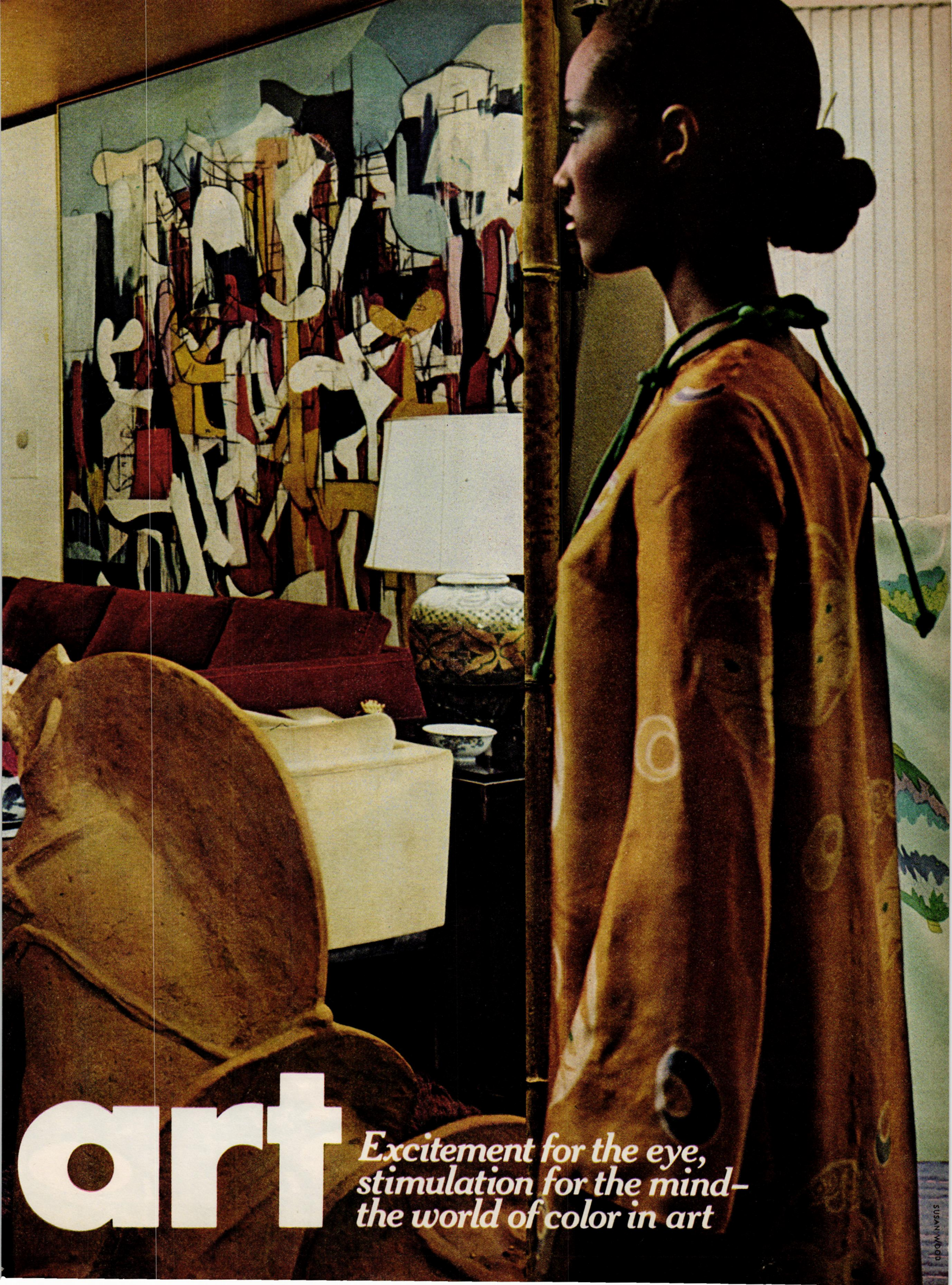
Letting go with color

Space, form, and color, the artist's world. There are no laws for combining them, no tried and true recipes. "Above all, I want to achieve serenity," said Matisse, as he boldly arranged his oranges and blues—and then rearranged them until he was satisfied. Try using color like an artist, freely, and with bravado.

The Clyfford Still painting on the wall is the whole reason for this room. J. Patrick Lannan wants all his rooms to respond to the art he collects. He rearranges them until the rooms themselves are works of art—a color, a piece of furniture, a new African sculpture, a very old Ming vase. Bit by bit they become neighbors, trying out relationships with one another until each has found its own unique place. The collection is eclectic, every era, every civilization represented by what Lannan believes is its best. From left to right, *above,* the artworks include a Ptolemaic Egyptian sculpture, the huge Clyfford Still, a Ming vase, a painting by Robert Goodnough, a 3rd-century haniwa horse from Japan. Ceilings are 18-karat gold leaf, rugs are Finnish wall hangings, furniture is Swiss.

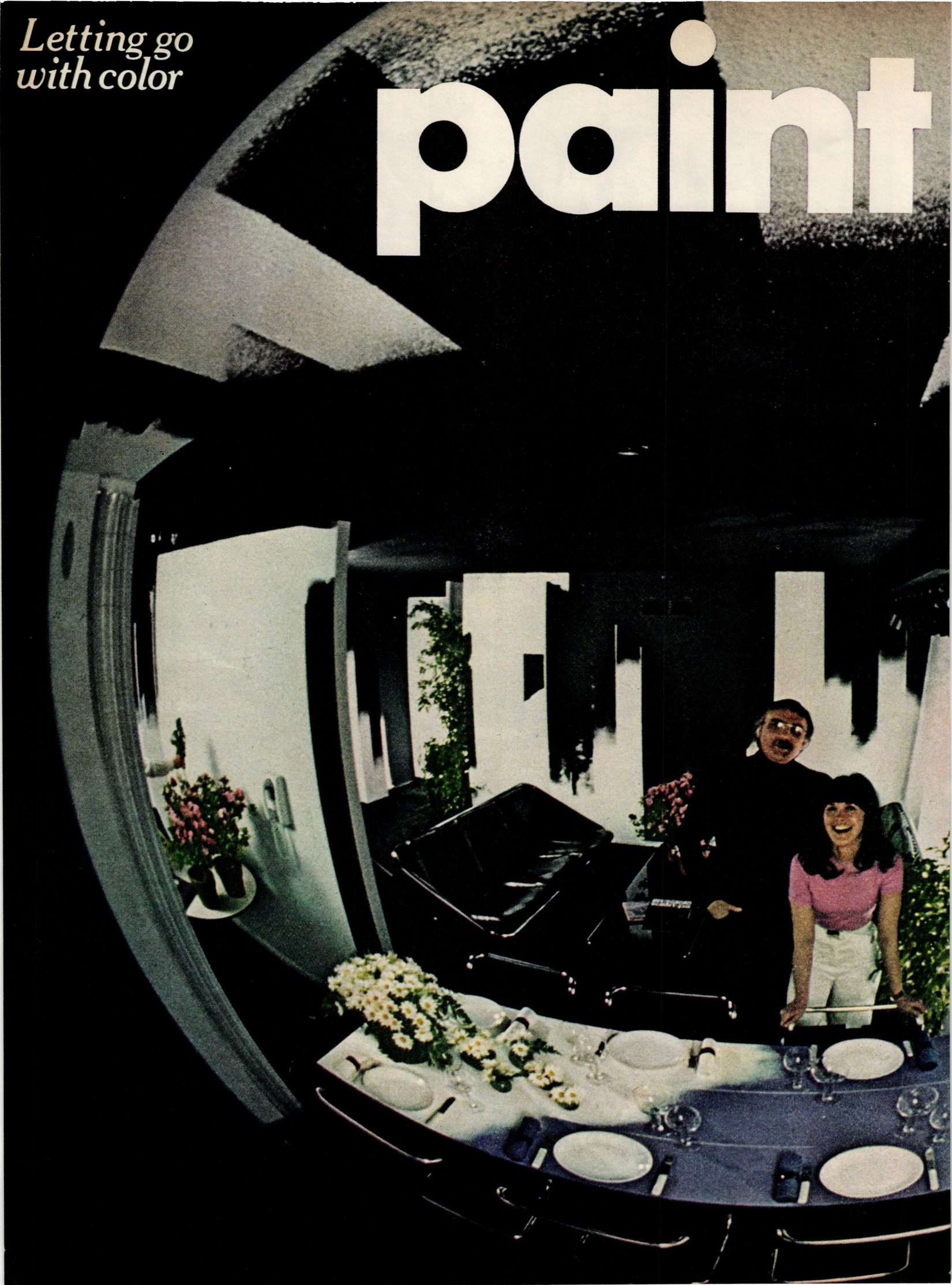
Artists' colors also affect fashion, says designer Mary McFadden, one of whose vivid creations is modeled by Iman, *right* (see page 88). She starts with a fabric, adds a free-flowing pattern, and has it printed in colors "right across the rainbow." If you collect art, she says, your furniture should not dominate. If you don't, make furniture your art, in bright bold colors.

DAVID MASSEY

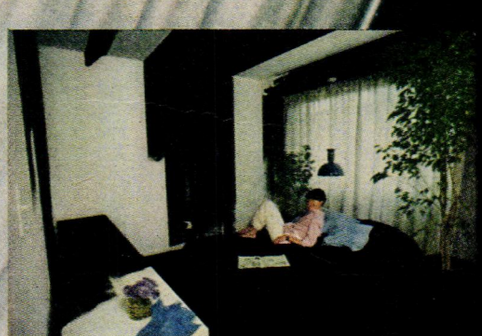

art
Excitement for the eye,
stimulation for the mind–
the world of color in art
SUSAN WOOD

Letting go with color

paint



Surprises by the brushful. Pick a color, any color, to give a room a whole new look



In the bedroom, black strokes frame the window; combined with white, they make the bed a stage. A single shot of color—brilliant bachelor's buttons, pillows and hanging lampshade

Imagine the freedom and joy you would feel if just by expressing your personal mood you could make an impact —visually—whenever you wished. That's what architect and teacher Don Wall and his wife Mary Ann achieved in their very small, conventional apartment. They turned the space into a virtual walk-in painting, opening it into a place where people—their appearance, their movements, and their experience of each other—could be the most important consideration.

"We rescued this apartment from an oblivion that many people have to live with by following the belief that these rooms could be made 'objects enough'," says Mr. Wall. "We also simplified things further by eliminating the clutter that often substitutes for feelings and individuality. In these rooms, now, it's *people* who are the action, the interest, and the focus."

There is nothing random about those uninhibited sweeps of black and white: The whole area was carefully divided into 8½-inch-wide strips, which is also, quite conveniently, the width of a standard painter's roller. Points of symmetry and asymmetry were selected so that the strokes make frames around active areas. The black frame around the living-room coffee table, for example, makes it a visual focus of the room. The black strokes also camouflage many structural errors.

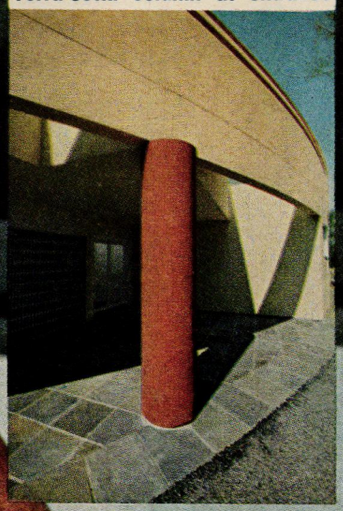
Why black? "Black makes a wonderful backdrop for color. It's a foil for people and what they wear, and it's my symbol for order and simplicity," says Mr. Wall. "We change the dominant contrasting color often, according to the time of the year, the light, the flowers, the table settings, whatever we're aware of that we can add or subtract. About five times a year seems right. We painted the dining table mauve because for us it's a color of spring. You wouldn't believe how easy it is to pick up a paintbrush, dip it into some glorious color, and swoosh, swoosh, everything is different, new, and alive!"

The pole that Mr. Wall is busy painting red, *left*, was added to the living room as a changeable color source. "We wanted to be able to control the direction the eye travels exactly the way an artist does. The matte textures of black help us, too. The thick black of the carpet and the velvet black bedspread both work to let the bright colors we choose carry their own weight." The red pole in the living room complements the pink azaleas, too—another sign of spring.

SUSAN WOOD
ROBERT LAUTMAN

arch

Letting go with color



Terra-cotta column at entrance

itecture

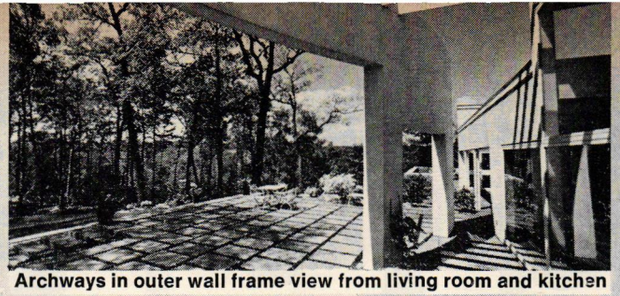
Built in color, inside and out. Color to emphasize form, define space, add spirit

Architects Robert Stern and John Hagmann freely admit they find refreshment and stimulation in the past. A client with a collection of 1930s furniture inspired them to design this house which looks back, through colors and soft, sensuous curves, to the 30s era. Despite the nostalgia, it is a great house of the 1970s, in its openness and the cascades of natural light pouring through unexpectedly placed windows and skylights—and in the daring juxtaposition of curves against straight lines.

To Robert Stern, the attitude that a modern house has to be white is "just a result of brainwashing." When color seems right, use it, he says. In this case, taking a swing back to the 30s, he built a house in pale, creamy yellow edged with terra cotta. The yellow reflects the local stone, which is used for some of the terracing around the house. So the color is absolutely right, historically and geographically. It's a house of continual, dazzling excitement. Two façades, a streamlined front that says 1930s and Frank Lloyd Wright and a back that speaks of Jefferson and 18th-century elegance. All on one level, designed for a woman who loves to entertain, the guest wing, with two bedrooms, is at the west end, separated from the owner's bedroom wing by the living room, kitchen, and staff quarters. The Blue Sky guest room, shown here, is furnished with Paul Frankl furniture made in 1934, refurbished with fresh fabric. Clock, ashtrays, dressing-table accessories were "ransacked from the attic to go with it."

Above: **double curved wall in the guest room is a response to the 30s furniture. Architecturally, by curving the wall, space is created,** ***opposite page,*** **which allows light into the swimming-pool changing rooms below.**

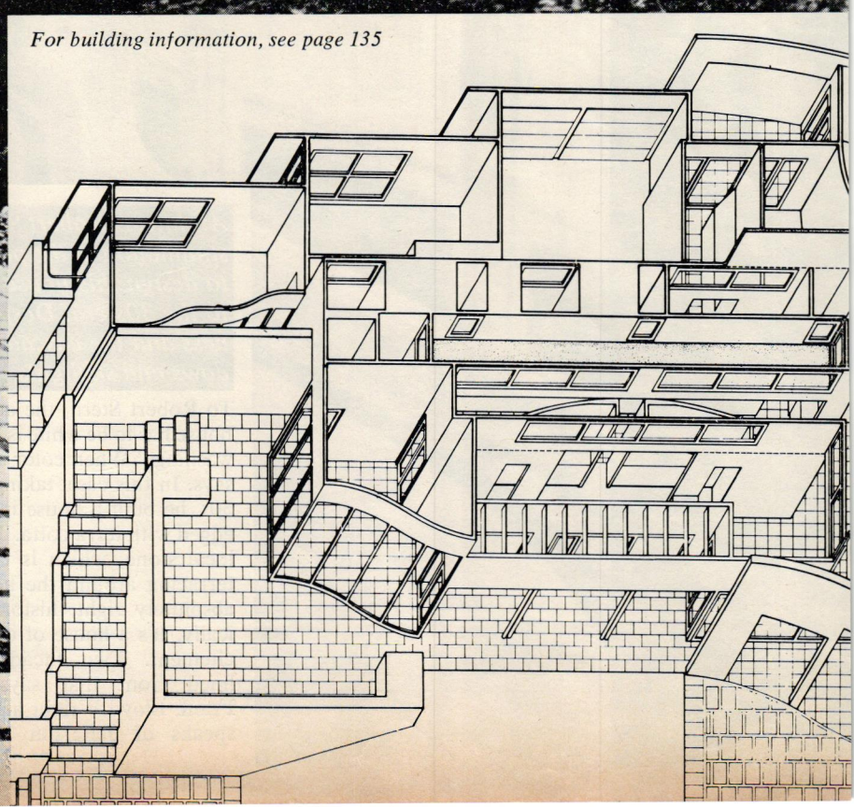
ELLIOTT ERWITT

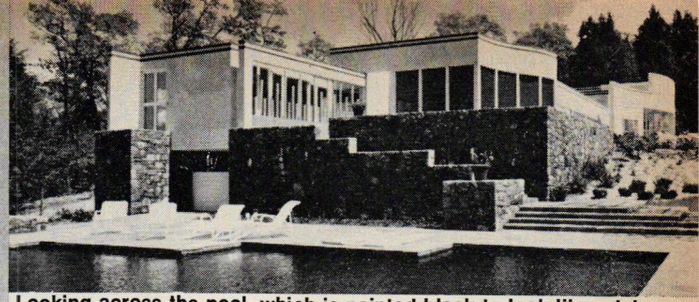


Archways in outer wall frame view from living room and kitchen

"The concrete wall is a curtain outside the glass, frames the view, takes a lot of the sun, gives a sense of protection"

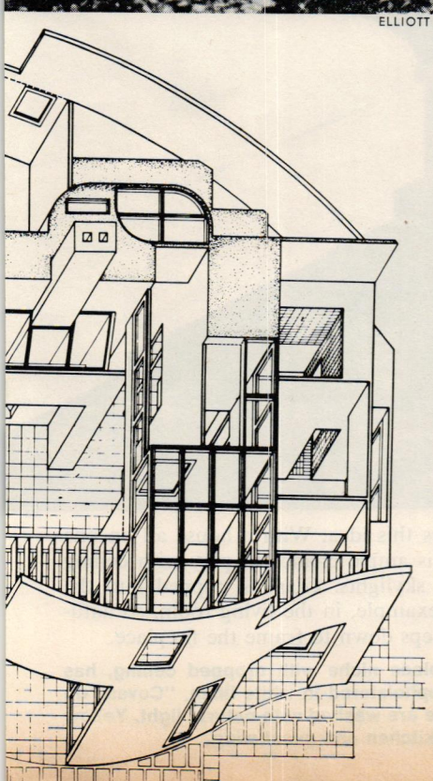
For building information, see page 135

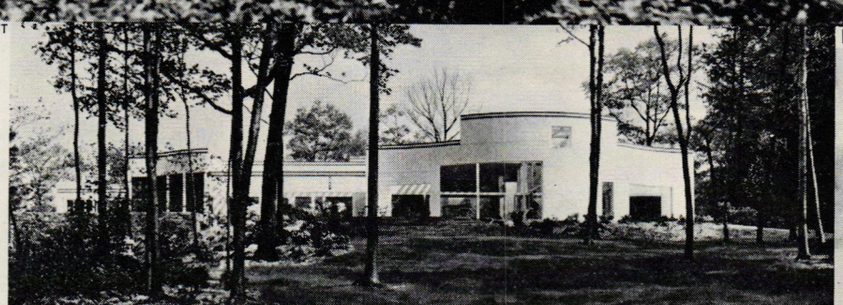




Looking across the pool, which is painted black to look like a lake

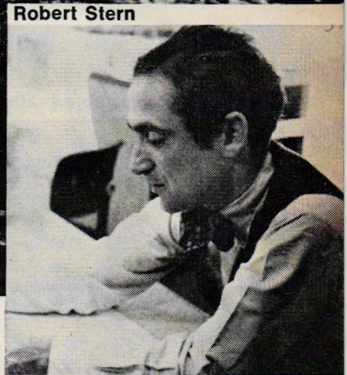
ELLIOTT ERWITT





From the back lawn, an arrangement of curves and cutouts etched in terra cotta

Robert Stern



John Hagmann

A wall for the sun (concrete) and a wall for enclosure (glass). Robert Stern says he found the courage to build this double-layered façade at the back of the house from Louis Kahn's writing and architecture. Transparent window walls open rooms to light. Outer wall frames the view and gives a sense of protection. It dispenses with a need for curtains.

Here you can see how the mood of the house changes in the back. "It's garden, terraces, exotic plants from foreign places which you grow as precious things, the conservatory, the orangerie, the whole idea that goes right back to the 18th century or even earlier," says Robert Stern. Across the two layers of walls are pergolas which in time will bear a tangle of purple wisteria and make a shady place for outdoor buffets, which the owner loves to give in summer. Looking at the house from the garden, the eye travels over a complicated arrangement of curves and cutouts, columns and arches. There's a tantalizing feeling of not being able to figure out what's where and a conscious effort to avoid being predictable and boring.

Opposite far left: **freestanding, curving wall stands like sculpture on a blue stone terrace. Plan, *left,* shows master bedroom suite at right, guest bedrooms far left. Living spaces, center**

"Spring-like colors make you feel you're in the garden even in the winter"

Living room: comfortable seating, steel floor lamps

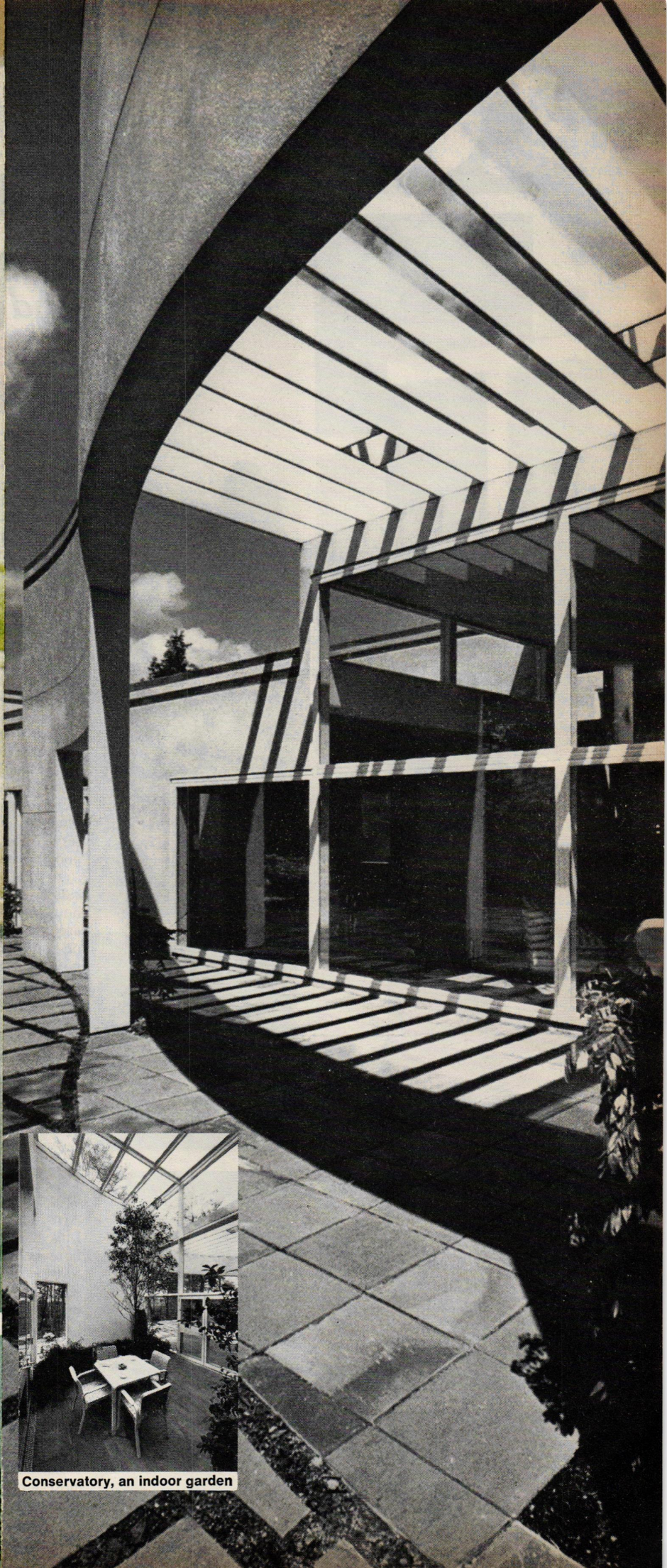
Colors indicate mood and feeling. In the bedrooms, they are delicate and soothing, Pink Pink, Blue Sky, and Pineapple. Greens and stronger pinks make the living room like a spring garden. In the kitchen, the heart of the house, intense Sun Yellow with a hot pink and Oyster White suggest energy and action.

The 30s was not a time of primary color, Robert Stern insists, so there is nothing too strident here. Pinks, greens, blues, and yellows wash the walls. "We wanted the house to be bright and cheerful." The conservatory, between master bedroom and living room is a winter retreat where exotic flowers and shrubs can be enjoyed when nothing grows outdoors. The owner, with a California background, likes this idea. With a house all on one level, there is ample chance to play with ceiling heights and skylights. Glass is popped into the ceiling, for example, in the living room, so natural light sweeps down to frame the fireplace.

Above: **Living room fireplace niche with dropped ceiling, has comfortable banquettes upholstered in white linen. "Coves" on either side of the fireplace are washed with natural light. Yellow curved corridor leads to kitchen and guest wing.**

Right of living room, the glass-roofed conservatory

LLIOTT ERWITT



Conservatory, an indoor garden

color origin

Mexican architect Luis Barragan and painter Jennifer Bartlett use color in unique exciting ways

The brilliance of Mexico

Who is Luis Barragán? Few people know much about this outstanding Mexican architect who works in brilliant colors, because he hasn't wanted his work to be published. And he has never accepted a commission outside his own country. Three years ago, Emilio Ambasz, Curator of Design at New York's Museum of Modern Art, went to Mexico City, where Barragán lives and works, with a mission—to bring Barragán's treasure of architecture to light. The result: a dazzling slide show now running at the Museum of Modern Art through September 7, and the simultaneous publication of Ambasz's *The Architecture of Luis Barragán* (Museum of Modern Art, $27.50; $12.50 paperback). Barragán, now 74, began to build in 1927 in Guadalajara in Spanish colonial style, with lots of arches, tiled roofs, and pergolas. In 1936, he moved to Mexico City, where his buildings, with smooth, white surfaces and modern lines, were clearly influenced by the International Style. In 1945, at 43, "when he had worked through all styles," says Ambasz, "he found his." Buying 865 acres of extraordinary desert land with great volcanic rock formations, he started to build a residential development with parks and gardens. Lava rock walls were stained with paints—rust, pale green, blue, sometimes bright pink. Natural vegetation was preserved. Steps and pathways were carved into rocks; water pools created out of the sea lava.

At first, people were unimpressed and afraid of living side by side with cactus and snakes. But by 1960, over 900 houses had been built and Barragán was established as an architect of feeling, a visionary who understood the power of building with nature. Because he respects the simple, popular building in Mexico—the ranches, convents, villages—Barragán builds in brick covered with stucco and painted anything from hot pink or purple to vivid orange. This conscious choice of unsophisticated material allied to strong shapes seems to exaggerate the feeling of drama and grandeur. Sky is part of the composition—building and nature combine in one enormous canvas. "He knows how to control great architectural theatrical effects," says Ambasz.

Among his few commissions for private owners (Barragán prefers to be his own *(Continued on page 135)*

Imaginative multiples

Artist Jennifer Bartlett, *left,* also explores boundaries. Like Luis Barragán's buildings that begin with finely defined borders between the desert and sky, her impressive *Rhapsody,* a collection of 988 enameled steel plates in three sections (recently displayed at the Paula Cooper Gallery in New York, now on a tour that begins at Dartmouth College, August 15 to mid-September), also begins with physical limitations: the plates, each 1 foot square; the 25 colors of Tester's high-gloss enamel that she used; the gallery walls; and her perceptions of the essentials of art. A point, a line, three fundamental shapes, four images (tree, house, mountain, and sea)—and color. She investigates them, left to right along the gallery walls, peeling away nonessentials until only simple uncompromising meaning is left. Noted art critic John Russell called her five-year effort "the most ambitious single work of new art that has come my way since I started to live in New York."

Artist Jennifer Bartlett and her *Rhapsody*

Stable in Mexico, *right,* for Mr. and Mrs. Folke Egerstr presents the horse as actor. Before being exercised an adjoining field, the animals walk in an enclosed ar leaving and entering their stage from two openings i pink wall. Riders enter through dramatic purple wa

ARMANDO SALAS PORTUGAL

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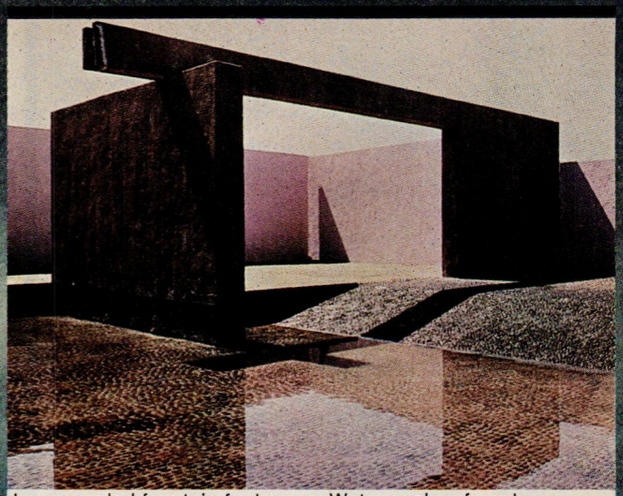
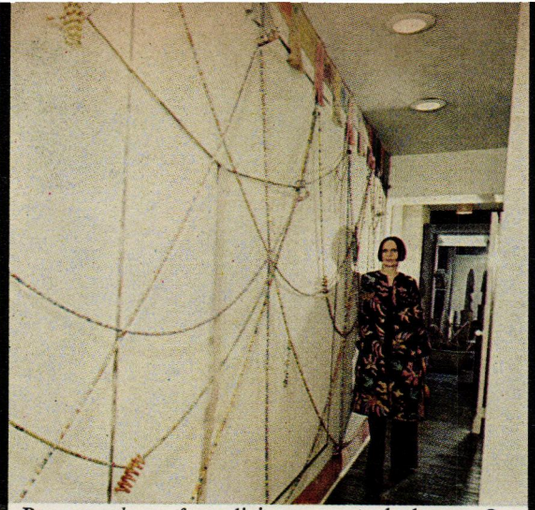


Large-scaled fountain for horses. Water gushes from beam

The color world of Mary McFadden

Fashion, food, and flair



Passage, *above,* from living room to bedroom. On wall, canvas, beads, and thread by Alan Shields.

Music room, *above,* with dhurrie rug, New England quilt behind piano, and three Madagascan figures.

Bamboo arrangement with moss, *above.* Living room, *below,* with Judd Fine bamboo poles, Nigerian rug.

"There are some people whose houses are monotone, so they wear lots of colors," says fashion designer Mary McFadden. "Other people's houses are tremendously colorful, so their clothes are often monotone." Mary McFadden herself, not surprisingly, falls into neither category. "I maintain that all my clothes, which have a lot of color in them, will work in my setting. In other words, anything will go with anything." This bold credo is evident in all the clothes she designs, which cover the color spectrum. "We divide the collection up between the colorful and the monotone, because some people like color and others don't. But again I maintain that when people say a certain color doesn't look well on them, they are mistaken—with a few exceptions, of course. But the fact is that most people can wear any color." Her collections demonstrate that clearly enough. Her showroom is a light and airy loft with batik-covered couches and—a typically original touch—cardboard tubes suspended from the ceiling wrapped in bright orange and fuchsia China silk, on which are tied an array of belts. The clothes on display range from multicolored pongee tunics to robes of damask, brocade, and chiffon. She believes that color is definitely coming back. "Look at it historically," she says. "From '65 to '70 women wore very bright colors. From '70 to '73 they wore safe browns, beiges, and khakis. Now we are moving back into very bright, imaginative, and creative clothes. We're very lucky," she smiles. Most women would agree.

Mary McFadden at home, left, wearing a characteristic mixture of vibrant colors in crepe and China silk. Around her neck, gold vine leaves on a macramé cord. (Her jewelry is an important accessory to her clothes.) Behind her, sculpture by Alexander Liberman. In foreground, turquoise Chinese bowl, sitting on 18th-century Chinese drum. Opposite page, a buffet to delight the eye. Table, Mark de Suvero; sculpture, Isamu Noguchi; Japanese gold-painted lotuses and lacquer box; Chinese chair; Rhodesian wine container; vermeil salt, pepper, and mustard containers by Kurt Jobst.

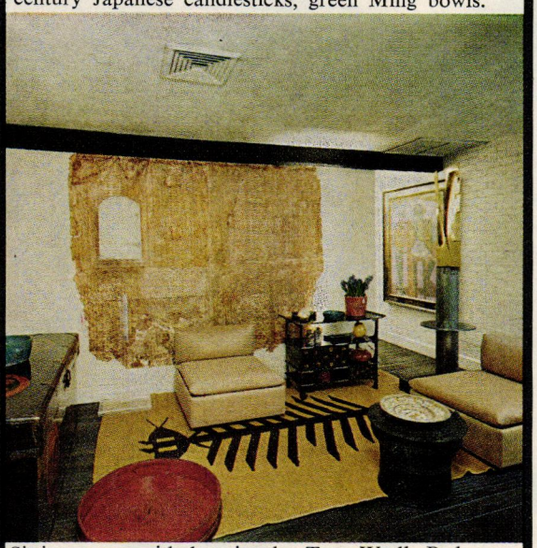
HORST

You can put
your feeling
for color into
everything
you do—
including food

continued

Staircase to roof: Nigerian raffia mat, Japanese trunk and lacquer tray, sculpture by Etienne Hadji.

Dining room: painting by Dorothea Rockburne, 18th-century Japanese candlesticks, green Ming bowls.

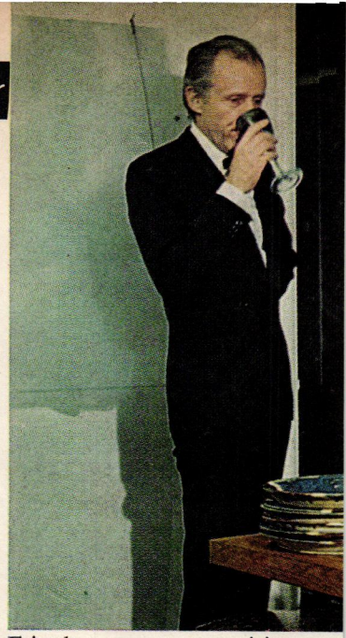


Sitting room with hanging by Tom Wudl. Bedroom, *below*, has batik on walls, Japanese screen.

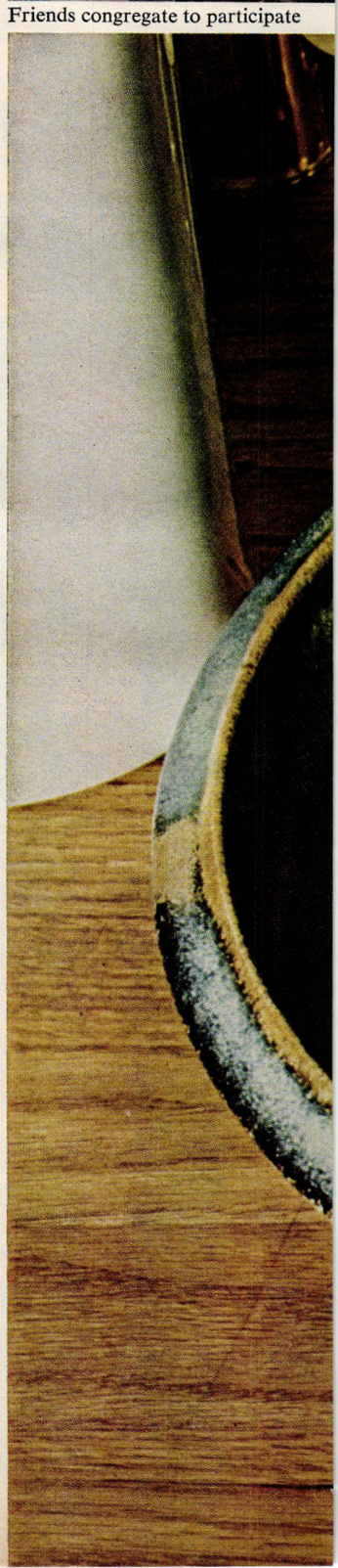
Your color sense can develop with training, Mary McFadden believes. She works with over 500 color charts for her collections. "You get highly trained to the subtleties of color." She also travels about 100,000 air miles a year. "That's about 4 months traveling with the collection in America, then maybe 10 countries in the summer where I suck in the culture." One of her strategies (and hobbies) is to photograph almost every museum collection she sees, so that she has a huge number of slides of paintings that she may one day use in a fabric design. "I blow up a small area of the painting, and use ideas from the colors and designs that appear in the detail. For instance, one new fabric that we are working on now is inspired by part of a miniature from Isfahan." Her apartment, too, is inspired by her travels—Rhodesian art, Japanese lacquer, Persian pottery, Nigerian raffia, Chinese furniture, American Indian hangings, pre-Columbian sculpture, all live happily alongside modern sculpture and art. "In my apartment any color will fit, because the walls are white and there is no predominant color in any of the rooms."

The more you are involved with color, the more you will enjoy extraordinary combinations

When Mary McFadden entertains, she provides a feast for the eye as well as the palate. "It's all highly designed and planned, like a painting. Everything is systemetized, with about 15 or 20 variations." She mostly gives buffets, like the Japanese one, *right*, for 8 to 10 people, so that everyone circulates easily. (For recipes, see page 124.) In addition to Japanese food, she has other menus planned for their visual appeal: for instance, tomato soufflé with basil sauce, chicken loaf with Cumberland sauce, wild rice, turnips, and Key lime pie; or hot orange borscht with thinly sliced orange rind, quenelles au Porto, and blackberries encased in spun sugar with raspberry and kirsch sauce.



Friends congregate to participate



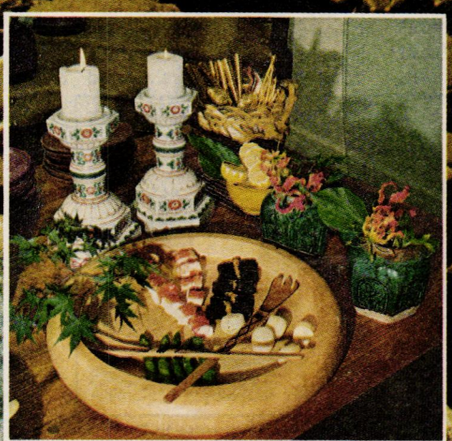
For a party, left, Mary McFadden wears her own hand-painted tunic and skirt with an Egyptian hand-forged cuff dipped in gold. Right, a bowl of sashimi, Japanese raw fish hors d'oeuvres decorated with rolled carrot, cucumber, white radish, and green mustard. Other hors d'oeuvres (called bento and zensai) include kelp, asparagus, quail eggs, bamboo shoots.

HORST

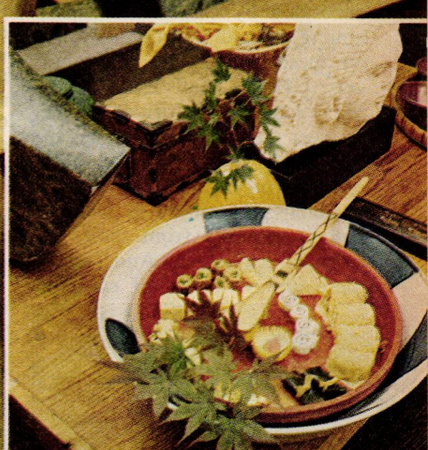
in a McFadden feast.

Japanese lacquer finger bowls with orchid.

The delicate colors of Japanese hor d'oeuvres.



Japanese candlesticks illuminate another dish.



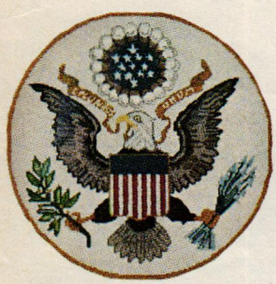
Egg rolls observed by an Egyptian head.

BLAIR HOUSE: AMERICAN HOSPITALITY FOR PRINCES AND PRESIDENTS

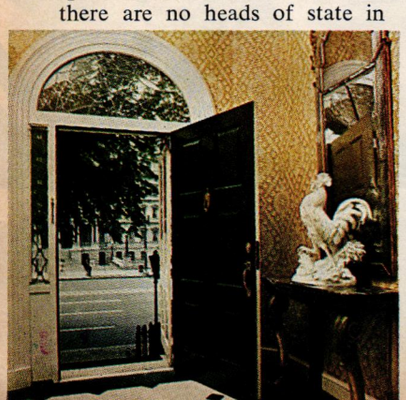
Home-away-from-home for the nation's official guests, the President's Guest House offers a taste of American life to heads of state on Bicentennial visits

WORLD WIDE PHOTO

Blair House, just across Lafayette Park from the White House, *top left,* was home-in-America this June for Queen Sophia of Spain, *above,* at the White House with Mrs. Gerald Ford. Personal gifts to Blair House: needlepoint done by wives of Presidents, Vice-Presidents, Cabinet members. *Above left,* the Presidential Seal worked by Mrs. Richard Nixon. Along the stairwell, *above,* official seals of the Presidency, Vice-Presidency, and the government departments all in petit point. Handsome console table in entrance hall, *below left,* belonged to the Blair family. Terrace, *below,* an awning-shaded corner in a brick-paved garden green with ivy and tall trees. Coral silk covers walls in Roosevelt dining room, *right.* Chippendale chairs belonged to Francis Preston Blair; portrait of Franklin Delano Roosevelt was painted by Elizabeth Shoumapoff. *Right below,* recent Blair House guests, Giovanni Leone, President of Italy and Signora Leone (center) with the Fords.



It's called Blair House or the President's Guest House, but it's really a trio of town houses—distinct outside, linked within. Blair House, built in 1824 and bought by the Blair family in 1836 and the Blair-Lee house next door, built by publisher Francis Preston Blair for his daughter, have been the official guest house since 1942; the third house was added in the late 1960s. The Office of the Chief of Protocol in the State Department manages and maintains Blair House but, as the wife of one Chief of Protocol explains, "the government paints but it doesn't purchase." The house owes its furnishing and decoration to the energy and generosity of many private individuals and companies. Since Mrs. Angier Biddle Duke first organized the Blair House Fine Arts Committee, a series of dedicated committees chaired by the wives of successive Chiefs of Protocol has done a remarkable job of expanding the original furniture collection and planning the house to offer privacy, comfort, and a place to relax to its distinguished guests. Recently, under the chairmanship of Mrs. Emil Mosbacher Jr., twenty-seven rooms were redecorated by Elisabeth Draper, among them all the rooms shown on these pages. The small but very efficient staff under Mrs. Mary Schneck can turn on a dime to meet the needs and wishes of the guests, and records are kept of every meal served, of guests' personal preferences as well as special requests from their respective embassies. And, when there are no heads of state in residence, Blair House is in use by the state Department and Cabinet officers for official entertaining. Yet it seems less an official residence than a private house. The kind of house that makes you think they might serve hot blueberry muffins for breakfast and they do. While the kitchen can and will prepare many kinds of food, the emphasis is on traditional American cooking: baked Virginia ham with raisin sauce and candied yams; oyster stew; roast turkey with dressing; baking-powder biscuits; strawberry shortcake; apple pie with cheese. American home cooking seems to please Blair House guests. Prime Minister Takeo Miki was so delighted with the chef's pancakes that he ordered them every morning.



THE WHITE HOUSE, DAVID HUME KENNERLY

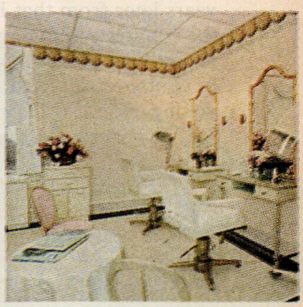
WOMEN'S WEAR DAILY

The president of France, Valéry Giscard d'Estaing, with President Ford during the May visit in which he presented France's Bicentennial gift to the United States.

Left above: The blue and white and pale green bedroom of the Queen's suite is furnished in English mahogany. *Above:* In the adjoining sitting room breakfast is served. *Center left:* Detail of West Point and a trophy panel from the Eisenhower toile designed by Elisabeth Draper for his Gettysburg house, also used in the chief of state's bedroom at Blair House. *Left:* The Eisenhower Suite bedroom, where kings and presidents sleep.

BEADLE

Left: Blair House was built with spacious double parlors spanning the full depth of the building. The high-ceilinged drawing room opens to the terrace and also, through a square arch, into the reception room at the front of the house. The French doors are hung with brown silk taffeta lined with a bold and handsome wrap-printed silk. The portrait is of Daniel Webster, painted by G.P.A. Healy in 1848. *Left below:* Mme Valéry Giscard d'Estaing, accompanied by Countess Guy de Brantes and her son. *Right below: The* King of Spain, Juan Carlos, and the Queen with President and Mrs. Ford.

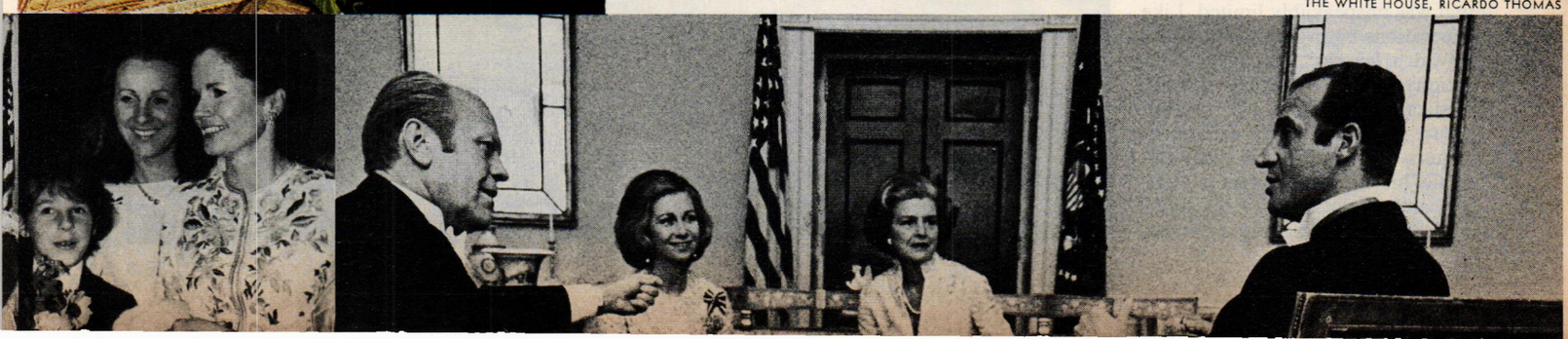


Tea

Cucumber sandwiches
Smoked salmon sandwiches
Cookies

Left above: Tea is sent up to the yellow bedroom, where ladies-in-waiting stay. *Above:* The perfectly appointed little beauty salon designed by Jean Andrei, Elizabeth Arden's decorator. Arden supplies a multilingual staff.

THE WHITE HOUSE, RICARDO THOMAS



A provocative discussion of
Ivan Illich's controversial new book,
Medical Nemesis

IS AMERICAN Medicine KILLING US?

By John Wykert

Like a good many people nowadays, my great uncle turned his back on the conventional medicine of his time. It was an extraordinary act for a respected physician in the Vienna of 1907. But Dr. Moritz van Brée could not be deterred. The family, needless to say, was appalled by his decision to retire and to sell the profitable and rather fashionable sanatorium he owned at the outskirts of town, in order to devote himself, at age 50, to "activities more useful and enjoyable." To my mother, Uncle Moritz confided that he was through with medicine because he was *disenchanted*. "Don't trust doctors," he advised her. "We know nothing and can do little, precious little—for our patients. Take my advice, stay away from all doctors."

Essentially similar opinions, though put in far more seductive intellectual terms, come some 70 years later from that Pied Piper of the countertechnology culture, historian Ivan Illich, in his new, highly controversial, and thought-provoking book, *Medical Nemesis. The Expropriation of Health* (Pantheon, $8.95).

Much as Uncle Moritz did, Vienna-born Illich believes that the medical establishment constitutes a major threat to the maintenance of one's good health. The similarity of their conclusions makes one wonder about these many decades of medical progress. Mind you, their convictions are based on a completely different array of facts. Illich contemplates the present technological overabundance and its lacks; Dr. Brée mourned his deprivation, a medical repertoire that was unspeakably limited. Like generations before him, he had received a lengthy humanistic education and an extremely sketchy medical one. Things are reversed today. Uncle Moritz's armamentarium of medications was pathetic, his instruments few in number, and the less said of his medical texts, the better. Surgery, mostly done by barbers or bonesetters, was just becoming a medical specialty in the 1900s: for a thousand years the great European medical schools had taught medical students the humanities, to an extraordinary degree and at great length, and briefly, very briefly, three pathetic "medical" techniques—bleeding, purging, and the giving of enemas. Thus armed—it was all they had and all they did—the physicians of post-medieval days set out to do untold harm. Paradoxically, the physicians reaped rewards, untold riches, and reverence galore. Not surprisingly, uncle Brée's retirement was mourned in his day. He may have felt unable to do anything, yet what little he could do was held in disproportionate esteem. And he shared the confidence of his time that a better day was adawning. Modern medicine *was* being born; his native Vienna was a hotbed of medical giants and pioneering research, as were the nearby German states. To the boundless esteem for the physician was welded a boundless enthusiasm for the future.

Something glorious was about to happen. From being a virtually helpless bystander at the sickbed, the physician was to become master of all he surveyed, in control of an amazing, far-ranging technology. From a concerned and cultivated amateur, he was to become a professional—the supercool, aloof scientist. Yes, the dream came true. So why are so many patients so very disenchanted with all the wonders of modern medicine? Why does malpractice, either as a legal maneuver or as a devastating experience, run like a leitmotiv through medical journals as well as cocktail parties?

As far as Illich is concerned, technology has not just taken over, it is hopelessly out of control. What the marvels of medicine have brought with them is a side effect he calls "iatrogenesis" (from the Greek *iatros*, doctor, and genesis, origin)—doctor-caused diseases. Illich refers to this as the "sick-making powers of diagnosis and therapy."

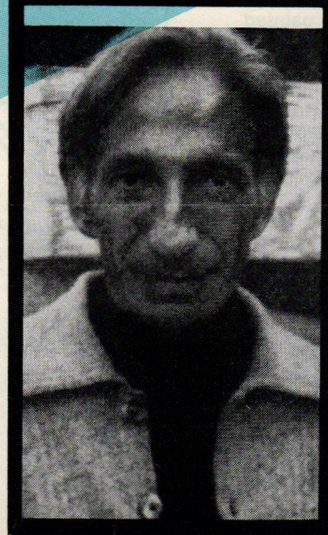
He believes this seamy side of medical progress is hidden from view, while the benefits of medical progress receive all the publicity. And he calls for the citizen to put a stop to the iatrogenesis epidemic. Do not panic, he urges his readers, but begin a thoughtful discussion that will lead to demystifying modern medicine. The only real danger we all face, he contends, is to be passive in the presence of the expert, and to allow organized medicine to do its own, sure-to-be-superficial housecleaning.

Medical Nemesis offers a dazzling treat, an academic polemic (footnotes stud Illich's pages to the point of distraction) that encourages us to reexamine our thinking and feelings about a subject we largely ignore—because of our passivity when it comes to matters medical, and also perhaps because of our fear that we are genuinely helpless to change the existing order. But perhaps not.

To paraphrase Toscanini on Marian Anderson, here is a voice that comes along only once in a lifetime. It is well-worth heeding. One need not believe every word, but just be turned on, if possible, to constructive action. In Illich, we have found a passionate mentor for our times.

Modern medicine, Illich says,

Continued on page 191



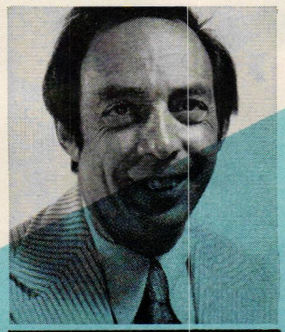
BARON WOLMAN

HISTORIAN-PHILOSOPHER ILLICH ATTACKS THE MEDICAL ESTABLISHMENT

EDITOR'S NOTE: Historian and social philosopher Ivan Illich was born in Vienna in 1926. Enormously erudite, Illich speaks 11 languages and has degrees in philosophy, theology, and history. He became a Catholic priest in the early 50s and requested service in a predominantly Puerto Rican parish in New York City. He was vice-rector of the Catholic University of Puerto Rico, and a faculty member at Fordham University. Disputes with the church and his founding of the radical Center of Intercultural Documentation caused him to leave the priesthood. He lives in Cuernavaca, Mexico, and has expressed his iconoclastic social theories in his book *De-Schooling Society* and now in *Medical Nemesis*.

Doctors TALK BACK

Six prominent physicians give their views



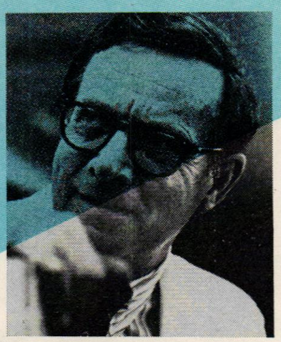
H. Jack Geiger

Dr. Geiger is professor and chairman, Department of Community Medicine, School of Medicine, State University of New York, Stony Brook, N.Y.

On reflection, the questions that Illich raises are extraordinarily important, particularly the social and cultural points. Least interesting is his concept of medical iatrogenesis, while the meeting of unlimited medical demands is of real concern. What Illich does is to cop out politically. Many of the issues he raises are political and concern the control of technology by people. What he does is to urge people to drop out. Dropping out, however, will not affect the issue in one way or another. Because technology will not go away. The problem we face is knowing the limitations and applications of technology. Rejecting technology is absurd. Defining its limits makes sense. I disagree with his position that pain is good and ennobling, and that without pain people are deprived of their autonomy, that there is growth through suffering. This is an absurdity based on a hopelessly romantic view. Pain is humiliating, dehumanizing, and degrading. He refers to addicting the poor to medical care and thus taking away their autonomy. Yet the poor are entitled to that risk. I am always very suspicious of people who suggest such solutions for the poor.

Lewis Thomas

Dr. Thomas is president of Memorial Sloan-Kettering Cancer Center in New York and author of The Lives of a Cell *(Viking), a 1975 National Book Award winner.*

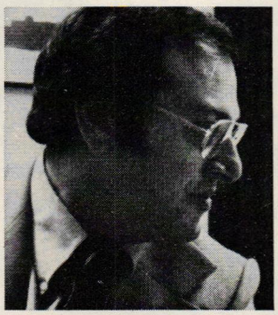


Illich is a friend and I am enjoying his book. I agree with him in part. In recent years, we've become obsessed with health to such an extent that we are almost a hypochondriacal society. We're now spending $120 billion a year on health compared to $10 billion in 1950. I am not clear where all this money is going, but I do agree there is a tendency these days to "medicalize" a great many social problems which are really beyond the scope of medicine. I also agree with Illich that the tendency of the human body is towards health and self-repair, and we could all do a lot as individuals to avoid ill health.

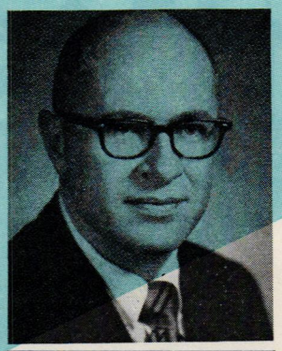
On the other hand, I do have to disagree with Illich on doctor-made disease—what he calls iatrogenesis. He suggests, as others have before him, that doctors create clinical conditions through medicine and drugs, which make patients sicker than they are, but he claims that iatrogenesis is so widespread as to menace the public health like an epidemic. I think this is an outrageous exaggeration. I don't think medicine should be criticized for the things it can do uniquely well—for example, curing pneumonia, tuberculosis, syphilis, and preventing a variety of viral diseases that were once lethal. At the same time, Illich fails to recognize that medicine is still a young science with much of its future ahead of it, and he criticizes the whole field for being unable to cure diseases which we do not yet understand. All in all, if, as Illich suggests, we were to close down medical science, I think we'd end up spending more money and being in more of a shambles than we are today. *

Michael Halberstam

Dr. Halberstam is a Washington D.C. cardiologist and internist, lecturer, and author. He is contributing editor to Medical Economics *and coauthor of a new book,* A Coronary Event *(Lippincott).*



The biggest thing that Ivan Illich has going for him is his name. If he were called Herbert Johnson, his books would be dismissed as nonsense, but his name *sounds* weighty. Illich is clearly guilty of everything he accuses everybody else of. He takes valuable insight and makes it a way of life. He does to social analysis what the blindly technological doctor whom he denounces does to medicine. He pursues a worthy goal, but in the way he goes after it, does more harm than good. I don't think that modern medicine in sum is counterproductive; and Illich's argument that it has become so is just foolish.



Dr. Alexander M. Schmidt

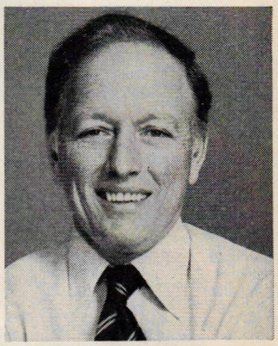
Commissioner of the Food & Drug Administration

I have become increasingly convinced that we need to spend a great deal more time considering the quality of our environment and of our lives. Ivan Illich tells us that we have become an over-medicated society, out of touch with the realities of our humanity. Much of what he says is quite true. It is apparent to even the most casual observer that our society is dedicated to the relief of suffering, after we begin to hurt, rather than the anticipation of—and removal of—the cause of our physical and social ills. But the way to remedy the situation is not to hunker down and endure the suffering as normal, as Illich seems to suggest, but rather increasingly to prevent the need to suffer by cleaning up our world, internal and external.

Harvey Bluestone

Dr. Bluestone is director of the Department of Psychiatry at the Bronx Lebanon Hospital Center and associate professor of psychiatry at the Albert Einstein College of Medicine, New York.

First of all, it was a very lively book; I read it from cover to cover without putting it down. Secondly, Illich is obviously well-read—the range of his knowledge is superb. Thirdly, unfortunately, I think the book doesn't go anyplace. Some of his observations are valid, but the reforms he's talking about really mean a reordering of all society, not just medicine. Getting back to a simpler society, dying at home instead of in the hospital, maintaining cultural values—that's lovely, but it means moving back 200 or 500 years. It has nothing to do with medicine—it's a romantic notion of returning to life as it used to be lived, in traditional ways. It's a million miles away from a practical blueprint for medical reform.



Denton A. Cooley

Dr. Cooley is surgeon-in-chief of the Texas Heart Institute, at St. Luke's and Texas Children's Hospital in Houston. He is coauthor of the recent Techniques in Cardiac Surgery *(Texas Medical Press).*

I was quite fascinated, albeit infuriated at times, by this book. The author is no doubt a brilliant thinker, and his comments on the whole are well documented. Nevertheless, I found myself wondering what first-hand contact Mr. Illich has had with the medical profession and the delivery of health care. I noted that he holds degrees in history, philosophy, and theology, but his book reveals him to be sadly lacking in insight or knowledge about the practice of medicine.

Illich contends that this generation has become too dependent upon "the doctor" and that medicine in general is depriving the individual of his "freedom." His assertion that periodic checkups and diagnostic tests have no effect upon morbidity and mortality is absurd and absolutely without basis.

His description of the contemporary physician, not

Continued on page 193

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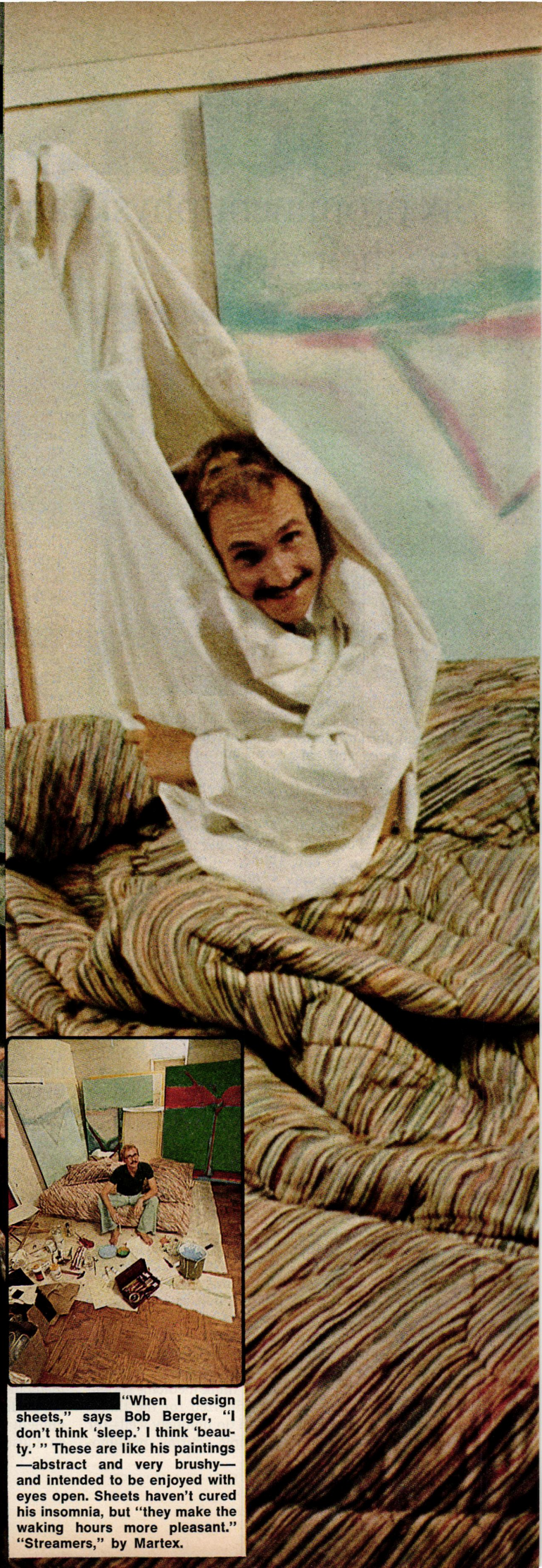
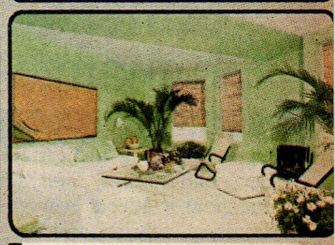
PATTERNED SHEETS: WHAT THEY DO FOR YOUR PSYCHE

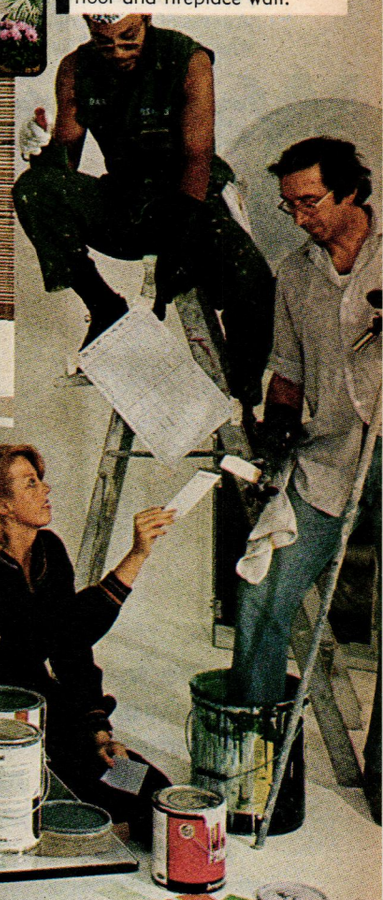
"To sleep in wheat must be marvelous, don't you think?" asks artist/designer Phyllis Silverman. But she's not a lingerer in her own bed, however pleasing the sheets. "I get right up, put on dungarees, and start the day." Before she does, the bed gets made: "I'm originally from New England, and some of those traits just don't change." "Summer Wheat" by Martex.



"When I design sheets," says Bob Berger, "I don't think 'sleep.' I think 'beauty.' " These are like his paintings —abstract and very brushy— and intended to be enjoyed with eyes open. Sheets haven't cured his insomnia, but "they make the waking hours more pleasant." "Streamers," by Martex.



So that each can be seen on its own color terms, the rooms are shown out of their original sequence. Top left, all-white ceiling, walls, floor, upholstery, and most accessories. Color comes from the painting by Larry Zox, plus plants and flowers. Going down, Lavender ceiling stripe flows down fireplace walls to the floor; Lacquer Green gives a deep forest feeling, ceiling and flowers are white. Bottom: White upholstery, Pink Pink ceiling, Lacquer Green floor and fireplace wall.

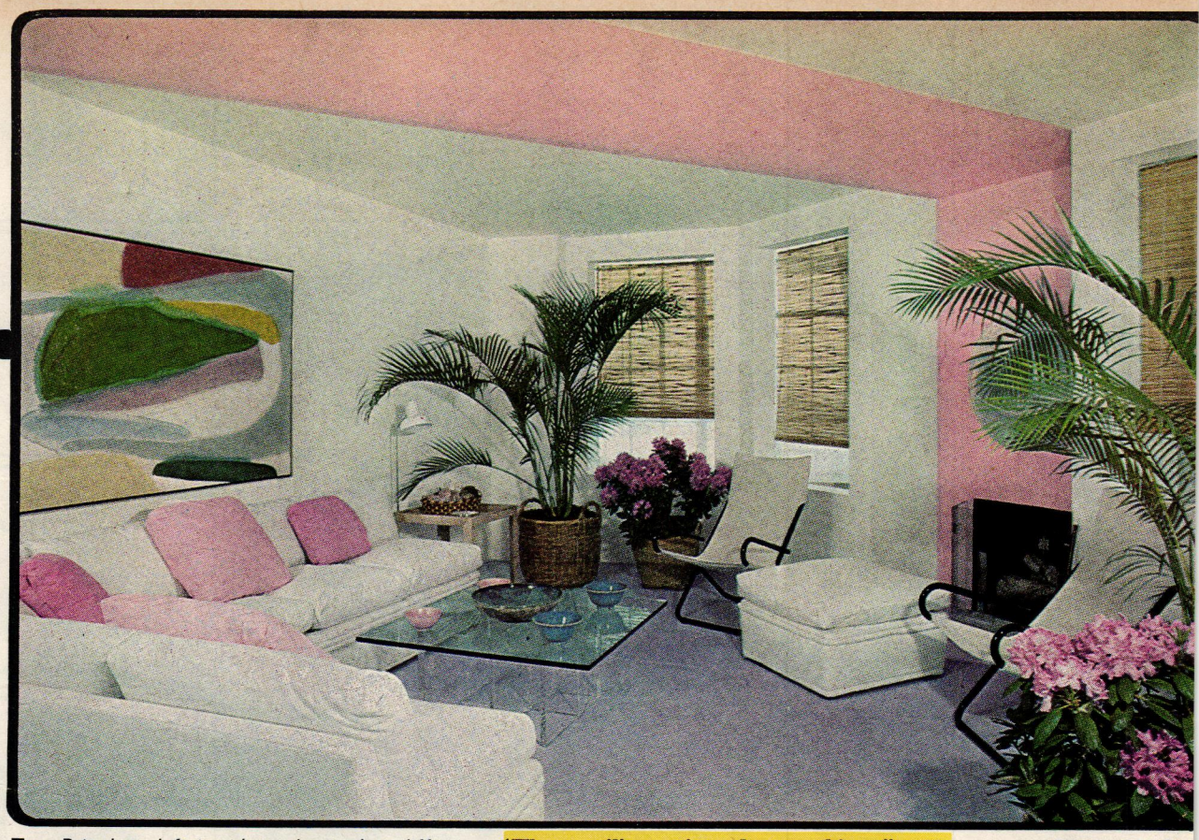


Pink Pink ceiling stripe, top right, goes down fireplace wall onto Lavender floor; below it, Seafoam Green ceiling stripe, walls and pillows and Oyster White ceiling, floor, and upholstery. Directly above: selecting color chips and paints to carry out Britt plan. Living room at left: painting over sofa by Georges Noel, at Pace Gallery; sectional seating system with white slipcovers by Guild Furniture for Lord & Taylor; folding deck chairs from Lord & Taylor. For shopping information, turn to page 133.

Colors that pull together, furniture that weathers the changes

Our decorating project went right to the point—purely and simply color, and how it affects everything. All the furniture, fabrics, and accessories had to be in keeping with this basic idea. Neutral colors—white and green—made the best backdrop for the play of paint. And we used natural fibers, bare floors, plenty of straw, simple window treatments that could easily change to complement each new color scheme.

"There isn't a formula that I know of that lets you walk into any room cold and say 'Put X color here and Y color there,' no matter how great you think it's going to look," says Mr. Britt. "It may sound miraculous, but you have to wait and let the process of which color goes where reveal itself to you."



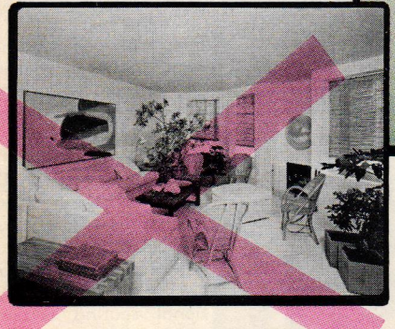
Tom Britt has definite ideas about what different colors mean. Pink Pink and Lavender, *above*, make a room calm and sheltered.

"Those ceiling stripes do two things," says Britt. "They change the proportions of a room and they're a vehicle for color."

NORMAN McGRATH

Watch the color change the mood, the

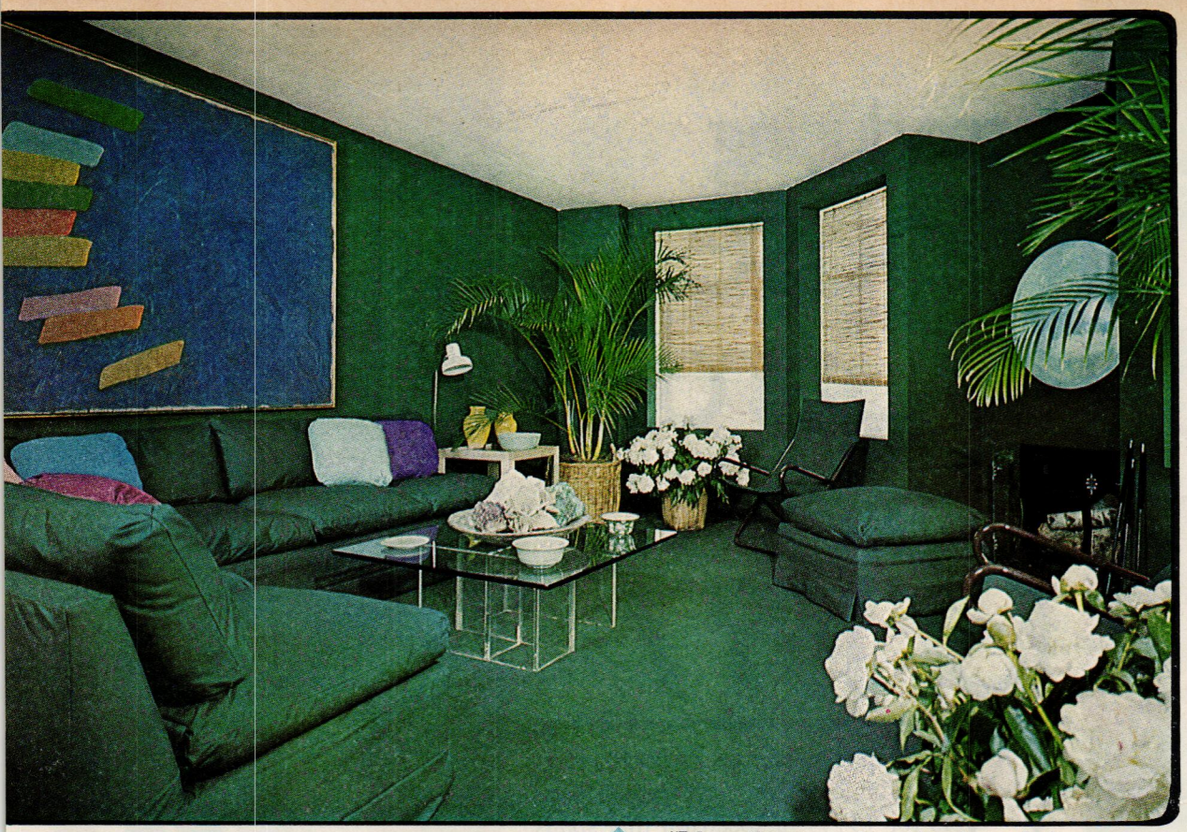
"The trend in color is toward much stronger shades—the kind that really register with pure pigment"



Oops! It didn't work. The antique wooden coffee table, left, and cane armchairs weren't the right scale. "The rattan pieces were too delicate and detailed for this particular room," says Britt. "They went against the streamlined look we needed."

SUSAN WOOD

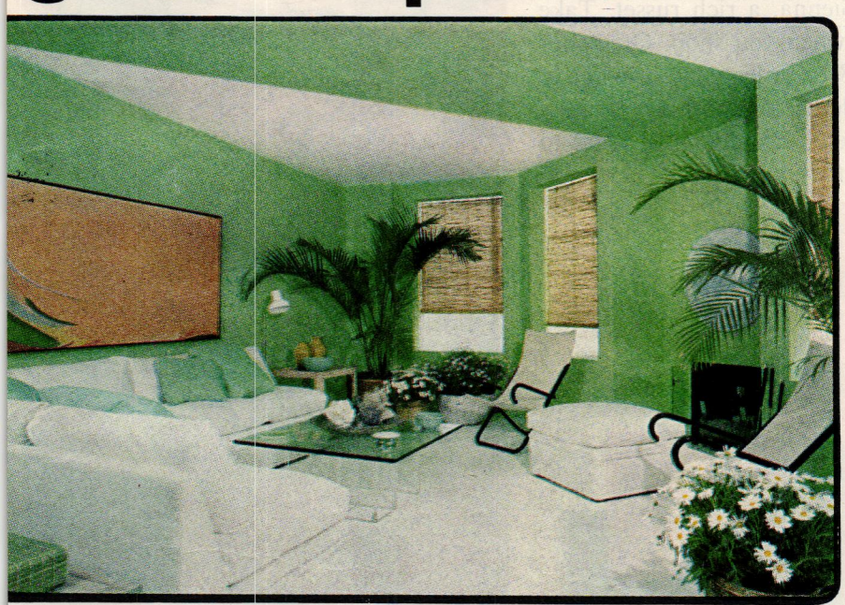
In the first, all-white room, Tom Britt lays out the six-color scheme. His tools are swatches of House & Garden Colors. With white as home base, the intensity gradually increased until the room became all green. Seafoam Green with white reversed the color direction, just before the room became white again at the end.



ıe-color wrapping: Walls, floor, sectional sofa, and fold- chairs are all Lacquer Green. Neon-colored pillows add rprise. Painting by Jack Bush.

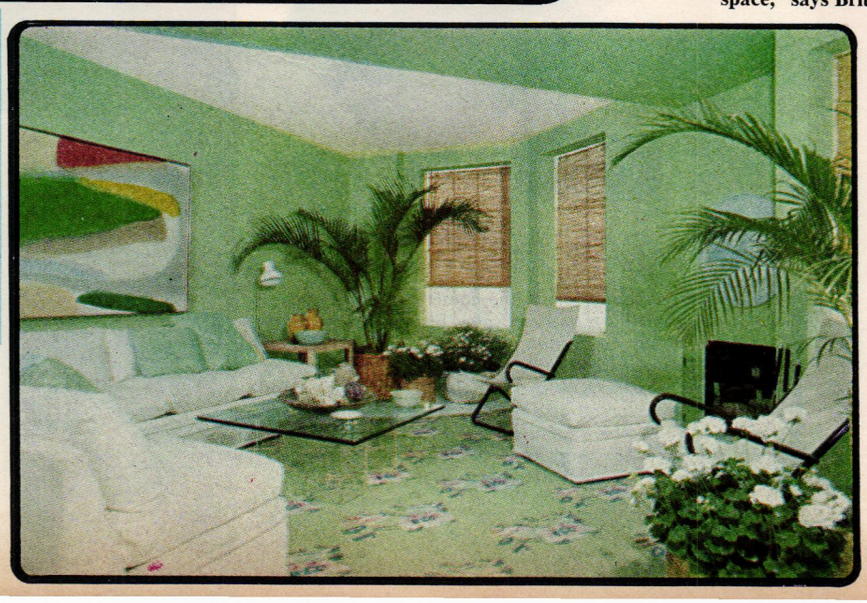
"I love the atmosphere this deep, dark green creates. It's a bit like the comfort of a men's club, but it's also like being in the shadow of tall trees."

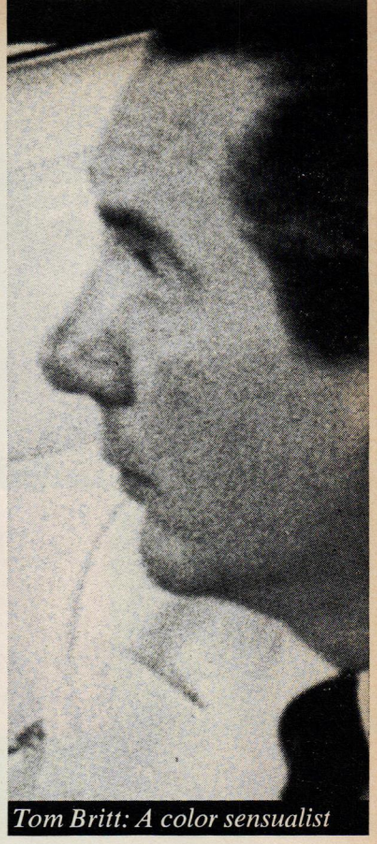
ight, the space, the feeling



"I tried the room with and without a rug, and found I preferred it without. It's cleaner and less cluttered, and opens up the space," says Britt.

These two rooms are the same . . . and not the same. The version at right has a rug—the only one of the twelve to have one. And look at the difference! Above, the Seafoam Green ceiling stripe flows down the fireplace wall and onto the floor, balanced by an almost equal amount of white.





Tom Britt: A color sensualist

"Dark colored rooms give a stronger focus to details than lighter ones"

"Part of my job as a decorator is to help my clients discover areas of themselves they're not always in touch with. Since I think that color is such an important reflection of a person's inner emotions, the colors he or she wants are always very revealing.

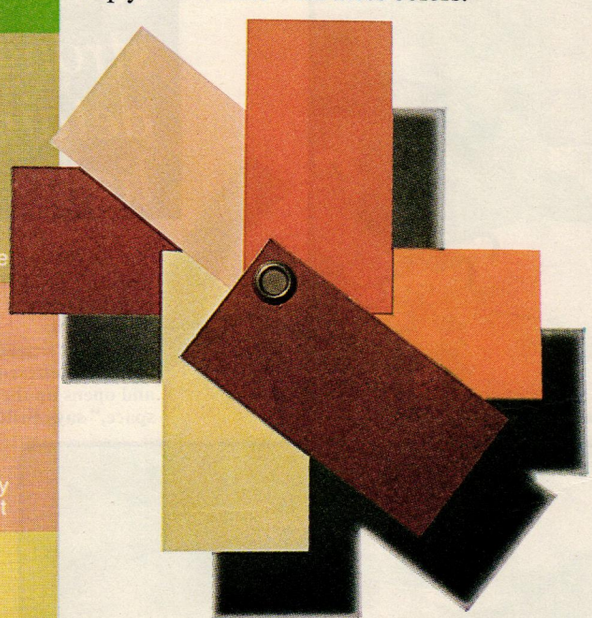
A client usually thinks he knows exactly the colors he wants. . . . but it's my art to uncover the color that is right for the time, place, and emotional tenor of that moment in the client's life. Color is intimately involved with people's fantasies and it is usually an important symbol. For instance, people who want everything white often wish for freedom to do or go or be something that's different from the reality of their lives. Yes, being a decorator is a bit like being a psychiatrist—more like being a magician, though. But when you've really hit it right, the response is fantastic!

I chose these six House & Garden colors for their sense of clarity and succession; the very light to the very dark. The truth is that this group just came to me. You can work out details on a conscious level, but I find that the colors come by a process all their own."

Hot Fudge	True Blue	Velvet Brown	Sweet Chocolate
Ultramarine Blue	Lacquer Green	Garnet Red	NEW Sienna
Tender Taupe	Green Mint	Real Red	Pompeiian Red
Tangerine	Mercury	Ming Green	Blue Flower
Bittersweet	Orange Peel	Blue Sky	Sweet Lime
NEW Heavenly Blue	Lavender	Biscuit	Pongee
Reef Blue	Seafoam Green	Pink Pink	Creamy Apricot
Oyster White	Shell	Peach Blush	Pure Cream
Vanilla	Pineapple	Sun Yellow	Chrome Yellow

Introducing House & Garden Colors for 1977

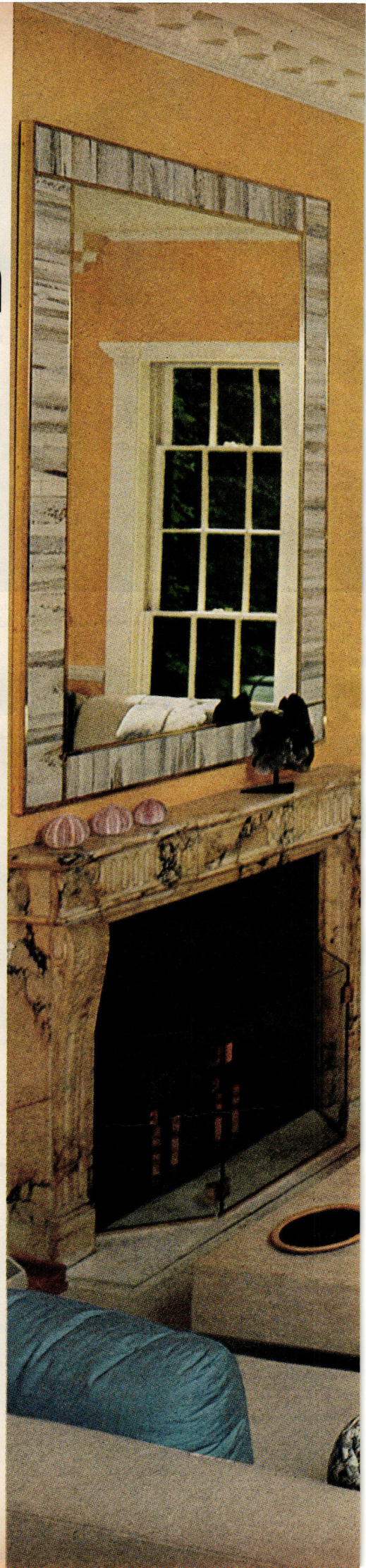
What are the 36 most wanted colors in America? House & Garden Colors for 1977—a spectrum that spans a range of moods from cool to exuberant. You'll find them in stores across the country coloring hundreds of decorating finds. There are two new colors this year—Heavenly Blue, a pure pastel between cool Reef Blue and warm Blue Flower, and Sienna, a rich russet. Take this page with you when you shop. Or, better yet, turn to page 38 to order your own set of 1977 House & Garden color chips and the new House & Garden Color Handbook of ideas to help you decorate with these colors.



FRESH CATCH OF CORALS

We've gathered together all the corals (swatches *above, clockwise from the top)* from spicy Bittersweet to zesty Orange Peel, earthy Sienna, pale Shell, rich Pompeiian Red, and luscious Creamy Apricot. Together they're *The New Corals*. See them in furniture, fabrics, wall and floor coverings, accessories, appliances. You'll find things for the house in The New Corals in your favorite stores (for a list, see page 58). And, to inspire you, there's a selection of ideas on the following two pages.

NORMAN MCGRATH

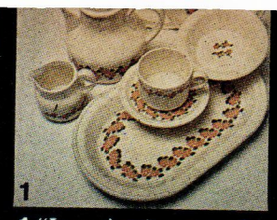


WHAT COLOR CAN DO FOR A ROOM

This is a country-in-the-city living room where color clearly counts. The room grew from the walls in, and if the owners move, the walls can move with them because they have an acrylic-on-canvas covering. Scenic artist A. William Strom painted the canvas in a blend of coral colors to look like an Italian fresco. Three comfortable sofas line the window wall as if they were built in. Oyster White and Pongee used wall-to-wall increase the sense of space—in the wool carpeting, cotton and linen upholstery, and travertine coffee table. Pillows are Heavenly Blue and antique batiks in True Blue. Architectural details have been preserved and allowed to shine. At night the Palladian window lets in a glorious view of the lighted garden. It's a room of soothing sensations—texture, form, color. Interior design by Nelson Ferlita of Arthur E. Smith, Inc. for Mr. and Mrs. Bill Kaiserman.

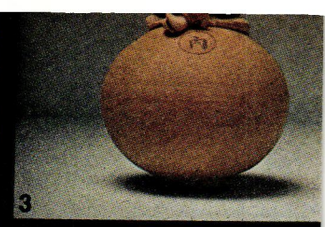
Color it Coral

Today, color means exuberance, inspiration —decorating zest for every room. Some of the brightest new things for the house now come in House & Garden's New Corals—Sienna, Bittersweet, Orange Peel, Creamy Apricot, Shell, and Pompeiian Red. Here is a preview of some of the decorating finds in The New Corals in stores from coast to coast.

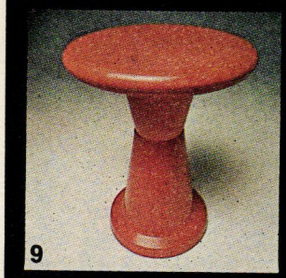


1 "Impatiens" oven-safe stoneware by Lauffer.

2 Hutch and chest in Creamy Apricot, with lattice, "wicker" details. Schoolfield. **10** "Big Mack" cotton canvas by Connaissance.



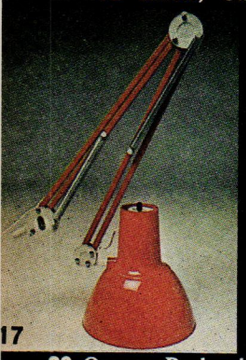
3 Pottery vase, Terrafirma. Ronaldo Maia.

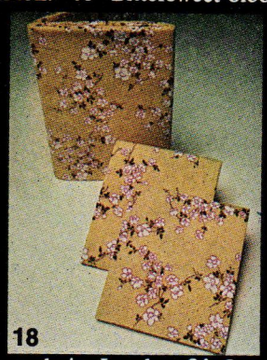


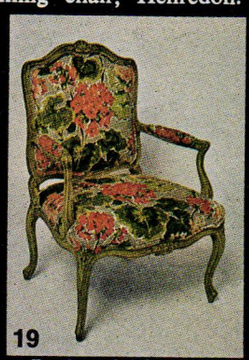
9 Modular Bittersweet plastic stool by Seabon.

11 Pine chair, Sienna print. By Thomasville.

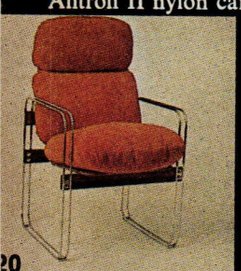
17 Translucent lamp in Bittersweet. Luxo. **18** "Oriental Blossoms" no-iron sheets, Cannon. **19** Bittersweet-blooming chair, Henredon.

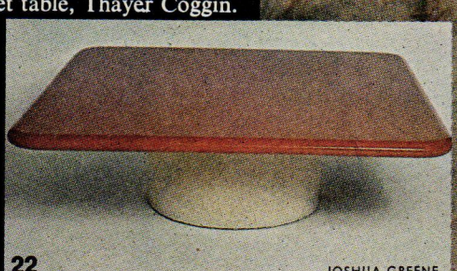






20 Orange Peel velvet chair. Landes. **21** Orange Peel and Bittersweet Antron II nylon carpet. Karastan. **22** Bittersweet table, Thayer Coggin.





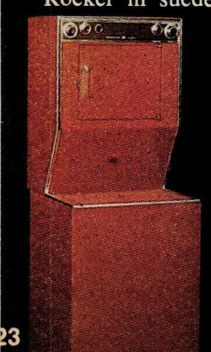
JOSHUA GREENE

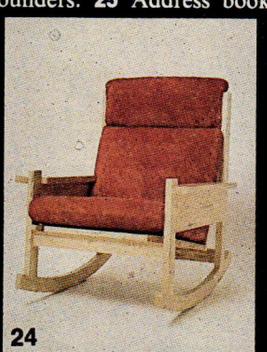
Have a picnic with The New Corals—details of picnic gear, plus Shopping Information, page 133

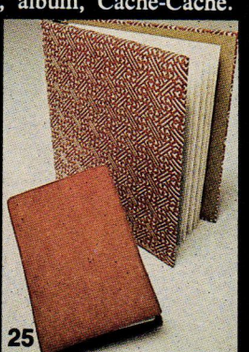
SUSAN WOOD

Pompeiian Red lacquered storage: **26** Korean-style chest by Baker; **27** One-of-a-kind box from LCS. **28** "Portuguese Needlepoint" rug by Stark.

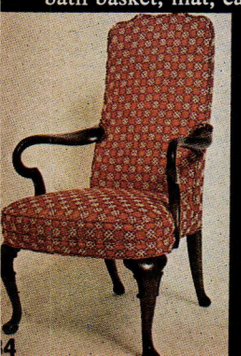
All in Pompeiian Red: **23** Compact laundry center by Frigidaire. **24** Rocker in suede, Founders. **25** Address book, album, Cache-Cache.

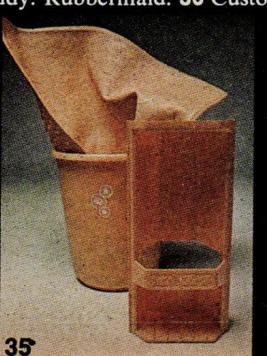


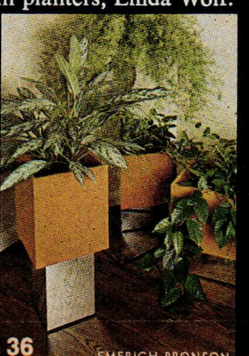




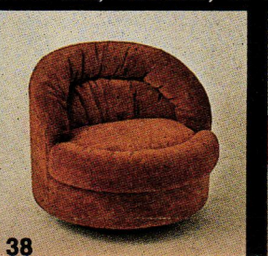
34 Stately chair in Pompeiian Red, Hickory. **35** Creamy Apricots: bath basket, mat, caddy. Rubbermaid. **36** Custom planters, Linda Wolf.

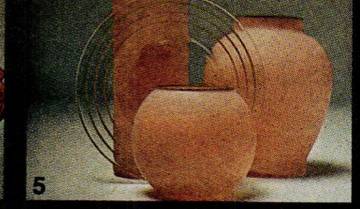






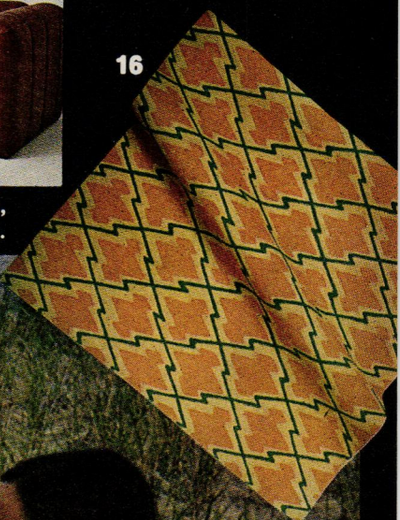
37 Three chintzes with Scotchgard. By Jay Yang for P. Kaufman. Beachy canvas, Key West. **38** Swivel seat, Kroehler, **39** Salad spinners, Mouli.





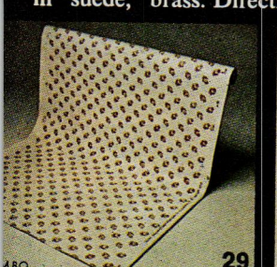
4 Sculpted carpet, Trevira polyester in Orange Peel, Bittersweet. "Aria," Bigelow. **5** Creamy Apricot glass vases, handpainted plate. Atelier Vitreon. Bloomingdale's. **6** Cast-iron enameled cookware, Le Creuset. **7** Bittersweet "Bali" wall vinyl, China Seas. **8** High-backed loveseat in Sienna leather. Hibriten. **16** Orange Peel-spiked "Weskit Diamond" cotton sailcloth. Schumacher.

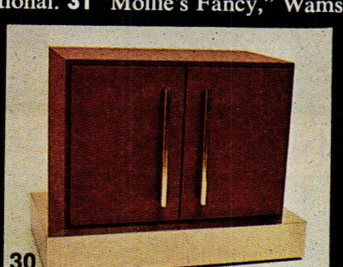
12 Bicentennial Bittersweet: "Fitzhugh" porcelain by Mottahedeh. **13** At ease: reclining chair in Pompeiian Red velvet, Burris. **14** Shoe-in's: Thai cotton shoe bags in Orange Peel. Henri Bendel. **15** Sienna stitched-leather loveseat, Burris.

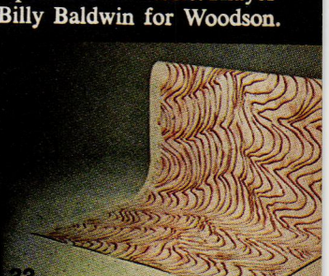


16

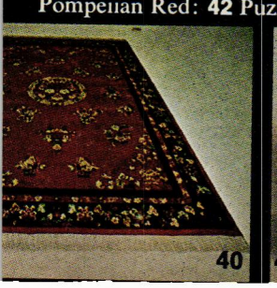
29 "Calico" wall vinyl, Krupnick Brothers. **30** Stackable chest in "suede," brass. Directional. **31** "Mollie's Fancy," Wamsutta. **32** Loveseat in wool carpet, Pompeiian Red fabric. Thayer Coggin. **33** "Amoria" wall vinyl, Billy Baldwin for Woodson.

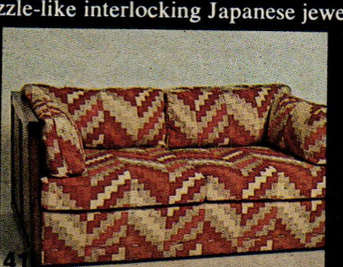


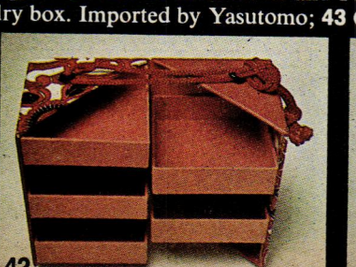


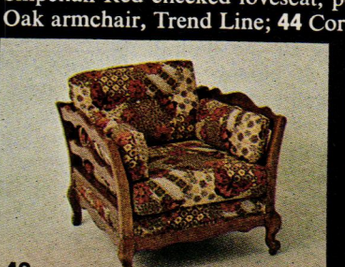


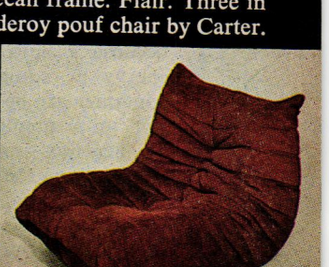
40 Four of The New Corals in a Chinese-inspired wool rug, Couristan. **41** Bittersweet and Pompeiian Red checked loveseat, pecan frame. Flair. Three in Pompeiian Red: **42** Puzzle-like interlocking Japanese jewelry box. Imported by Yasutomo; **43** Oak armchair, Trend Line; **44** Corderoy pouf chair by Carter.











Blooming wonders

BULBS FORCED FOR WINTER FLOWERING ADD SPRING COLORS INDOORS

Pure sunny color delivered in a plain brown wrapper—that's what a bulb is. And a windowsill bulb garden is enchantment, especially on a winter day. To grow bulbs you don't need a greenhouse or cold frame. Anyone with a spare corner in an apartment refrigerator can give hardy bulbs the cold storage they need. If you have an extra refrigerator, or a balcony or unheated closet or garage or basement, so much the better. You can have potted bulbs by the dozen. Order early, buy the plumpest bulbs available, and plant promptly—or refrigerate them until you have some free time. **Do your potting early in September for Christmas giving, by early October for the New Year, by mid-October for Valentine's Day, by Thanksgiving for spring bloom.** Hyacinths and tulips require 12 weeks cold storage (or leave longer, to a month before you want to use them). Daffodils need 15 weeks or more. The longer the storage, the longer the stems.

Bulb gardening could scarcely be easier or thriftier. **To put fresh color to work in any room, simply get some bulbs, pots, potting mix.** That is all you need except water and the chilling and warm-up conditions that bulbs get naturally in outdoor gardens. Even plant food is unnecessary, because a bulb has all the built-in energy it requires to bloom. Your container can be a well-scrubbed clay pot or a painted coffee can or a wooden box—anything, so long as it has a hole in the base for good drainage. The container should be twice as high as the bulb. **For a 6-inch pot, allow approximately 1 quart potting mix, or make up a bulb mix of ⅓ garden soil, ⅓ peat moss, ⅓ sand or vermiculite.** In a 6-inch pot, plant three to five hyacinths or daffodils, or six to seven tulips, or some fifteen crocuses. Bulbs like to sit snug. When planting tulips in a pot, set the flat sides of the bulbs around the edge; they produce leaves that will make a pretty border. **A key to success is to keep bulbs plump and the soil moist to the touch (not soggy) at all times.** A difficulty with smaller bulbs indoors, such as crocuses or grape hyacinths, is that sometimes they dry out before planting. Even large bulbs, if left unwatered during the cold period, may dehydrate.

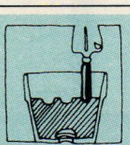
A bulb is a promise, and if we play fair with its needs, it keeps that promise and rewards the grower with color. Once in bloom, the flowering can be prolonged by moving the pot out of hot sun, heat, or drafts. After a bulb blooms, snap off the seed pod, but keep the leaves. Set the pot in a bright place or replant in a garden where the fading leaves can draw strength from water and sun, to nourish the bulb for next year's blooming. Do not try to force it into early bloom again. One season as a prodigy, acknowledging indoor applause, is quite as ambitious as a hardy bulb chooses to be. Planted in a garden, however, on nature's terms, bulbs even multiply.

Far left: Bulbs' welcome surge of indoor color delights Carole Steinberg, whose flourishing bulb garden is shown opposite.
Center: Refrigerator space provides the ideal 40-degree temperature for hardy bulbs. Pots can be covered loosely with plates or foil.
Opposite page: Tulips, daffodils, and fragrant hyacinths make a window garden at the Bert Steinbergs.

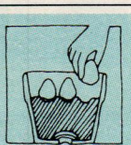
MARINA SCHINZ

FORCING BULBS FOR INDOOR BLOOM: **8 STEPS**

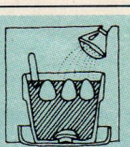
1 Cover the drainage hole and partially fill container with porous soil.



2 Make hollow for the base of each bulb to avoid scraping root tissue.

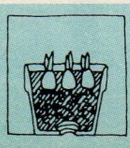


3 Set bulbs tip up and close together. Add soil to cover.

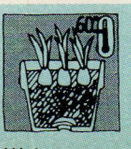


4 Label and date, then water from top or bottom, and let drain.

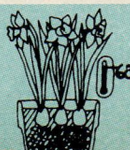
5 Store in dark cool place (35°-48°) 12 to 15 weeks. Water occasionally.



6 A month before bloom, take out of storage—if sprouts are 3 inches.



7 Move to semi-dark, warmer (55°-60°) spot for 1 to 2 weeks. Water.



8 Move to sunlight and room temperature (65°-70°) to bloom.

DURELL GODFREY

BEST BULBS FOR GROWING **INDOORS**

HYACINTHS *(January-February)*

- Pink Pearl (pink)
- Ostara (blue violet)
- L'Innocence (ivory white)
- Anna Marie (pale pink)
- Bismarck (violet)
- Jan Bos (deep red)

HYACINTHS *(February-March)*

- Delft Blue (lilac blue)
- Carnegie (white)
- Perle Brilliance (gentian blue)
- Eros (deep pink)
- Marconi (deep pink)

TULIPS *(January-February)*

- Merry Widow (red and white)
- Christmas Marvel (pink)
- Thule (red and yellow)
- Cassini (red)
- Bellona (yellow)
- Preludium (rose)
- Paul Richter (red)
- Apricot Beauty (pink)

TULIPS *(February-March)*

- Kees Nelis (red and yellow)
- Madame Spoor (red and yellow)
- Peerless Pink (pink)
- Karel Doorman (red)
- Blizzard (white)
- Olaf (scarlet)
- Prominence (red)
- Makassar (yellow)

DAFFODILS/NARCISSUS *(January-February)*

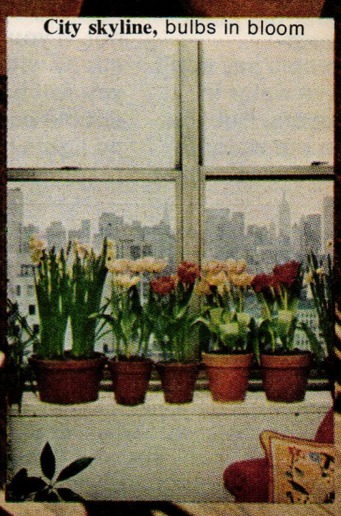
- Golden Harvest (yellow)
- Flower Record (yellow and orange)
- Dutch Master (yellow)
- Barrett Browning (white and orange)

DAFFODILS/NARCISSUS *(February-March)*

- Mt. Hood (white)
- Geranium (white and orange)

Winter outside, springtime inside

City skyline, bulbs in bloom



Rules of a green thumb indoors

"Everything is white so that light ricochets onto the green leaves." The same plant-loving people whose country house plants you saw on page 72 also share white rooms with plants in the city. The partnership is dazzling. "I have always loved plants, and talked to them, too," Mrs. Alexander Liberman says. "Twenty years ago people wondered, but now everyone knows plants are sensitive, like us. And I think maybe they don't mind the Russian accent?" Her success with house plants springs in part from sensitivity to their basic needs—ideal light, temperature, soil and water—and Mrs. Liberman also uses some gardening techniques that are highly original. "I try to give them the maximum sun, which flowers like. I turn all the plants every two weeks so they get south sun or different sun. Our rooms are never above 68 degrees. Flowers come first. I ask guests to bring sweaters; they may complain but they always come back."

A NON-COMFORMIST'S ADVICE ON HOUSE PLANTS

"Pinch, pinch, pinch with no regret. The pinch is the secret of everything. Pinch to make new leaves. Pinch off the flower when it is tired. The more you pinch, the better the plant."

"People say don't leave water in saucers. But you can put water in saucers as well as in pots. Next day the water is gone, and the humidity is good."

"Be generous with electricity. When the sun goes down, put on lights. Up-lights, down-lights, but not too hot. If you are stingy with light, you will have a double economy—no lights but no plants either."

In country and city, bright windows, special floodlights, and cool temperatures encourage such flowering plants as begonias and azaleas, *right,* and, in the country, geraniums, flowering maples (abutilon), clivia, and others. But "our plants like country air better than city air." Whatever fits in the station wagon, even a 15-year-old dracaena massangeana that began as a small pot plant, goes to the country in May. At summer's end, the soil in every pot is refurbished. Each plant gets a top dressing of rich, sterile packaged soil to help it through the fall and winter.

The only drawback to country life for plants, Mrs. Liberman finds, is that, "Our plants in the city get no insects, but sometimes they do in the country. We isolate any plant with troubles, wash it, and my husband sprays it if necessary." All year-round she waters more or less regularly every two days, or has someone else water if she is away. ("Plants suffer in my absence. I don't need to ask them if they miss me.") She does not mist her plants, however. "Too messy, except for orchids, which insist." One unusual thing she does is pour water into saucers as well as into the pots, but her plants have never had root rot. "The next day the water is gone, in the air, and the plants are ready for more in a day or two." She feeds her plants every four weeks and finds, between one good brand and another, "little difference in plant food." Because "leaves in the city tend to get dry, are not soft and shiny as in the country," she gives them a special city-slicking spray with Brown Gold Leaf Polish.

Another of her concerns is air space around each plant. "Plants need room. It's very necessary. Clay pots let plants breathe. Baskets let the pots breathe." She does not crowd plants or let them stay in cachepots very long. Her plants have space to grow, and grow they do. The geraniums in the country are 4 years old, thick with blossoms most of the year. So are the flowering maples. "The pinch is the secret of everything. The more you pinch, the better the plant. Pinch if you don't like the shape of a plant. Pinch off dead blooms and leaves quickly. Pinch the whole flower back to the stem. If you remove a faded flower quickly, the plant will not become tired. You must pinch, and you must be generous. This is my system, and it is the best for our plants."

City greenery in a Manhattan town house, *right:* Flowering plants for changeable color. **In the dining room,** *top,* pink semperflorens begonias join a tall dieffenbachia and split-leaf philodendron near a window looking out on a garden. The sculpture is by Alexander Liberman. The painting on the left wall is by Cleve Gray, as is the papier-maché sculpture near hydrangeas by the door. A space-enhancing strip of mirror separates window and door, and the right wall of the garden has a horizontal mirror topped by latticework, doubling the impact of plants and art. **In the library,** *bottom,* snowy azaleas keep company in season with tropical ficus benjamina, dracaena marginata, dracaena massangeana. Here, window light is supplemented by 100-watt floodlights attached to shelves and to a floor-to-ceiling pole painted white to blend with light-reflecting white walls. Much of the art is African. The painting and drawings are by Léger.

NORMAN MCGRATH

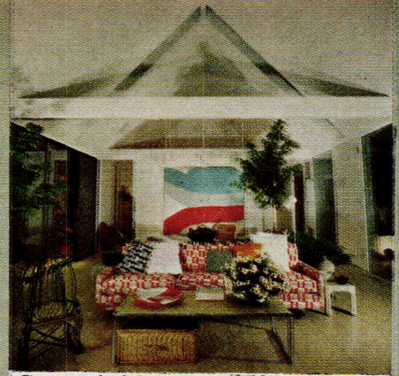
A house ready-made for color

with furniture and fabrics you can buy now

This light, airy house, designed on the simplest lines by Hugh Newell Jacobsen, is filled with a bright collection of French cottons and contemporary American furniture.

Angular exterior, with kitchen window

Living room waiting for color



Geometric fabrics repeat ceiling patterns

View through front door to deck

fresh, uncluttered, with beams and roofs like a barn, and glass everywhere, the white rooms seem positively to ask for color. And designer John Rieck answered with color—stimulated by a lively new group of French cottons available in America from Marignan with only a 3-week delivery. "We could have gone in a million directions—there are so many colors and patterns to choose from. There's not a single color that doesn't go with all the others." It's mix and match taken to its brilliant extreme—see the sectional armless sofa, *above*. The furniture, with its simple clean look, is by Founders, available at stores everywhere.

The living room, above, has 16-foot ceiling, bleached oak floor. Behind sofa, Virginia Cuppaidge canvas from Susan Caldwell Gallery. Platter by Diane Love. Red lacquer tray by Art Asia. End table top left, by Roe Kasian. For shopping information, please turn to page 133.

DAVID MASSEY

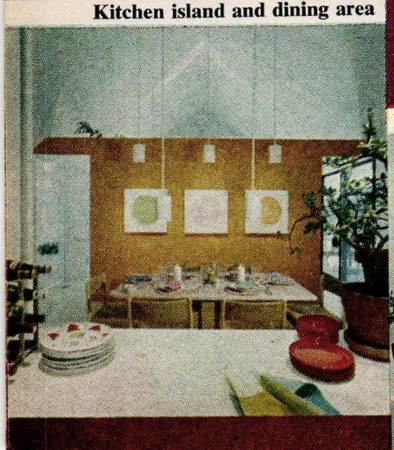
Ready-made for color *continued*

another white space, with glass to the ceiling and sliding doors opening on the garden, is filled with color. In this bedroom, *below and opposite page, top,* a brilliant red carpet sets off a multitude of floral and geometric cottons—designer John Rieck used four different patterns on the bed alone! The bed is made of light elm with a cane canopy. The wall opposite the glass is also red, as you can see from the outside, *opposite page,* where the room glows like a wonderful, warm center to the glass and wood structure. The house is really like two Monopoly houses joined together (see exterior picture on preceding pages), with living room and bedroom facing the garden. Opposite is the dining and kitchen area, divided by an orange wall, *below left.* To the right and left are sun decks. The back of the house is all glass, as open to nature as possible. In contrast, the front has only a sliver of a window, in addition to the tinted acrylic kitchen window —thus ensuring privacy.

Bedroom below, sparkling with Marignan cottons. Bed, ottoman, chair, loveseat, table, cabinet, by Founders. Carpet by World. Sheets by Pratesi. Lamps by George Kovacs. Parsons table by Karl Springer. Pottery by the Pottery Barn. Painting by Ronnie Landfield at the André Emmerich Gallery. Tom Mangold graphics, bottom, are from Prints on Prince Street. Deck furniture by Brown Jordan. House designed for Mr. and Mrs. Robert Butts, developers of Yorkhaven, Irvington, Va. Shopping information, page 133.

DAVID MASSEY

Kitchen island and dining area



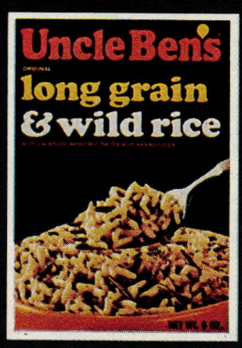
Kitchen at night, with tinted window

Bedroom with white recessed closets at left

Off the living room a deck for sunning, reading, playing

Thursday's chicken is Thursday's chicken. But a blend of two rices and twenty-three different herbs and seasonings is not a potato.

What a success.



Monumental building will reflect the trend toward color. We will have polychrome skyscrapers, schools, and highways

Color shock

continued from page 68

In the preindustrial world, colored garments were a rarity, reserved for kings and nobles. Now man stains or paints almost everything, from underwear to wallpaper. The recent rise to grace of color photography is a consequence of this fact. Since the late 60s, when "serious" artists of the camera like Irving Penn and Marie Cosindas began to exhibit their color photographs *as art,* there has been a rush into the spectrum by young photographers. The older ones hold back, still convinced (with Steiglitz, Strand, Weston, Steichen) that color in photography is too erratic, too far removed from "real" color to be effective.

But younger practitioners like Stephen Shore, Joel Meyrowitz, William Christenberry, and William Eggleston (the latter's work unveiled this May at the Museum of Modern Art in New York) make no pretense of presenting "real" color. Like Cosindas' tiny Polaroid portraits, glowing with stage-managed hues (Kodachrome shirts, multicolored fabrics), they display a larger-than-life world, in which faded green turns emerald, brick-maroon houses become china red, and blue skies are electric violet. When Walker Evans experimented late in life with the new instant-developing SX-70, he left his black-and-white world for good. He clicked off hyper-color images one after the other, finding rainbows in old, rusting automobiles and peeling road signs.

The image granted us by the color camera—in brief—is what it is, no more, no less. There is no reason to complain because the camera does not approximate what the eye sees. The camera lens is tiny and selective, shutting off the distraction of ambient light. The human eye sees too much—or rather in a different way—and the color we see is no more "true" than the color seen and recorded by the SX-70. Such subjectivity summarizes the attitude of the new generation in photography. But it also relates to *Who's Afraid of Red, Yellow, and Blue?* It rejects slavish absolutism; it lays back and waits to look, to look and enjoy, enjoy what is there.

Beneath all this, going deeper even than the culminating effect of billions of color snapshots and slides, is color television. Here is the authentic snake in the garden, the force that Ad Reinhardt could hardly recognize or predict. The difference between growing up before televised images in black and white and the same images in color is the difference between growing up on a puritan and on a cavalier metaphysic. Bad weather, electronic interference, or a loose tube can disturb a black-white picture in unpredictable ways, but color has much greater possibilities for distortion. A strong wind can change Yankee Stadium's grass from green to purple, or Dinah Shore's face from flesh to fuchsia. Furthermore, we play with TV color, adjusting tints and harmonies now this way, now that. The impact of this on taste and mind—when you consider that TV is the dominant medium of our time, the basic window on our world—is incalculable.

Television color *gleams.* The light sweeps *through* the image from inside the set, not from behind, as in film, where color is strong and flat, not intense. Johnny Carson shines into our bedrooms, not unlike the moon itself, or the stars. Edwin Land, inventor of the Polaroid camera, suggests that the human eye and the TV set are actually quite similar: They reconstruct a whole universe of color from two discrete signals. If Land is right (he takes issue with classic color theory) the human eye/brain is marvelously subtle and creative in its reaction to color. And of course our capability to devise and read colors in complex blends is beyond measure.

Suddenly, then, our world turns polychrome, in the manner of ancient Greece, where buildings and sculpture long since faded were brilliant and various in hue. Park Avenue has not changed, nor have the orthodox heirs of the "International Style" in architecture, but everywhere else, even in steel mills, railroad repair shops, and iron foundries (where bold reds and blues now predominate), there is a new spectrum at work. I once saw a latex plant in Michigan that looked like a Donald Judd sculpture brought to life, with long green dump pipes, bright yellow walkways, and red-beamed girders. The giant telescopes on Kitt Peak Mountain are similarly aglow, for no functional reason beside the felt need to avoid black and white. There is a trend-setting medical center in Allentown, Pa. that is red and blue on the outside, blue and gold within. It declares itself a place of recovery and health, not of decay and death. There is no doubt in my mind, having spoken to younger architects across the

Continued on page 191

WINE & FOOD

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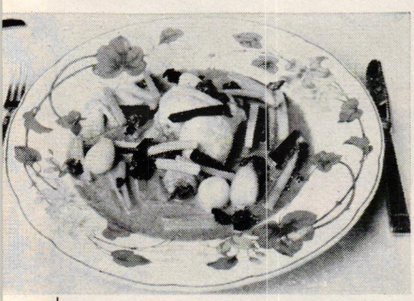
Regine's Deco style plus Michel Guérard's new cuisine

Regine has filled her newest club with glitter. With Michel Guérard's cuisine, it makes a stunning show.

Surprising asparagus en feuilleté



MENU

Le Feuilleté Léger d'Asperges au Buerre de Persil

Le Gigot de Poulette a la Vapeur de Cresson

La Grande Assiette de Fruits et Sorbets du Temps

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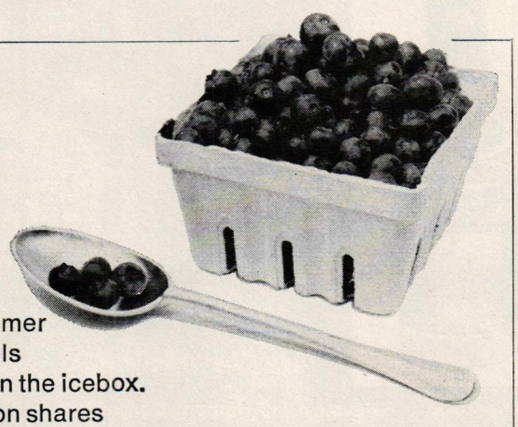
Blueberry summer

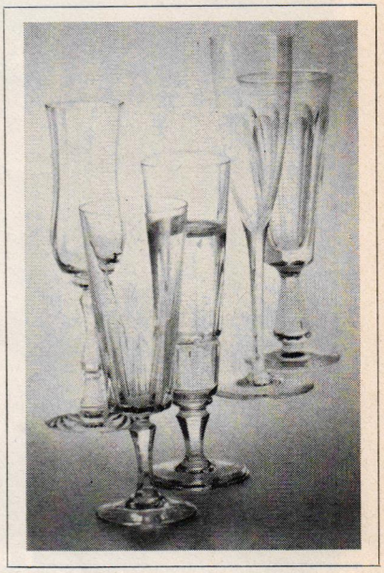


Berry-picking time in the Catskills—summer once meant pails of blueberries in the icebox. Barbara Charton shares childhood memories and recipes for blueberries, from soup to ice cream.

page **126**

Spirit-lifting sparkling wines
By Doris Tobias

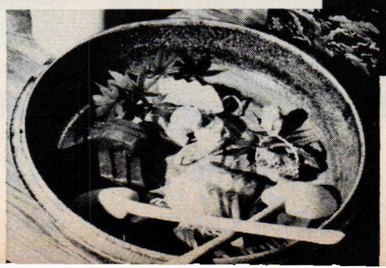
Festive sparkling wines range from sweet to dry and, in color, from white to distinctly Burgundy red. These bubbling wines are both more and less than champagne—more choice from all over the world, for less money. To serve them, think flutes, of which a selection, *right.*



page **124**

Party food with flair

Mary McFadden's colorful buffets are a visual delight that present food as art. A menu planned for color, plus recipes. For more about Mary McFadden and her ways with color, see page 88.



Japanese hors d'oeuvres buffet, *above;* sashimi still life, *left;* Mary McFadden and guests gather around table, *above left.*

Delicious.
Smooth.
Rich.
Tempting.
Delectable.
Luscious.
Toothsome.
Tasty.
Wet.
Potent.
Full-strength.
Pre-mixed.
and
Ready-to-Pour.

Delicious.
Smooth.
Rich.
Tempting.
Delectable.
Luscious.
Toothsome.
Tasty.
Wet.
Potent.
Full-strength.
Pre-mixed.
and
Ready-to-Pour.

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WINE & FOOD

Blueberry summer

Blueberries are not only delicious in pies or in muffins, they make great ice cream, pickles, and even soup. Here are recipes for the buckets of blueberries you may have gathered this summer, and some blueberry lore: how to raise them, their botanical quirks

By Barbara Charton

Summer in the Catskills for a city child like me passed in a dream and a cloud of blueberries. There were blueberries everywhere, all summer. Blueberries were almost friendly and even we, sidewalk Girl Scouts, could feel knowledgeable, competent, and unthreatened when we went picking. Blackberries, on the other hand, which also fruited for most of our vacation, were downright unfriendly. The brambles scratched legs and tangled hair; the berries deposited stones under teeth braces. Nevertheless, we ate blackberries and complained. We also ate elderberries and complained—they are sour.

The principal occupation of many mornings was a trip to some patch of sandy scrubland. We ducked under wire fences with 8-quart aluminum pots on our heads, looking like a helmeted troop from Mars or stragglers from a medieval tournament.

Though there were more than enough blueberries for us, for the always unseen owners of the bushes, and for the swarms of birds, we picked with the dedication of those who feel this is their only chance. There was also much competition for the honor of First Pot-Filler.

Our mothers were ever alert to the dangers of perishing in the wilderness of hunger and thirst, so we carried jars of water, sandwiches, and unbelievably, fruit, to sustain us while we labored. We picked and ate—a lot of berries, too, almost as much as went into the pots. Even my dog ate the berries on the ground and low branches. However, as pots became too heavy to wear—we slung them on belts around our necks—we would pick a handful, check it for stems, greenie loopers, and such, and throw it into the pot. The dog sat and guarded the pots. He felt that such watchdogging deserved a reward. There he sat, humming and grazing, right out of the pots. On the way home his teeth were as blue as ours.

Blueberries are native to both Europe and America, and have been used by people wherever they are found. The plants belong to the heath family, Ericaceae, and the genus Vaccinium. There are a number of varieties of blueberry, ranging in habit from upland and reasonably drought-resistant to bog-dwellers. The plants are quite adaptable and their only hard-and-fast requirements seem to be an acid (pH 4-4.8), well-drained soil. For those who wish to cultivate blueberries, the bushes provide a double pleasure, since the display of pink and white flower clusters is beautiful in May and June.

The high-bush varieties have been developed as cultivated plants, and each bush will live decades and produce fruit from its third or fourth year. Pruning encourages larger berries than those normally found on wild plants. Mulching cuts down on watering chores. Since the plants do well even when untended, they are perfect choices for the lazy gardener who will appreciate the bountiful yield of fruit. Since birds also appreciate the berries, it is a good idea to cover the bushes with 1-inch netting as soon as the berries begin to color. Otherwise, not only will there be picked-over bushes, but also all neighbors whose houses are not painted purple will become less than friendly. Blueberries need cross-pollination for good yield. Therefore, at least two and ideally four varieties should be set near each other.

There was some good-natured argument back in my picking days concerning terminology. Is it blueberry or huckleberry? Thinking over our varied crop, some of what we gathered *was* huckleberry rather than blueberry. The two fruits—to a nonbotanist—do look alike. Blueberries are truly blue, they bloom earlier, they frequently have a whitish or cloudy "bloom" on the berries, and they have numerous, soft red-brown seeds. Huckleberries have ten or so hard, nutlike seeds, a dark blue to black shiny fruit which is really a drupe—like a cherry with many pits. The leaves and young stems of huckleberry bushes have brown resinous spots that look like blight, or varnish drops. Huckleberries are also heath plants, Ericaceae, but their genus is Gaylussacia, in honor of the French chemist. Unlike blueberries, huckleberries are not cultivated commercially.

My mother's blueberry staples were pie, jam, and blintzes. I just ate them out of hand. It was lovely to have a pot of berries in the icebox, just for reaching in and coming up with handfuls, one for me, one for the dog. However, one can quickly develop a large blueberry repertoire. Berries are good in muffins, pancakes, coffeecakes, cornbread, and such with no major recipe adjustments. Just add 1 cup blueberries to each 2 cups flour along with the rest of the dry ingredients. (If wild berries are used, an additional ¼ cup sugar is also necessary.) Blueberries are fairly sweet by themselves and will enhance just about any dessert. I have found, however, one Eskimo recipe for them that does not promise to become a universal favorite in spite of its simplicity. Take equal parts of snow, blueberries, and seal fat, chopped. Mix well, serve immediately. It will never replace ice cream.

Mama's Blueberry Pie

Ingredients

3 cups flour, sifted
½ teaspoon salt
2 teaspoons baking powder
grated zest of 1 orange and its juice (less than ½ cup)
2 eggs
½ cup vegetable oil
8 cups blueberries, washed
2 cups sugar, plus 2 tablespoons
1¼ teaspoons cinnamon
½ cup tapioca, granular

Method

Sift the flour, salt, and baking powder together into a bowl. Add the orange zest and eggs. Mix well. Add the oil and enough orange juice until the dough mixes smooth. Roll out crust to fit the bottom of a 9-inch springform pan, and roll remaining dough for a top crust.

Toss the blueberries with 2 cups of the sugar, 1 teaspoon cinnamon, and the tapioca. Fill the pie shell and cover with the top crust. Oil the crust, cut vent holes, and sprinkle with the remaining sugar and cinnamon.

Bake in a preheated 350° oven for 1¼ hours or until well browned. Makes a 9-inch pie.

Blueberry Custard Tart

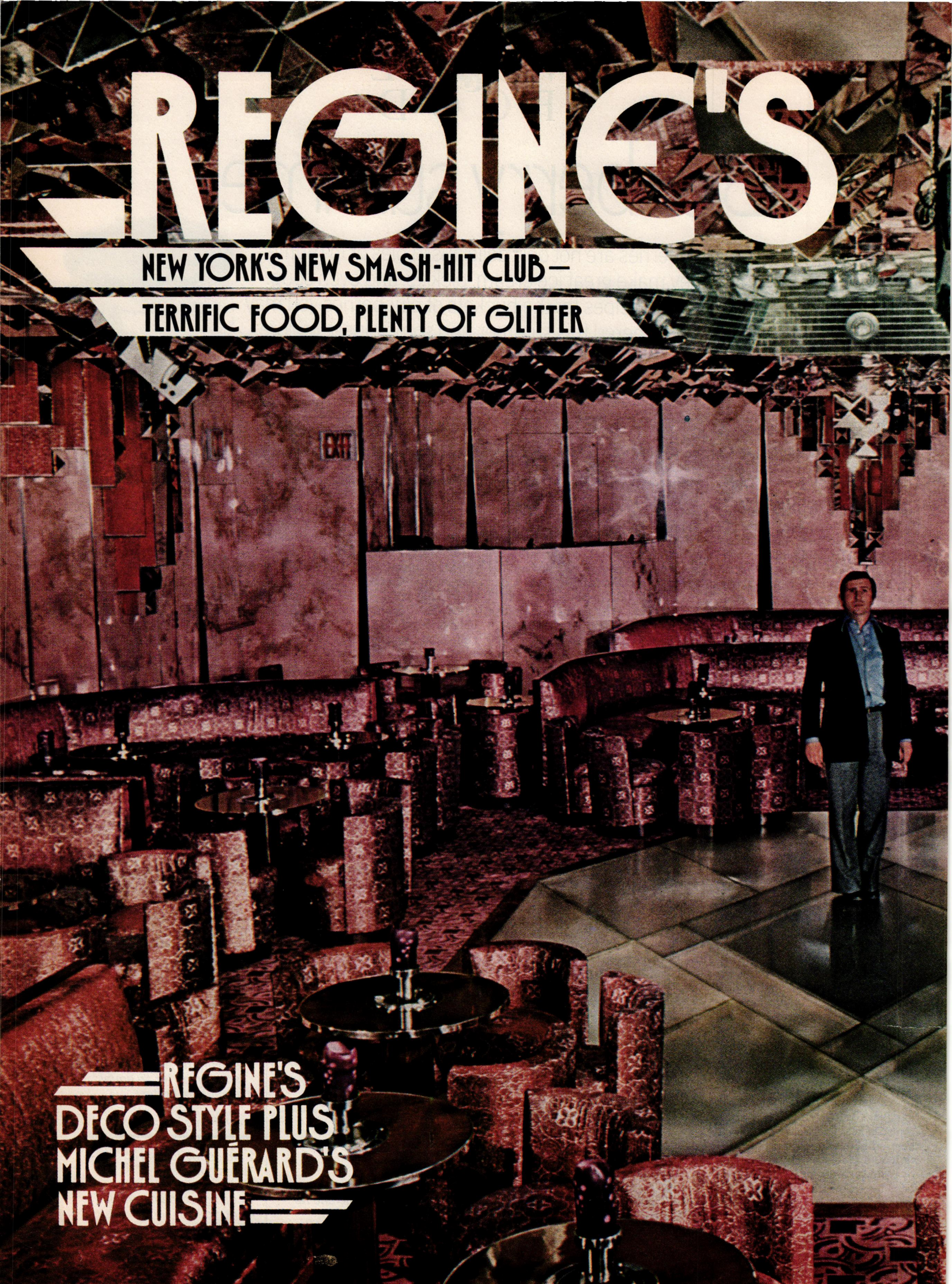
Ingredients for crust

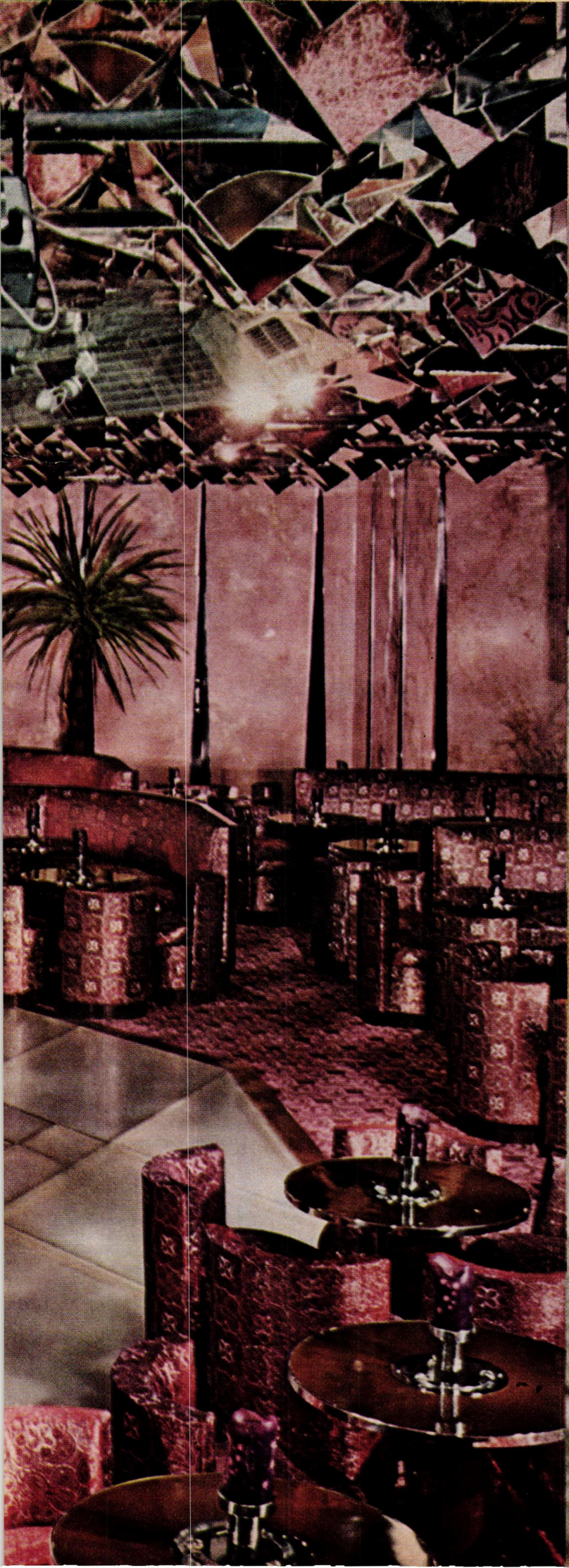
2 cups flour
3 tablespoons sugar
½ teaspoon salt
2 teaspoons lemon zest, grated
2 eggs
¾ cup butter (for a crisper and more easily handled crust, substitute ¼ cup vegetable shortening for an equal amount of butter)

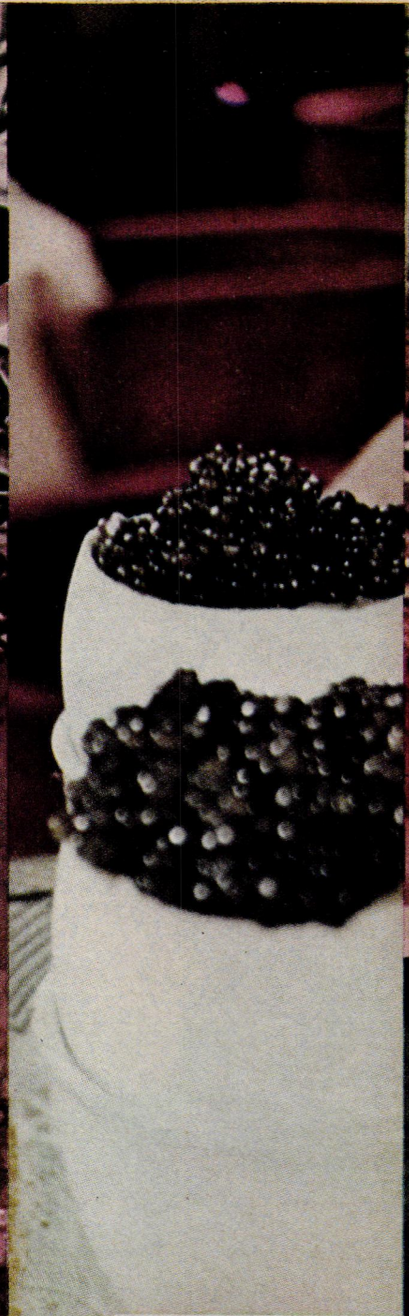
Ingredients for custard

2 tablespoons flour
⅛ teaspoon salt
⅜ cup sugar
1 cup light cream or milk
4 egg yolks
1 teaspoon vanilla
butter

Continued on page 128


REGINE'S
NEW YORK'S NEW SMASH-HIT CLUB—
TERRIFIC FOOD, PLENTY OF GLITTER
EXIT
REGINE'S
DECO STYLE PLUS
MICHEL GUÉRARD'S
NEW CUISINE





Regine (see her above) sets the international night-club pace from her native France to Brazil. Now she's on Park Avenue, importing glamour to the New York scene with a glittering new club-restaurant featuring the food of French chef Michel Guérard. The club, a shimmering cave on three levels designed by Alberto Pinto, is a kaleidoscope of light-reflecting mirror, decorative panels, beaded sconces. The brilliant setting adds savor to Michel Guérard's superb light food. Guérard, who evolved *la cuisine minceur,* a low-calorie slant on France's traditional *grande cuisine,* offers such regal whimsies as scrambled eggs laced with chives and cream and topped with a dollop of Russian caviar, *above.* They're served in the shell, in china eggcups with toast wafers. (See more menu dishes on the following page.) The Club's predominant color—Regine's favorite—is aubergine, plushily purple and soft for the thirties-style dining chairs (duplicates of Regine's own), threaded with silver for the disco's brocade banquettes. Tablecloths are pink ("the most flattering color") and flowers, white, lemon, or pink, are laid on tables around the candles, never upright to obscure vision. Everything is calculated to enhance the glamour of the guests and the setting. Regine's is open to the public with a $10 cover charge, or a yearly cover fee for New Yorkers ($600) and out-of-towners ($400). In September, Regine's Upstairs will be open for large private parties and will also serve as a piano bar for late *late* nights.

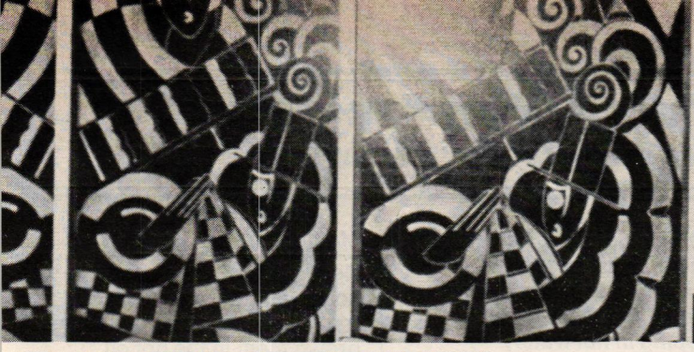
Regine, *above* and her favorite scrambled eggs crowned with caviar. Its creator, super chef Michel Guérard, *left,* stands in Regine's kaleidoscopic disco.

SUSAN WOOD

Dinner chez Regine in New York. Above, pour commencer (starters)—a surprise beneath a silver cloche, pencil thin asparagus spears tucked into a wafer of light, flaky pastry and topped with a creamy green sauce thickened with asparagus purée. An entrée, left, chicken leg stuffed with sweetbreads and poached in broth, garnished with slivered vegetables, morels, and truffles, is set on a sauce of veal stock and cream thickened with a purée of watercress and mushrooms. And for dessert, far left, fresh fruit on flowered plates with three tangy sorbets. Insert at left, crêpes, neatly wedged and tucked with praline sauce, glazed with apricot liqueur.

SUSAN WOOD

AT REGINE LIGHT HEARTED FOOD THAT TASTES LIGHTER THAN IT IS



Regine in front of Art Deco panels, top; Guérard, right, flanked by his teams of chefs. Left to right: Giardini, Ms. Zern, Romano, Lauret Clark, Marsh. Regine in dining room at her club, below left.

With Michel Guérard's new cuisine, women can really eat at last," says Regine. "I no longer see women picking at their food because they're afraid of becoming fat; now they really eat, and it is very pleasant. Men don't like women who don't eat," she says, and maintains that Guérard's cuisine has changed her life. "I was very fat and paid a lot of attention to what I ate. Now I eat normally: Guérard's is not diet food, but it is not fattening; I can even eat sauces because they're so light." (Michel Guérard has dispensed

MICHEL GUÉRARD HAS DISPENSED WITH FLOURY THICKENERS FOR SAUCES IN FAVOR OF A REDUCTION OF CREAM AND STOCK, OR WINE. HE OFTEN GIVES BODY TO HIS SAUCES WITH A SPOONFUL OF PUREÉD VEGETABLES

with floury thickeners in favor of a reduction of cream and stock, or wine. He often gives body to his sauces with a spoonful of puréed vegetables. His asparagus feuilleté sauce, for instance, is thickened with puréed asparagus. The green sauce for his chicken with watercress is thickened with a spoonful of two different vegetable purées—watercress and mushrooms.) "Before I started eating Michel's new food, I had lost 20 kilos [about 45 pounds] on a rigid diet. Now I can eat almost everything, even desserts that I love, and not gain weight."

Presentation of food at Regine's restaurant is pure theatre. Large, leafy geranium-patterned dinner plates from Germany's Villeroy & Boch are appetizing in themselves. Each hot dish, topped with a huge silverplated cloche, releases a burst of aroma as the lid is lifted—a delicious surprise for the eye and the nose. Everything is cooked in the kitchen, nothing by the waiter at tableside. Servings arranged on plates in the kitchen are presented to the diner as a completed still life—by handsome waiters in jazzy brocade jackets. "The food is fresher, and the service more sophisticated this way," says Regine. In the center of each pink table there's a low, flickering candle. Mirrored walls are designed to reflect the light, not the diners. Glasses are crystal; the *petit pain* is tucked into a pocket of the carefully folded napkin.

In the kitchen a bevy of chefs (including two Americans, one a woman graduate of The Culinary Institute), carry out Guérard's explicit directions down to the last detail. The menu is changed seasonally; eventually the recipes will be included in one of the two cookbooks Guérard is now working on. A few of the kitchen's triumphs: *pour commencer:* fresh foie gras with freshly ground pepper; La Salade Gourmande (a salad of green beans, fresh asparagus tips, slices of foie gras and truffles in a vinaigrette sauce—see March, 1976, House & Garden); escalope of salmon with sorrel sauce; Paul Bocuse's famous truffle soup en croûte. A delectable entrée: thin, thin slivers of fillet of duck

SERVINGS ARRANGED ON PLATES IN THE KITCHEN ARE PRESENTED TO THE DINER AS A COMPLETED STILL LIFE

in a cream sauce spiked with pimiento and laced with green peppercorns. And a sweet dessert: puff pastry with strawberries, whipped-cream filled; a warm apple tart with apricots. You can order à la carte, or from four chef-suggested menus ($27-$38). One of these dinners includes: light puff pastry of asparagus with a butter, cream, parsley sauce; duck parts on a bed of sauce with red wine, orange peel; and a bittersweet chocolate cake—$32. Food isn't the only star,—music counts, too, at Regine's. Her taped blend of favorites turns most diners into dancers as they step into the rainbow-splashed disco and onto the fiberglass dance floor, lit from below. "The dancing in New York is fabulous," says Regine. "In Paris, they do not dance so much, and not as well." After the feast, you need it.

For recipes, turn the page

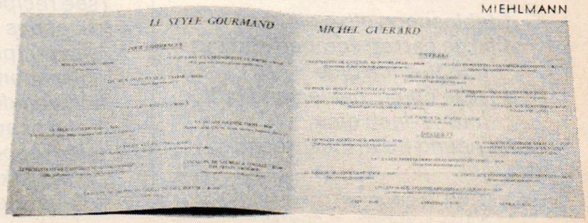
MENU

Le Feuilleté Léger d'Asperges au Beurre de Persil
(Light puff pastry of asparagus with butter and parsley)

Le Gigot de Poulette à la Vapeur de Cresson
(Chicken leg steamed with watercress sauce)

La Grande Assiette de Fruits et Sorbets du Temps
(Large fruit and sherbet plate)

MIEHLMANN



The complete dinner menu in both French and English

Each hot dish, topped with a silverplated cloche, releases a burst of aroma as the lid is lifted—a delicious surprise for the eye and nose

AT REGINE

continued from preceding page

Michel Guérard's first cookbook, called—unsurprisingly—*La Cuisine Minceur* will be published in English this fall by William Morrow. He is also—culinary imagination never sleeping—working on a second cookbook. The stuffed chicken legs and the watercress and mushroom purées* below are from William Morrow's translation; the feuilleté and the crêpes will appear in the second book. Chefs at Regine's are still experimenting with American ingredients new to them. Recipes that "just went together in Paris" are not so simple here. The restaurant's *gigot de poulette* recipe, for example, calls for *fromage blanc* (a runny cream cheese) in its sauce. Reduced heavy cream has been used as a substitute here, and sometimes for the French *crème fraîche* too (though they do make their own crème fraîche); it results in a thinner sauce, but tastes just fine! Chefs are also working with different American flours for their puff pastry (you'd never know it!), mixing high-gluten and cake flours. In Paris, Michel Guérard makes his puff pastry in a restaurant version of the Cuisinart Food Processor.

Gigot de Poulette

Ingredients

4 chicken drumsticks

Ingredients for stuffing

3 ounces dried morels
2 tablespoons olive oil
1 small onion, minced
2 fresh mushrooms, stems trimmed, rinsed, and cut in half or 1-2 truffles
½-pound piece veal sweetbread, raw, cleaned
1 small (1½-ounce) piece raw breast meat of chicken
½ teaspoon salt
pinch pepper
2 tablespoons port
5 tablespoons veal stock (see recipe)

Ingredients for veal stock

1 tablespoon olive oil
1 large carrot, scraped and cut into ½-inch dice
1 large onion, peeled and cut into ½-inch dice
¼ pound fresh mushrooms, stems trimmed, washed, and coarsely chopped
1 calf's foot, cut into 8 pieces. (If you cannot get a fresh calf's foot from your butcher, ask for a pig's foot, or a veal knuckle, and have it cut into several pieces). Blanch for 1 minute in boiling water before adding it to the vegetables in the soup kettle.
1 large tomato, halved, and seeded
½ ounce dried mushrooms: morels, cèpes, or Oriental mushrooms
1 teaspoon tomato paste
1 teaspoon arôme Patrelle (vegetable coloring) or ½ teaspoon good soy sauce
Bouquet garni, including 1 clove
2½ quarts chicken stock or cold water and bouillon cubes or canned broth
1 teaspoon potato flour or arrowroot

Ingredients for steaming chicken

3 cups veal stock
3 generous sprigs fresh marjoram, if available, or ¼ teaspoon dried

Ingredients for vegetable garniture

salt
1 piece celery root, cut into thin sticks 2 inches long—enough to make about 24 sticks
12-16 small, round spring or green onions, roots and tops trimmed off, and peeled if outer layers are tough
1 large or 2 small carrots, cut into thin sticks about 2 inches long—enough to make about 24 sticks
Young green beans, cut in half or into 2-inch lengths unless they are very small—enough to make 24 pieces
The reserved morels from the stuffing, cut crosswise into narrow strips
12 canned white asparagus stalks, cut to make tips 3 inches long
1 truffle, cut into fine julienne (optional)

Ingredients for sauce

4 tablespoons mushroom purée (see recipe)
4 teaspoons watercress purée (see recipe)
2 tablespoons heavy cream or homemade crème fraîche (to 1 cup heavy cream, add 1 tablespoon lemon juice or buttermilk; let stand in refrigerator 3 days before using)
1¼ cups hot veal stock over which chicken has steamed
fresh herbs in season for garnish (marjoram, chervil, mint), blanched by just dipping in hot water, "shocking" afterwards in cold

Method for boning drumsticks

To bone the drumsticks, first cut them off with a cleaver from the second joints; it will help later if you pull some of the second-joint skin down over the drumstick before cutting, so there will be enough skin to skewer neatly over the stuffed cavity.

With a small pointed knife, cut the chicken meat away from the knuckle at the large end of the drumstick until you get down—within about an inch—to the straight bone. Then stand the drumstick up and scrape downward all around the bone; the meat comes away very easily and turns inside out like a sweater sleeve. When you get to the bottom, scrape the skin away from the ankle knuckle from the inside, and pull the entire bone away. Turn the meat right-side out, and it is ready to be stuffed.

Method for stuffing

Rinse the morels under cold running water and soak them in lukewarm water in a small bowl until they have swelled and softened. Drain, cut each in half lengthwise, and set aside ⅓ for the vegetable garniture.

Heat the oil in a heavy-bottomed saucepan and add the morels, onion, and fresh mushrooms or truffles. Over low heat, cook the vegetables until they give off their liquid, about 1 minute.

Add the sweetbread, chicken, salt, and pepper. Simmer over low heat for 2 minutes, then add the port and continue simmering until the liquid has reduced by more than half. Add the veal stock and cook gently, covered, for 30 minutes. Cool.

Remove the morels, mushrooms or truffles, sweetbreads, and chicken from the saucepan, and cut them all up into even, small dice (smaller than ¼ inch). Mix all together, adding 2 teaspoons of the braising liquid.

Lightly salt and pepper the cavities of the boned drumsticks. Spoon in the stuffing, pressing down on it in the cavity to pack it together. Close the drumsticks by pinning the skin with small sharp poultry lacers or tying with kitchen string.

Method for veal stock

Heat olive oil in a medium-size kettle, add the carrot, onion, and fresh mushrooms, and lightly brown them in the hot oil.

Add the calf's foot, tomato, dried mushrooms, tomato paste, arôme Patrelle, bouquet garni, and chicken broth. Simmer the stock, partially covered, over low heat for 2½ hours. Periodically skim off the scum and fat that rise to the surface. Strain the stock—there should be close to a quart—through a fine-mesh strainer into a saucepan.

Bring the stock back to the boil. Dissolve the potato flour or arrowroot in a little cold water and, with a whisk, beat it briskly into the hot stock. It should be already close to a demi-glace. It is remarkably good; before using it, extend it with 1 cup of water if you wish.

Let the stock cool, then store, covered, in the refrigerator. The next day remove the last of the fat that has hardened on surface.

Method for steaming chicken

Bring the veal stock to a boil in a small saucepan that has a steaming rack to fit, and add the marjoram and let it steep in the stock to perfume it.

Prick the drumsticks skins well with a 2-pronged fork to keep them from bursting while they cook. Bring the marjoram-flavored stock to a simmer in its saucepan and put in the steaming rack; the bottom of the rack should be close to, but not below, the surface of the stock. Add the drumsticks and sprinkle a few fresh marjoram leaves on them. Steam, covered, over low heat for 30 minutes.

Method for vegetable garniture

While the chicken is steaming, cook the vegetables in a saucepan in lots of boiling salted water, adding them in the following sequence: celery root and onions, to cook 15 minutes; 5 minutes later, carrots, to cook 10 minutes; 5 minutes later, green beans, to cook 5 minutes; 3 minutes later, the morels and asparagus tips to heat through in 2 minutes—15 minutes cooking time in all. Drain the vegetables with care and keep warm.

To reheat vegetables just before serving, "sweat" them gently in a saucepan in a little butter and check seasoning. Gives an extra taste lift.

Continued on page 132

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WINE & FOOD

Party food with flair

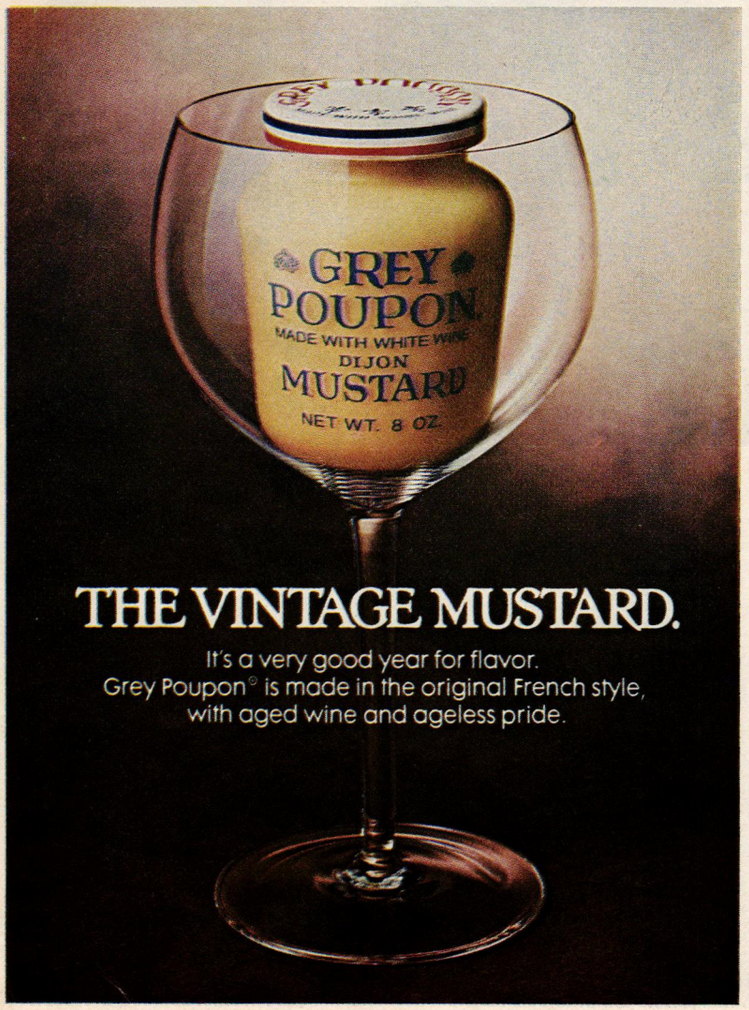
Mary McFadden creates a "garden of delights" with foods that contrast in color and taste

Given Mary McFadden's strong color sense and her interest in art, her fondness for Japanese food, which is "highly designed and planned," and that of other nationalities as well, is no surprise. She acts as art director and designer in the kitchen, choosing ingredients for freshness and color as well as texture and taste, carefully arranging each dish, then the whole buffet table into a pleasing pattern. Her guests' first pleasure is visual. The Japanese recipes here are from *The Cooking of Japan* by Rafael Steinberg and the Editors of Time-Life books, one of The World Series of cookbooks by Time, Inc.

Menu

Japanese hors d'oeuvres with cocktails, including:
Sashimi* and
Steak–and–scallion rolls*
Basket of crab apples
Stuffed mandarin oranges with dates and raisins
Raw oysters on the half shell with scalloped lemon halves
Squab stuffed with black grapes*
Mint chutney, soy sauce
Grilled shad roe
Cucumber and fennel salad Tabbooli*
Blue cheese mousse*
Toasted pumpernickel
Praline and cherry strudel
Glazed ginger

JAPANESE RECIPES © 1969 Time, Inc.



Sashimi

(Sliced raw fish)

Many Westerners, who are disconcerted by the Japanese delight in eating raw fish, themselves think nothing of eating raw clams and oysters. Interestingly, sashimi neither tastes nor smells "fishy," and moreover, certain types of sashimi, notably tuna, have the texture and the flavor of tender, rare beef.

The most important factor in preparing sashimi is the absolute freshness of the fish. Frozen fish cannot be used. It is best to avoid fresh-water fish, since they can carry parasites. Keep the fish refrigerated, wrapped in cheesecloth until ready to use. Handle the fish as little as possible; the warmth of your hands can spoil its freshness.

Ingredients

1 pound fresh filleted porgy, sea bass, striped bass, red snapper, squid, abalone, or tuna, in one piece
½ cup dipping sauce: Japanese soy sauce, chirizu, or tosa joyu (see recipes)
1 tablespoon wasabi (green horseradish) powder, mixed with enough cold water to make a thick paste and set aside to rest for 15 minutes)
1 2-inch section daikon — (Japanese white radish) or large icicle radish, or white turnip, peeled, shredded, and soaked in cold water until ready to use
1 carrot, peeled, shredded, and soaked in cold water until ready to use
1 stalk celery, cut in half lengthwise, shredded, and soaked in cold water until ready to use

Method

There are four basic fish-cutt methods for sashimi and a v sharp, heavy knife is indispe able to them all.

Hira giri (flat cut): This is most popular shape, suitable any filleted fish. Holding the firmly, cut straight down slices about ¼- to ½-inch th and 1 inch wide, depending the size of the fillet.

Kaku giri (cubic cut): This st of cutting is more often used tuna. Cut the tuna as in the cut, then cut the slices i ½-inch cubes.

Ito Zukuri (thread shape): though this technique may used with any small fish, it especially suitable for squ Cut the squid straight down i ¼-inch slices, then cut leng wise into ¼-inch-wide strips

Usu zukuri (paper-thin slice Place a fillet of bass or porgy a flat surface and, holding fish firmly with one hand, slic on an angle into almost tra parent sheets.

To serve sashimi as part o meal, arrange the fish attr tively on individual serv plates. Garnish each plate w about ½ teaspoon wasabi pa and decorate with strips of c kon, carrot, and celery. Co with plastic wrap and refriger for no more than 1 hour bef serving.

Pour the soy sauce, chirizu, tosa joyu into tiny individ dishes and accompany ea serving of sashimi with its c dipping sauce. The wasabi n also be mixed into the soy sau or tosa joyu to taste. Serves 4

To serve as an hors d'oeuv arrange two or more varieties cuts of sashimi on a serv platter and accompany with c ping sauce. Serves 8-10.

Tosa joyu

(Delicate soy-based dippin sauce for sashimi)

Ingredients

¼ cup Japanese all-purpose soy sauce
1 tablespoon sake
2 tablespoons preflaked katsuobushi (dried bonito)
MSG

Continued on page

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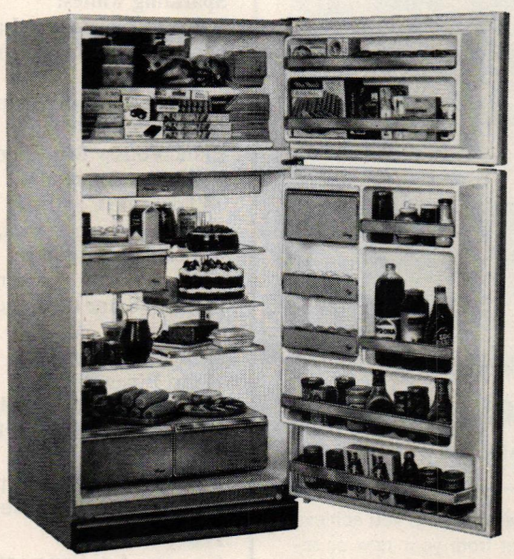

Model RD19F8

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WINE & FOOD

Spirit-lifting sparkling wines

The pick of the best from around the world

By Doris Tobias

Those beaded bubbles in a wineglass add gaiety to parties and zest to meals. "A bit of the bubbly" does bring champagne to mind, but just as all that glitters is not gold, all that bubbles is not champagne.

Sparkling wines, many of them made by the same painstaking method that champagne is, are produced in many parts of the world. Most are white wines, but there are some sparkling reds and rosés. Tastes range from quite dry to very sweet, just as they do in champagnes and still wines. And not the least of their attractions is price. Vintage French champagne ranges from $11 to $26 a bottle, or more. Sparkling wines retail for under $5 to $8, and so provide festive drinking at less than half the price of most imported champagnes. Some sparkling wines are available in magnums.

Sparkling wines make inviting apéritifs, and many can be poured throughout the meal. The sweeter versions combine well with rich desserts or are fine for sipping by themselves.

In France, the designation "champagne" may be used only for sparkling wines made from grapes grown in the Champagne district by the traditional *méthode champenoise*—fermented in the bottle. Sparkling wines made by this same method, but from grapes grown outside the Champagne district, are known as *vins mousseux*. These are charming, lighthearted wines made in the Loire Valley in south central France, in Seyssel in the Rhône Valley, and in Beaune on the renowned Burgundian Côte D'Or.

Italy produces luscious sparkling wines called *spumante*, or frothing —the most famous of which comes from the town of Asti—as well as some elegant dry white sparkling wines. Germany produces *Schaumwein*, mostly on the sweet side, as is Spain's *espumoso*. The best espumosos are from Catalonia, and are not too dry, not too sweet.

In the United States, sparkling wines are generally labeled champagne, but are required by law to be qualified by the name of the state where made—California Champagne or New York Champagne. A few U.S. sparkling wines are not labeled champagne, however.

The Loire Valley's sparkling white wines have long been popular lower-priced bubblies for the French, and a good choice of these is available in the States. They're generally made by the classic *méthode champenoise*, using grapes such as the Chénin Blanc, which produces light, elegantly dry wines, easy to drink and lovely to serve (they sustain the bubbles in the glass). Each town in the Loire Valley has its own distinctive wine.

Saumur, partly surrounded by chalky hills, produces sparkling whites that are dry, yet full-bodied and elegant. They hold up extremely well to more strongly seasoned dishes. A well-chilled Bouvet Brut from Saumur made an ideal companion to a cumin-spiked creamed turtle soup at a recent dinner, and the wine could have continued straight through the meal.

The sparkling whites of Savoie, from the village of Seyssel, are light as a summer zephyr, yet appetizingly grapy. A white sparkling blanc de blancs from Beaune in Burgundy is marvelously dry, with a delicate bouquet and subtle com-

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Sparkling Wines: A price primer

	Approximate price*
France	
Sparkling whites:	
Bouvet Brut, Bouvet-Ladubay, white sparkling Saumur wine	$5.98
Langlois-Château Saumur Blanc de Blancs	5.00
Blanc Foussy Brut Blanc de Blancs, Appellation Touraine Controlée	4.99
Kriter Blanc de Blancs, Beaune, Burgundy	5.49
magnum	10.49
Le Duc, Blanc de Blancs, Seyssel	5.99
J. M. Monmousseau	5.49
Henri Piper Joli Brut	6.99
Sparkling red Burgundy:	
Sichel & Fils Red Sparkling Burgundy	5.49
F. Chauvenet Red Cap	6.99
Chanson Sparkling Burgundy	7.00
Italy	
Cinzano Asti Spumante	5.98
Cinzano Brut Riserva Speciale	7.15
Rolar Cartizze Spumante Naturale	6.49
Martini & Rossi Asti Spumante	6.85
Bosca Asti Spumante	3.89
Marchese Antinori Brut	7.00
Bersano Asti Spumante	5.98
Germany	
Blue Nun Sparkling Liebfraumilch	6.79
magnum	13.99
Deinhard Lila Sekt	6.00
Henkell Extra Dry	6.99
Furst Von Metternich	8.49
Spain	
Raventos Cordorniu Non Plus Ultra	5.99
Escanciador	2.25
United States	
Schramsberg Blanc de Blancs	9.29
Rosé	8.95
Cuvée Gamay	8.95
Sonoma Vineyards Brut	7.99
Beaulieu Vineyard Champagne de Chardonnay	6.27
Sparkling Burgundy	6.37
Korbel Brut	5.80
Natural	6.60
Hans Kornell Brut	6.09
Almadén Blanc de Blancs	7.10
Brut, Pink	5.35
Eye of the Partridge Cuvée	5.50
Paul Masson Brut, Pink	
Extra Dry	5.39
Taylor Brut	5.25
Gold Seal Brut	5.25
Great Western Brut Extra Dry	5.39
Brotherhood Brut	4.99

This list does not include wines that have just enough fizz to tickle your tongue but not enough CO_2 to be officially classified as sparkling wines.

**New York City suggested retail price for a fifth*

plexity that can match a fine champagne.

Sparkling red Burgundy can be a refreshing change from still red wine. Its rich, full-bodied fruitiness will stand up to game dishes, duckling, and hearty beef stews.

Sparkling rosé is pretty to look at and fun to drink. It's rarely dry, so chilling it well is important.

Putting in the sparkle

Sparkling wines are made effervescent by the carbon dioxide in the bottle, and the best of these are produced by the traditional méthode champenoise. *In this method, it is secondary fermentation in the bottle that causes bubbles to form, in the same bottle the consumer eventually uncorks. However, some mass-produced sparkling wines use other bulk processes and ferment the wines in large tanks.*

One such process is the French Charmat *method, that uses extremely large tanks—up to 1,500 gallons—for the secondary fermentation. It's a much quicker method of producing sparkling wine, involving only a few weeks, compared with the* méthode champenoise, *which takes years.*

Still another way of making sparkling wines is the transfer method, closer to the méthode champenoise. *The difference is that in order to remove the sediment, bottles are emptied into a large vat kept under pressure to retain the bubbles. The wine is then filtered and rebottled.*

If you want the best sparkling wine, look for the words Méthode Champenoise *or "Fermented in this bottle" on the label. If these words are not on the label, it's likely that other processes have been used.*

Tips on storing and serving

Treat sparkling wine as you would fine champagnes. Serve it well chilled: 35 minutes in a bucket filled with equal amounts of ice and water. Or place bottle in refrigerator—never the freezer—for 1 to 2 hours before uncorking.

Use tulip or flute glasses. The old-fashioned wide-mouth coupe or saucer shapes dissipate bubbles and bouquet.

Handle the bottles gently. Don't shake or move them quickly. The objective is to avoid a violent popping of the cork, which causes spills. Recommended technique: Cut the capsule at the top and unwind the wire muzzle. Hold the bottle at a 45-degree angle with a towel or napkin between the neck of the bottle and your hand. Grasp the cork in your other hand and twist the bottle—not the cork—slowly, gradually pulling the bottle away from the cork. This will result in a pleasant pop and a pleasant bouquet as the cork rises from the bottle neck.

Fill glasses no more than half full. This allows the holder to sniff and savor the bouquet as it collects in the top half of the glass. Be certain glasses are totally detergent-free, or the bubbles will die along with your sparkling wine. Don't put ice in the glasses in order to chill them. A wet glass does nothing for the wine.

Sparkling wines and foods

Dry white sparkling wines—Vins mousseux
- Apéritif
- Cream soups
- Fish and shellfish
- Chicken and white meats, such as veal and pork, and with ham
- Fruits and not-too-sweet desserts

Sparkling rosés
- Apéritif
- Country dishes, such as sausages, picnic foods, and light, informal buffets

Sparkling red Burgundy
- Game meats and poultry
- Duckling
- Roasts and hearty meat stews

Sweet sparkling whites
- Apéritif
- Rich, sweet desserts
- After a meal, alone

Pairing off: Dishes to serve with sparkling wines

With lobster bisque, oyster chowder, and other cream soups: a French *vin mousseux* from Saumur.

Poached sole or halibut, Hollandaise sauce, garnished with sliced black truffles and tiny gulf shrimp: A French *vin mousseux* from Seyssel.

Filets of sole stuffed with *fines herbes,* served with a Sauce Nantua (a béchamel sauce enriched with cream, and crayfish butter): A Blanc de Blancs from Beaune, Burgundy.

Trout sautéed in lemon-butter, garnished with almonds, lemon, and freshly chopped parsley: A

Continued on next page

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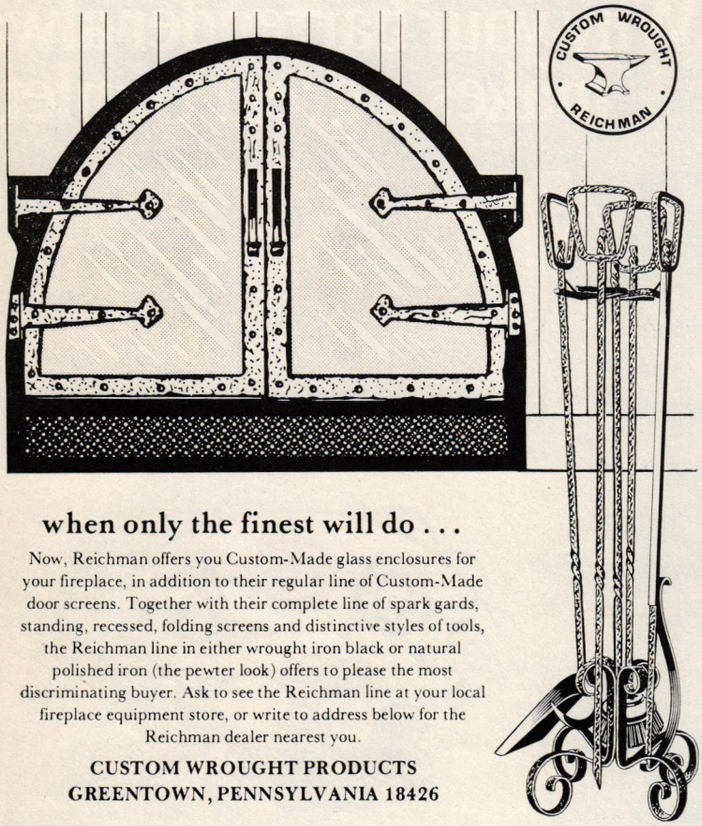

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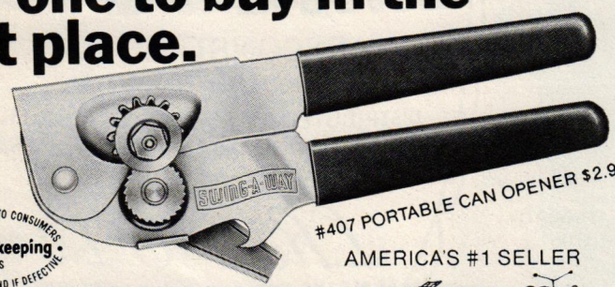

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Cold chocolate soufflé is delicious served with a sparkling white wine

SPARKLING WINES
continued from preceding page

French *vin mousseux* from Savoie.

Snails in butter and garlic: A Spanish sparkling white.

Mussels in cold ravigote sauce: Korbel Brut.

Shrimp, boiled, cooled, and served with a homemade, mustard-spiked mayonnaise: A Blanc de Blancs from Beaune, Burgundy.

Baked loin of pork with prune stuffing: A French dry sparkling white wine from Saumur.

Baked ham glazed with honey and apricot nectar: A French dry sparkling white from Saumur or Savoie.

Chicken lobsters, cut into bite-size pieces, cooked in light cream thickened with egg yolks and seasoned with lemon juice and tarragon: A sparkling white from Spain.

Prime ribs in their own juices: A sparkling red Burgundy.

Boeuf Bourguignon: A sparkling red Burgundy.

Duckling, crisp-roasted in serving pieces, served with fresh pears: A sparkling red Burgundy.

Picnic fare—cold chicken, deviled eggs, country pâté, and potato salad: Almadén Blanc de Blancs.

Hors d'oeuvres such as pâté or duck livers sautéed in butter: A sparkling red Burgundy.

Skewered chicken livers brushed with soy sauce and grilled: A sparkling white from Beaune.

Little pastry tarts filled with a mélange of finely diced fresh garden vegetables, seasoned with basil and topped with freshly grated Emmenthaler cheese and baked: A French sparkling white from the Loire.

Individual dessert meringues mounded with vanilla ice cream, served with a bing-cherry sauce: A sparkling white from Beaune.

Zuppa Inglese, a sponge cake spiked with rum, layered with custard and whipped sweet cream, garnished with candied fruit: An Italian Asti Spumante.

Cold chocolate soufflé: A sparkling French Vouvray.

Ice cream layered with candied chestnuts and topped with whipped sweet cream: A German sparkling white wine.

Crêpes Suzette and Hungarian crêpes, embellished with apricot jam and chopped walnuts, and other dessert crêpes: A sparkling white wine from Spain.

Oeufs à la neige, or Floating island: A French sparkling white from Burgundy. ■

BLUEBERRY SUMMER
continued from page 117

Ingredients for blueberry filling

4 cups blueberries
⅜ cup sugar
grated zest and juice of ½ lemon
½ teaspoon cinnamon

Method for crust

Sift the flour, sugar, and salt into a bowl. Add the lemon zest, eggs, and butter or butter and vegetable shortening. Work together until smooth, form into a ball, wrap in wax paper and refrigerate until firm—about 1 hour.

Roll the dough between sheets of floured wax paper, and fit into a 9-inch flan ring or a 10-inch pie plate. Line the plate with paper and fill with rice to weight down. Bake the crust in a preheated 350° oven for about 10 minutes, or until light brown. Remove the rice and paper and cool.

Method for custard

While the crust is cooling, prepare the custard. Combine the flour, salt, and sugar in a heavy saucepan. Gradually add ¼ cup of the cream or milk and stir until smooth. Add remaining cream or milk. Cook over medium heat, stirring, until the mixture is the consistency of a medium–thick white sauce.

Beat the egg yolks in a bowl and add a little of the hot custard mixture, beating continuously. Add the egg-yolk mixture to the hot sauce. Return to the heat and cook over low heat, stirring briskly for a few minutes to thicken. Remove from heat, add the vanilla, and dot with butter. The butter will melt and prevent a skin from forming on the custard. Cool. Stir and spread in the pie shell.

Method for filling

Combine 1½ cups blueberries, the sugar, zest and lemon juice, and cinnamon in a heavy saucepan. Cook over low heat until the sugar has dissolved. Raise the heat and boil rapidly for about 8-10 minutes or until the mixture acquires the consistency of jam. Cool. Combine the jam with the remaining blueberries and stir gently. Spoon the blueberry mixture carefully

In most recipes just add 1 cup berries to each 2 cups flour along with the rest of the dry ingredients

onto the custard layer. Chill until serving. Serves 8.

Blueberry Soup

Serve as a first course for a summer meal or with sweetened, kirsch-flavored whipped cream as a dessert.

Ingredients

2 cups water
1 cup blueberries
1 slice lemon
1 cinnamon stick
2 tablespoons sugar, or more to taste
pinch salt
1 tablespoon cornstarch
sour cream
cinnamon
nutmeg

Method

In a heavy saucepan put the water, blueberries, lemon slice, and cinnamon stick. Bring to a boil and boil for 10 minutes. When ready, the berries should be very soft.

Add the sugar and salt. Make a smooth paste of the cornstarch with 1 tablespoon water. Add another tablespoon of water, stir, and stir into fruit mixture. Cook over low heat while stirring until the mixture is clear, remove the cinnamon stick and chill. Serve with a dollop of sour cream and a dusting of cinnamon and nutmeg. Serves 4.

Blueberry Ice Cream

Ingredients

2 cups blueberries, crushed
1 cup sugar
2 teaspoons cassis
⅛ teaspoon salt
5 egg yolks
2 cups scalded milk
2 cups heavy cream or sour cream

Method

In a bowl mix together the blueberries, ½ cup sugar, and the cassis. Set aside.

In the top of a double boiler put the remaining sugar, salt, and egg yolks. Beat, and add the scalded milk slowly, mixing well. Cook until slightly thickened, 5-8 minutes. Cool.

Add the heavy cream or sour cream, the reserved berry mixture, and freeze according to the manufacturer's instructions. Makes about 1-1½ quarts.

Blueberry Blintzes

Ingredients for batter

1 cup flour
1 teaspoon salt
2 eggs
1 cup water
butter

Ingredients for filling

1½ pounds dry cottage cheese or pot cheese
3 eggs
¼ cup sugar, or more to taste
1 cup blueberries
1 teaspoon cinnamon
¼ teaspoon salt
2 tablespoons breadcrumbs (optional)
butter
sour cream
sugar

Method for batter

Sift together the flour and salt into a bowl. Mix together the eggs and water in another bowl and add to flour gradually to form a smooth, thin batter. Let stand for at least ½ hour.

Heat butter in a small frying pan, wipe out excess with a paper towel and pour in enough batter to film the bottom of the pan. If too much batter, just pour it back into the bowl. Tilt the pan to spread the batter evenly. Cook over low heat until the top is dry and the bottom begins to brown. Turn out onto a clean towel, cooked side up. Wipe the pan with the paper towel again and repeat until all the batter is used.

Method for filling

In a bowl mix the cottage or pot cheese with the eggs, sugar, blueberries, cinnamon, and salt. The mixture should be dry, not runny. Add the breadcrumbs if necessary.

Place a spoonful of the filling in the center of each pancake and fold up, envelope-fashion. Fry in butter until golden brown and serve hot with sour cream and sprinkled with sugar. Makes about 10 blintzes.

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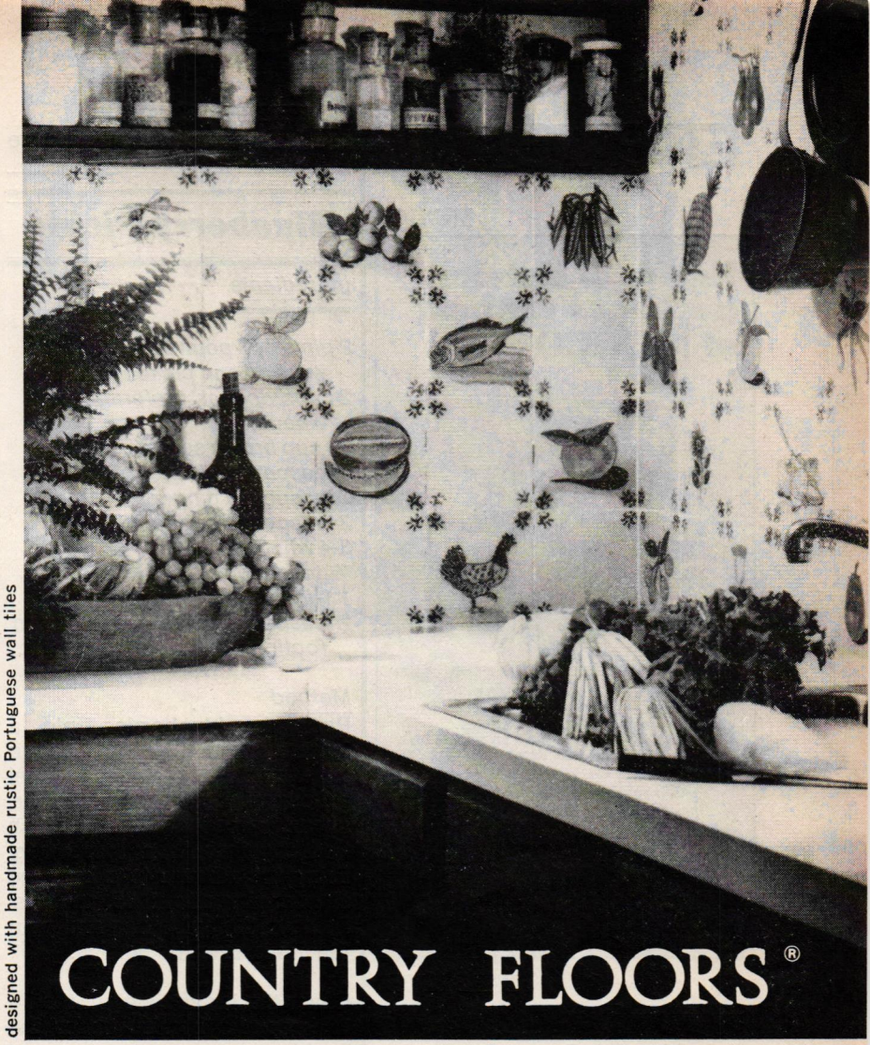

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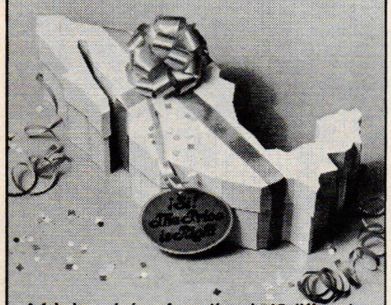

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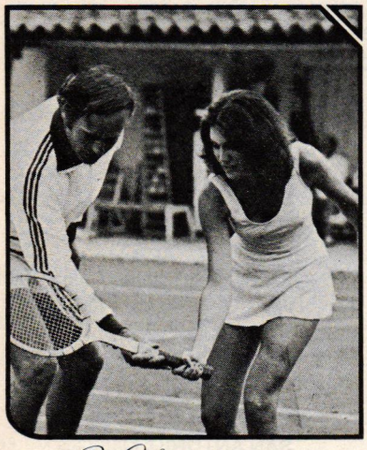

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The Cloister

BLUEBERRY SUMMER
continued from preceding page

Blueberry Pickle

Ingredients

3 pints or 3 pounds blueberries, washed and picked over
2 cups vinegar, preferably malt vinegar
½ cup brown sugar
2 teaspoons allspice
2 teaspoons ginger
2 teaspoons peppercorns
3-4 whole cloves
½ teaspoon mace
1 1-inch piece cinnamon stick
2 teaspoons horseradish, grated (optional)

Method

Pack the blueberries into a large, sterilized canning jar. In an enameled or stainless steel saucepan combine the vinegar, sugar, spices and horseradish tied together in a spice bag. Bring the mixture to a boil and simmer for about 15 minutes. Remove the spice bag and pour the liquid over the berries.

Cover the jar and weight the lid to keep the berries under the liquid.

Strain off the liquid about 3 days later. Bring it to a boil, pour it over the berries hot and seal the jar.

Blueberry Slump, or Grunt

If cooked covered, this dessert is a Slump; if it is uncovered, and baked in a 400° oven, it is a Grunt. Since the names are regional, a steamed berry pudding is also a Grunt in some places. Whatever the name, this pudding with biscuit topping is served warm, plain or with cream.

Ingredients

2 cups blueberries
½ cup sugar
1 cup water
1 cup flour
2 teaspoons baking powder
¼ teaspoon salt
2 tablespoons butter
⅓ cup milk

Method

In a large heavy saucepan combine the blueberries, sugar, and water. Cook over low heat until sugar has dissolved, then raise the heat to medium.

Make the biscuit dough. In a bowl mix together the flour, baking powder, salt, butter, and milk. Drop the dough by spoonfuls onto the blueberry mixture.

Cover and cook for 20 minutes over low heat, or leave uncovered and bake 20 minutes in a 400° oven. Serves 4-6.

PARTY FOOD WITH FLAIR
continued from page 124

Method

Combine the soy sauce, sake, katsuobushi, and a sprinkle of MSG in a small saucepan and bring to a boil uncovered, stirring constantly. Strain through a fine sieve set over a small bowl and cool the mixture to room temperature.

Divide the dipping sauce among 6 tiny dishes, and serve it with sashimi of any kind.

Chirizu

(Spicy dipping sauce for sashimi)

Ingredients

2 tablespoons sake (rice wine)
1¼-pound section daikon, peeled, and finely grated (about ¼ cup), or ¼ cup finely grated icicle radish or white turnips
2 scallions, including the trimmed green stems, sliced thinly into rounds
¼ cup Japanese all-purpose soy sauce
¼ cup fresh lemon juice
MSG
⅛ teaspoon hichimi togarashi (seven pepper spice)

Method

Warm the sake in a small saucepan. Then, off the heat, ignite it with a match and shake the pan gently until the flame dies out. Pour the sake into a small dish and cool.

In a small mixing bowl, combine the sake with the grated daikon, sliced scallions, soy sauce, lemon juice, a sprinkle of MSG, and the seven pepper spice. Mix well.

Pour the dipping sauce into tiny individual dishes and serve with bass, striped bass, porgy, or fluke sashimi. Makes about ½ cup.

Gyuniku Negimaki

(Steak-and-scallion rolls)

Ingredients

1¼-pound slice (about ¼ inch

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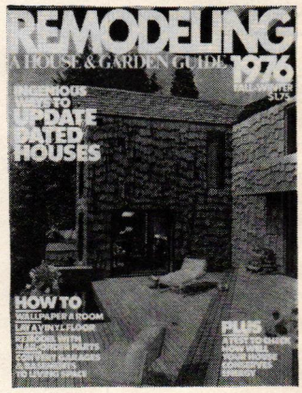

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thick) sirloin steak
2 scallions, including 3 inches of the green stems, cut in half lengthwise, then cut into 4-inch pieces
¼ cup teriyaki sauce (see recipe)

Method

Place steak between sheets of wax paper and, with a meat pounder or flat part of a cleaver, pound it to a ⅛-inch thickness. Cut steak in half crosswise.

Arrange a strip of scallion down the length of each piece of the meat, then, starting with the wide side of the meat, roll the pieces into tight cylinders. Secure the cylinder seams with toothpicks.

Preheat the broiler (or light a charcoal grill or hibachi). With chopsticks or tongs, dip the rolls into the teriyaki sauce. Broil 3 inches from the heat for about 3 minutes. Dip again in the sauce, and broil the other side for 1 minute. Remove the toothpicks, trim the ends of the rolls neatly with a sharp knife, and cut the rolls into 1-inch pieces.

Stand each piece on end to expose the scallions and serve at once. Makes 8 *zensai* (small portions).

Teriyaki sauce

Ingredients

½ cup mirin or ½ cup less 1 tablespoon pale dry sherry
½ cup Japanese all-purpose soy sauce
½ cup chicken stock, fresh or canned

Method

Warm the mirin or sherry in an enameled or stainless-steel saucepan over moderate heat. Off the heat, ignite the mirin with a long match, and shake the pan back and forth until the flame dies out.

Stir in the soy sauce and chicken stock, and bring to a boil. Pour the sauce into a bowl and cool to room temperature. Makes about 1¼ cups. Keeps, covered, up to a month in the refrigerator.

Blue cheese mousse

Ingredients

6 egg yolks
6 tablespoons cream
1½ tablespoons gelatin
4 tablespoons cold water
¾ pound blue cheese
1½ cups heavy cream, whipped
3 egg whites, stiffly beaten
oil
thinly sliced cucumber for garnish

Method

In a saucepan over low heat beat together the egg yolks and cream until thick.

Soften the gelatin in the water, then dissolve the gelatin over hot water. Add to egg mixture. Force the blue cheese through a sieve; add to the egg and gelatin mixture and cool.

Fold in the whipped cream and beaten egg whites. Pour into an oiled, 2½-inch-high square mold and chill in the refrigerator for at least 2 hours.

Unmold the mousse onto a plate and decorate around the edges and on top with the cucumber slices. Serve with toasted pumpernickel as a cheese course. Serves 18 as part of a buffet.

Tabbooli

(cracked wheat salad with mint and parsley)

Ingredients

2 cups cracked wheat
1½ cups green onions, finely chopped
salt, pepper
2 cups parsley, finely chopped
¾ cup tomato, peeled, seeded, and chopped
1 cup olive oil
1 cup lemon juice, more to taste
fresh mint leaves for garnish

Method

Soak the wheat in water to cover in a bowl for 2 hours. Drain well and squeeze out excess moisture. Put it in a salad bowl.

Add the onions, salt and pepper to taste, parsley, tomato, olive oil, and lemon juice. Toss well with 2 forks to keep grains separate. Add more salt and lemon juice to taste. Serve the tabbooli with fresh mint leaves around the edges of the bowl. Serves about 18.

Continued on next page

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PARTY FOOD WITH FLAIR
continued from preceding page

Squab stuffed with black grapes

Ingredients for each serving

3 slices dried bread, crumbled
1 onion, chopped
1 cup black seedless grapes, peeled
3 tablespoons butter, melted
1 teaspoon parsley
¼ teaspoon thyme
salt, pepper
1 squab, washed and dried
butter
paprika
½ cup white wine

Method

In a large bowl combine the crumbled bread, onions, grapes, melted butter, parsley, thyme, and salt and pepper to taste. Stuff loosely into bird and skewer the vent closed.

Truss the squab and rub the skin with butter, salt, pepper, and paprika. Roast in a moderate oven, 350°, basting occasionally with the wine until tender, about 1 hour.

AT REGINE
continued from page 122

Method for sauce and presentation

To preserve the fresh, green color, make the sauce at the last minute. Purée all the ingredients except the fresh herb garnish in the blender, pour the sauce into a small saucepan, simmer 5 minutes, and keep warm.

With a small pointed knife, carefully slit the skin on the top side of each *gigot de poulette*. Spread the sauce, which will have a lovely pale green color, in the middle of a heated platter or 4 warm dinner plates. Place the chicken in the center, and spread the multicolored vegetable garniture, including the truffle julienne, all around it. Decorate each plate with fresh marjoram leaves or herbs in season. Serves 4.

Mushroom Purée

Ingredients

1 scant pound fresh mushrooms (¾ pound after trimming)
1 tablespoon lemon juice
3 cups reconstituted non-fat dry milk
1½ teaspoons salt
pinch pepper
touch freshly grated nutmeg

Method

Trim the gritty root ends of the mushroom stems. Do this on a slant the way you would sharpen a pencil with a penknife. There should remain about ¾ pound. Rinse the mushrooms in plenty of cold water, wiping them clean with your hands. Drain them in a colander and roll them quickly in the lemon juice in a bowl to keep them from darkening. Cut in half.

In a saucepan heat the milk and add the mushrooms, salt, pepper, and nutmeg. Cook over low heat, uncovered, for 15 minutes; be careful not to let the milk scorch.

Drain, reserving the cooking liquid. Purée the mushrooms very finely in a blender. Thin with ⅜-½ cup of the cooking liquid, and taste for seasoning. Keep warm over hot water. Makes about 1⅔ cups.

Keep in a jar in the refrigerator to bind sauces, to give extra flavor to mixtures, or add some crème fraîche and serve as a puréed vegetable.

Watercress Purée

Ingredients

4 bunches watercress (spinach can be used too, for a different flavor
1½ quarts water
1 tablespoon coarse salt

Method

Cut off all the stems of the watercress. Remove any coarse stems left among the leaves, and pick over the stems to rescue any leaves that have been cut off with them. Rinse the leaves under cold running water. Bring the salted water to a boil in the saucepan, add the watercress, and boil for 9 minutes.

Take out a cupful of the hot water and reserve it, then drain the watercress and transfer it to a blender. Purée the watercress, adding just enough of the re-
Continued on page 192

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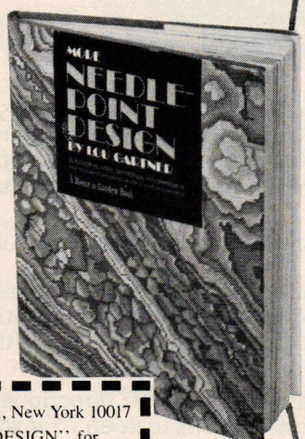

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PATTERNED SHEETS
Pages 96-97:
All Martex patterns in standard sheets, pillowcases, comforters, towels.
Page 96:
"Dresden Plate" handmade quilt: ca. 1925, Ohio Amish origin, 73" x 88" long. $350. At Thos. K. Woodard, American Antiques and Quilts.
Clamp-on plant light: 6½" diam. $13. By The Lite Factory.
Page 97:
White necker lamp: 6" diam. head, adjustable from 41" to 50" high, available in clamp-on or wall-mounted models. $79. At George Kovacs.
4-panel carved wood screen: each panel, 24" w. x 7' h. 1800. Designed by Gene Moore of Tiffany & Co.
Slipcovers in Gary Grant's apartment: Belgian linen and cotton.
7-WAY ROOM AND COVER
Page 98:
Sectional seating system: sofa, 94" x 35" x 33½" high; loveseat, 59" x 35" x 33½" high; corner, 35" sq. x 33½" high; ottoman, 33" x 29" x 20" high; loose seat and back cushions, cigar welting, shown with white and Lacquer Green canvas slipcovers. By Guild Furniture for Lord & Taylor.
Folding deck chairs: 26½" by 35" x 40½" high, weatherproof finished tubular frame, canvas sling seat. At Lord & Taylor.
"1-2-3" table: 42" sq. x 16" high, clear acrylic base, glass top, adjustable base makes the table into an end table. At Les Prismatiques.*
Goatskin lamp table: 24" sq. x 26" high, open cube design, lacquered finish. At Karl Springer.*
"Untitled" painting: (1975), graphite, pigment, sand, and vinyl binder. 62" sq. $5000. At The Pace Gallery.
Glass fire screen: 3 panels, chrome hardware, 12" x 26" x 12" x 26" high. $350; chrome andirons, $60 the pr.; chrome fire tools, $450 the set. All at Danny Alessandro.
"Blue Cosmos" painting: over fireplace, 34" diam., (1974), acrylic on canvas, by Hedda Sterne. $1500. At Betty Parsons Gallery.
"Ambassador HiLo" lamp: swivel head, adjustable height from 34" to 56" high, chrome stand. $30. At The Lite Factory.
Pillows on sofa: mud cloth fabric. 15" x 18", $120 each; 20" sq., $180 each; **standing coral and minerals** from a collection. All from Karl Springer.*
Fish-design antique platter: 19" diam. $20. At John Rosselli.
White leather cigarette box: 10" x 7½" x 3½" high, silver detail, lacquer finish. At Roundtree.
Blue and orange Persian jar: 11½" high. $60; **flat basket with handles,** 14½" oval. $9. Both at Limited Editions.
Round crystal ashtrays: 7" diam. $41 each. From the Strombergshyttan Collection at Georg Jensen.
Daisy-filled woven basket: 13" high. From a collection of baskets at Tony's Flower Store.
Large wicker basket with handles: 18" high. At Lord & Taylor.
Page 100:
Top
"Sigsbee Knolls" painting: (1975), acrylic on canvas, 84" x 46½", by Larry Zox. André Emmerich Gallery.
Pair of antique blue crackle bowls: 8¼" diam. $800 the pr.; **pair of pink Peking glass bowls,** 6½" diam. $600 the pr. At Nuri Farhadi.
Large round ceramic bowl on coffee table: 16½" diam. $80. Handmade exclusively for Diane Love.
"Wrong furniture" room:
Cane armchair: 23" x 25" x 32" high. At Lord & Taylor.
Antique wood coffee table: 26" x 48" x 16" high. $700. At Elux Putting Antiques.
Indoor/outdoor rectangular wood table: 20" x 48" x 16" high, weatherproof finish. $40. Made to any size. Bridgehampton Garden Center.
Green linen-covered box: 15" x 10" x 4¼" high. $150. At Karl Springer.*
Page 101:
Top:
"Nocturne" painting: (1975), acrylic on canvas, 63½" x 79" high. By Jack Bush at André Emmerich Gallery.
Antique wood bowl: 24" diam. At Elux Putting Antiques.
Antique celadon bowl: on coffee table, 8¼" diam. $200; **green jardiniere,** 7¼" diam. $180; **large celadon bowl** with raised white design, 12" diam. $250. All from Nuri Farhadi.
Pair of herringbone-design plates: 7½" diam. $7 each. At John Rosselli.
Pair of Raku vases: on lamp table, 12¾" high, $75; 11" high, $60. At Limited Editions.
Middle
"Orange Chamber" painting: (1975), 72" x 40", by Larry Zox. At André Emmerich Gallery.
Bottom
Antique Tibetan dhurrie rug: cotton, 14'2" x 11'8". At Stark Carpet.*
COLOR IT CORAL
Pages 104-105:
1. **"Jubilee American" stoneware:** dishwasher- and microwave oven-safe, available in 20-piece sets of four 5-piece place settings. $86; additional pieces shown, oval platter, $16.50; creamer, $9; coffeepot, $19. All by Lauffer. At Bloomingdale's.
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5. **Glassware:** cylinder vase, 9" tall, $11; Ming vase, 7" tall, $12.50; sphere vase, 4" tall, $9; ribbon plate, 8". $3.25. By Atelier Vitreon. Bloomingdale's.
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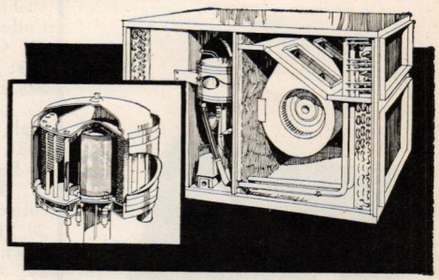

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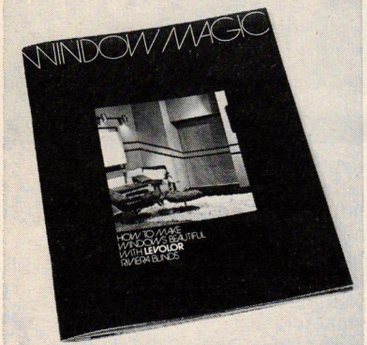

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continued from preceeding page

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14. **Cotton shoe bags:** machine washable. $15 a pr. At Henri Bendel.

15. **"Montreal" loveseat:** channel-stitched leather upholstery, 63" x 35" x 25" high, $800. Also available in vinyl, $399. By Burris. At A&S.

16. **"Weskit Diamond" cotton fabric:** 54" wide, 8⅜" repeat. $9.75 a yd. By Schumacher.*

17. **"Lumaglo" lamp:** fiberglass reinforced nylon shade, also in white, yellow, orange, brown, and black. $24.95. By Luxo Lamp. At Macy's.

18. **"Oriental Blossoms" bedsheets:** no-iron "Featherlite" material, in standard sizes for sheets, pillowcases, comforters. By Cannon Mills.

19. **Armchair:** 28" x 27" x 37½" high, green-painted finish, ash wood, upholstered with chintz. $625. By Henredon.

20. **Lounge chair:** 22" x 24" x 39" high, tubular chrome frame, wood supports, Velsuede cushions. $200. By Landes. At W & J Sloane.

21. **"Progression" Antron II nylon carpet:** 12′ widths. Karastan Carpet.

22. **Cocktail table:** 48" x 48" x 15¼" high, laminated top on a rounded pedestal base covered in wool. Designed by Milo Baughman. $418. By Thayer Coggin. Write Thayer Coggin for store nearest you.

23. **"Skinny-Mini" laundry center:** 24" x 24" x 65" high, family size washer and dryer, 2-position setting for regular or delicate. Matches Sienna. $510. By Frigidaire.

24. **Rocking chair:** 29¾" x 35" x 36" high, hickory with natural finish, suede cushions. $220. From the "Idlewood" Collection by Founders Furniture.

25. **Cotton-covered photo album:** $25; suede-covered address/notebook. $25. Both at Cache-Cache.

26. **Lacquered chest:** 28" x 4" x 24" high, pauferro wood, brass hardware. $687. From the "Far East" collection by Baker. At W & J Sloane.

27. **Hinoki wood box:** $225. From a collection of antique boxes at LCS.*

28. **"Portuguese Needlepoint" wool rug:** 5′ x 6′6". $820. Stark Carpet.*

29. **"Calico" vinyl wallcovering:** 27" wide. $22.50 a roll. Designed by Everett Brown for Krupnick Brothers.

30. **Two-door chest:** 35" x 20¾" x 31½" high, stacking storage units with brass bases, brass hardware, covered with a suede-like finish. $398. Designed by Paul Evans for the "Stak Pac" collection by Directional. Also in dark brown, gray, or mushroom with chrome or brass hardware. At Marshall Field.

31. **"Mollie's Fancy" cotton and polyester sheets:** standard sheet and pillowcase sizes, comforter, dust ruffle, pillow sham. Designed by Mollie Parnis for Wamsutta Designers Workshop.

32. **Wool-covered loveseat:** 64½" x 34½" x 40" high, part of a sectional system designed by Milo Baughman, covered in wool ribcord carpet, all wool cushions. $812. By Thayer Coggin. Write Thayer Coggin for nearest store.

33. **"Amoria" vinyl wallcovering:** 27" wide, 25¼" repeat. Designed by Billy Baldwin. $22.50 a roll. By Woodson Wallpapers.*

34. **Armchair:** 26¼" x 27" x 43¼" high, cabriole legs, balloon seat, nailhead trim, mahogany stretcher. By Hickory Chair. At Lord & Taylor.

35. **Wastebasket:** 10½" high, $1.49; **Safti-Grip bath mat,** 14" x 22½", $2.98; **bath-shower caddy,** matches Creamy Apricot. $2.79. By Rubbermaid.

36. **Custom planters:** right, 12" x 12" x 14" planter on 8" x 8" x 12" high mirrored base, $115; middle, 15" x 15" x 43" high mirrored planter, $165; left, 15" x 15" x 2" planter on 11" x 11" x 16" high mirrored base, $138. To order. Designed by Linda Trinkle Wolf. At Interiors That Grow.

37. **"Plum Blossom" cotton fabric:** 54" wide, 27" repeat; **"Kaleidoscope" cotton fabric:** 54" wide, 6¾" repeat; **"Cross Hatch" cotton fabric:** 54" wide, 3" repeat. All have Scotchgard finish, all $2.75 a yd. By P. Kaufman Fabrics. At Bloomingdale's.

"Shell Shine" canvas: 54" wide. By Key West Hand Prints at International Textile.

38. **Swivel lounge chair:** 31½" x 32" x 28¼" high, upholstered in Monsanto "Wear-Dated" acrylic velvet. $199. By Kroehler. Through Kroehler dealers.

39. **Plastic "Spin Dry":** for small fruits, vegetables. Dishwasher safe, 6¼" diam. x 4" high. Matches Orange Peel and Sienna. $7.98. By Mouli.

40. **Chinese-inspired wool rug:** 6′ x 9′6" long. $449. From the "Chinamar" collection by Couristan.

41. **Patchwork covered loveseat:** 61" x 34" x 25¾" high, pecan frame. $1000. From "Raintree" collection by Flair.

42. **"Mingei" paper jewelry box:** 5" sq. x 7¼" high. $20. To order from Yasutomo, San Francisco.

43. **Batik-covered chair:** 31" x 31" x 31" high, oak slatted side, loose seat and back cushions. $165. By Trend Line. At Montgomery Ward.

44. **Pouf chair:** 29" x 39" x 25" high, corduroy fabric with matching ottoman available. $129. By Carter Chair.

PICNIC:

"Durango" stoneware: $34 per 5-piece setting; coffeepot, $37; creamer, $14; sugar bowl, $19. By Lauffer. At Bloomingdale's.

"Take 5" carrier: 16" x 10" wide, with five compartments. $3.98; **ice-bucket:** 13½" x 11½", 1-qt. capacity, dome cover. $7.98. From the "Century 3" group designed by Luigi Colani for Republic Molding.

Steel picnic grill: 18" wide, 3-position grid, $4.99. By Structo Division of King-Seeley Thermos.

Thermojars: 6 and 10 ounces. $1.45 and $1.75. By Aladdin.

25-qt. ice chest: of high-impact plastic, friction-lock. $25. By Igloo.

"Tetra" plastic kite: 3 feet long, easy to assemble, comes with instructions. $6.75. At Wilburt.

Rice-paper umbrella: with collapsible bamboo handle, $8.50; **Viaka collecting basket:** rounded bottom. $120. From Primitive Artisan. At Pot Covers.

Ruffled pillows: hand-batiked cotton. $60 each. At LCS.*

Cotton knitted shopping bag: imported from France, available in red, orange, pink, blue, green, yellow, white. $4. At Le Grenier.

Mohair throw: handmade, may be ordered in any size or group of colors. From $250. By Copper-Newham.

"Year-Round" wool blanket: worn by third person from left, each blanket is signed by the weaver. $85. By The Three Weavers. At Plummer McCutcheon.

Cotton pillows: 17" sq., kapok filled, designs on cotton drill. $22 each. By Heller/Nargong. At Kaufmann's.

Vinyl tablecloths: 60" x 85" long, $11 each; "Verve" napkins, $1.80 each. Linens by Vera. At Macy's.

Clothes: cotton clothing by Cinnamonwear. At Henri Bendel.

READY-MADE FOR COLOR

Pages 110-111:

Living room

Loveseat: 58" x 35" x 26" high, loose seat and back cushion, covered in black and white geometric fabric.

Sleeper chair/chaise/bed: 40" x 34" x 29" high, arms drop to make chaise, fold flat to make bed, loose seat cushion, yellow and white flower fabric.

Armless chair: 29" x 32" x 30½" high, 3 armless units from a sectional system together make armless sofa.

Sofas back-to-back: 96" x 35" x 26" high each, loose cushions.

Rattan bench: 36" x 16" x 15" high, steel frame. From Rattan collection.

Cocktail table: 56" x 24" x 15" high, chrome frame, elm top. From the Founders Keepers Two collection.

Armless chair: 31" x 28" x 26" high, sculptured steel-look frame with rattan wrapped legs, seat, back. All by Founders.

"Crashing White" painting: (1975) 60" x 36¼", by Virginia Cuppaidge. $700. Susan Caldwell Gallery.

"Reunion" painting: (1965) 84" x 69" wide. At André Emmerich.

Fabrics in living room: all 51" wide, all 100% cotton, imported from France by Marignan.*

Covered basket: used as a table, 18" diam. x 11" high. At Lord & Taylor.

Antique Burmese wood round tray: top, 14" diam. $45. At Art Asia.

Small white Snowfall bowls: 5" diam.; $5 each. At The Pottery Barn.

Standing lamp: 52" high, swivel cylinder, in black, yellow, orange. George Kovacs.

Rush fireplace broom: $10. At Edwin Jackson.

Antique open-weave basket: 28" diam., 1½" high. At Kelter-Malcé.

Round lacquered tray: 11½" diam. At Henri Bendel.

Red and white ceramic platter: 17½" diam. $60. At Diane Love.

White leather cigarette box: 10" x 7½" x 3½" high, lacquered finish, silver detail. By Roundtree.

Glass cylinder vases: holding daisies, 8" high. At The Pottery Barn.

Wicker trunk basket: 20" x 14" x 10" high, under coffee table. From a collection at Le Grenier.

Round open basket with handles: 25" diam. x 9½" high. From a collection of antique American baskets at Thos. K. Woodward.

Stacking round red/black lacquered trays: 11½" diam. each. At Henri Bendel.

Round open basket with geraniums: 17" diam. x 8" high. From a collection at Le Grenier.

Oblong table: 27½" x 15½" x 16½" high, from a set of stacking tables, laminated, covered with Chinese calligraphy. Designed by Roe Kasian. Square tables $275 a set of four at Bloomingdale's.

Antique Oriental pottery bottle: 10" high, $75; Korean Yi rice bowl, 7" diam., $90; antique Japanese soup bowl, 5" diam., $15. All at Art Asia.

Antique Chinese green-glazed bowl: 7" diam., $150. At John Rosselli.

Flat basket with apples: 14" diam., on round table. At Lord & Taylor.

Ceramic plate with purple glaze: 8" diam., on oblong table. $12. At Diane Love.

Pages 112-113:

Bedroom

Queen-size canopy bed: 64" x 87" x 78" overall height, pecky elm veneers, elm solids, cane canopy. From the Founders Keepers Two collection.

Upholstered ottoman: 25" sq. x 15½" high, concealed casters, attached seat cushion.

Upholstered Parsons chair: 21½" x 20½" x 33" high, fully upholstered arms, legs, stretcher.

Upholstered loveseat: 58" x 35" x 26" high, loose seat and back cushions, exposed legs.

End table: 29" x 22" x 21" high, steel frame, wrapped rattan base, glass top. From the Rattan Collection.

China cabinet: 46" x 19" x 67" high, rattan frame, bone finish, glass doors, shelves. From the Rattan collection. All bedroom furniture by Founders.

"Golden Eagle" painting: behind bed, 66" x 45", (1974) by Ronnie Landfield. André Emmerich Gallery.
Fabrics in bedroom: all 51" wide, all 100% cotton, imported from France by Marignan.* From $9 to $18 a yd.
"Saxony Fair" nylon carpet: 12' wide, shown in ruby red. By World Carpets.
Antique blue ceramic plate: 9½" diam., $38; **tortoise finish wood box:** on oblong table, $125. Both at John Rosselli.
"Balls" standing lamp: 45" high, epoxy finish, cylinder head swivels. At George Kovacs.
King-size cotton sheets: red border, $98 each; cotton standard pillowcase, red border, $38 each. At Pratesi Linens.
Antique footed stand: 13" x 12½" x 6" high, on table to right of bed, $24. At Art Asia.
Ceramic picture frame: 5" square. At Folio 72.
Black lacquered Parsons table: $390. At Karl Springer.*
Yellow-glazed Chinese bowl: 6" diam., on Parsons table. $45. At John Rosselli.
Mohair throw: over arm of loveseat, 100% mohair. $25. At Antartex.
Octagonal quill tray: 20" x 13" wide, used for breakfast tray, wood frame. At Roundtree.
"Snowfall" white ceramic teapot: $8; "Snowfall" cup and saucer, $4.50; Provence gray teapot, $29.50; "M" teaspoon, $1.25; "M" red plastic bowl, $1.75; "Danica" wine glass, $2.50. All from The Pottery Barn.
Colored palm boxes: on glass table, $16, set of four. From Handicrafts and Handlooms Exports of India.
Round crystal ashtray: 7" diam., on glass table top, $75. At Karl Springer.
Round open-weave basket: from Le Grenier.
Ceramics: in and on china cabinet from a collection of antiques at Art Asia.
Stacking trunk baskets: at La Tienda.
Blue and white stenciled chest: 26½" x 18½" x 12½" high without stand, brass hardware. At Roundtree.
9" TV: 13¾" x 11¼" x 11⅝" high, black and white, operates on regular house current or car/camper cigarette-lighter socket, also has attached rechargable DC battery pack, sunshield, earphone, DC cigarette lighter cord included. $49.95. "Sportable" by RCA.
FM/AM digital clock-radio: 7¼" x 10¾" x 4⅛" high, 9-minute doze control, pillow speaker included, wake to music, buzzer alarm, or both. $49.95 by JVC America.
Dining Area/Kitchen
Dining table: 70" x 38" x 29" high, pecky elm veneers, elm solids, chrome base, two 16" leaves. **Side chairs:** 19½" x 20½" x 32" high, rush seat, pecky elm veneers, elm solids. From the Founders Keepers Two collection.
Graphics: "73" by Robert Mangold. 28" square each. $225 each at Prints on Prince Street.
Candleholders and centerpiece: $9 each. At Henri Bendel.
Round straw placemats: $1.60 each; linen napkins by Frank MacKintosh Tabletopping at Bendel's; stainless flatware, $7.80 per setting; "Danica" wine glass, $2.50 each; "Bistro" red dinner plate, $3.95 each; "Reco" red salad plate, $3.70 each; "Reco" red soup dish, $7.35 each; wood wine rack, $14.95. All at The Pottery Barn.
"Sunshine" dinner plates: on counter, $7 each. At Country Floors.
"Timer" stand mixer: automatic timer sets up to 10 minutes; stainless bowls, chrome-plated beaters, detachable head. $76.95. By Hamilton Beach.
Casserole: on stove, $11; round wood bread board, 12" diam., $7.95; soup bowls, $7.35 each; "Bistro" red sauce bowl, $3.50 each; canister set, $14.95 by Copco. At The Pottery Barn.
Round flat basket: holding peppers, from Le Grenier.
Deck
Chaise: 27½" x 71" long, tubular aluminum frame, vinyl straps, weatherproof. From the Kantan collection.
Stacking bench: 16" sq. x 15" high.
Armchairs: 21" x 26" x 15" high.
Low round table: 42" diam. x 9" high, tubular aluminum base, glass top. All from the Lido collection by Brown Jordan.
Antique green flower Chinese plate: 8" diam. $45; woven straw seat cushion, 12" sq. Both at John Rosselli.

WINE & FOOD
Page 115:
Pewter dessert spoons: reproduced from 18th-century molds. $8 each. By Price Glover. At Carel Schilthuis.
Champagne flutes from left:
"Wilma" continental champagne flute: 8½" high, 5 oz., $7.25 each. By Fostoria.
"Versailles" crystal champagne flute: $4 each. By J. G. Durand.
"Fatima" crystal champagne flute: 4 oz., $10.50 each. By Block. At Marshall Field.
"Dom Pérignon" champagne flute: 9½" high. $14.50. By Baccarat.
"Kathleen" continental champagne flute: $14 each. By Waterford Glass. At Altman's.

Building Facts

Materials and equipment in house on page 80

ARCHITECT: Robert A.M. Stern and John S. Hagmann
LANDSCAPE ARCHITECT: Peter G. Rolland
INTERIOR DESIGNERS: Robert A.M. Stern and John S. Hagmann
CONTRACTORS: Franco Brothers
SIZE OF HOUSE: 6,500 square feet

STRUCTURE
Foundation: Continuous reinforced concrete block foundation.
Framing: Reinforced concrete floor slab and concrete slabs on grade; wood stud framing with steel members and pipe columns; reinforced concrete curved wall on rear façade.

EXTERIOR OF HOUSE
Exterior walls: Stucco by Mohawk Colorama on galvanized metal lath by US Gypsum Co.
Roofs: Asphalt on asphaltic-dipped paper with white spar topping.
Insulation: In walls, 3-inch batts and in ceilings, 6-inch batts by Johns-Manville Corp.
Windows and skylights: Fixed frame and sliding pocket windows of double-glazed glass, custom made by the General Contractor and Beacon Artisans; double-insulated glass sky lights custom made by General Contractor.
Doors: Custom-made wood frame doors.
Garage Doors: Radio-controlled electric overhead doors by Overhead Door.

INTERIOR OF HOUSE
Walls and ceilings: Gypsum wallboard by US Gypsum Co.
Interior finishes: Alkyd paints by Benjamin Moore and PPG Industries.
Floors: In major rooms, bluestone tiles by Domestic Marble Co. and carpet by Stark Carpet Corporation; in kitchen, Acrilon carpet by Harmony Carpets; in baths, ceramic tile by Hastings Tile Co.
Lighting fixtures: Recessed ceiling fixtures by Edison Price, Inc.; cove lights by Wiremold; pendant fixtures by Galleria Mobili and Venini, Ltd.; floor lamps by Gallerfa Mobili and Nessen Lamps Inc; dimmers by Lutron.
Fireplace: Brick fireplace with damper by Donley.
Hardware: Brass and chromed brass handles and locksets by General Lock Div., Schlage Lock Co; hinges by McKinney Mfg. Co.
Music System: Dual turntable; Pioneer tuner/amplifier; J.B. Lansing speakers.
Kitchen and bathroom cabinets and countertops: In kitchen custom-made, Formica-surfaced wood cabinets and countertops with stainless steel and marble inserts by Westchester Kitchens; in bathroom, Formica finish wood cabinets and countertops by Loosen and Brautigam.
Plumbing fixtures: Kitchen sink by Elkay Mfg. Co.; bathroom fixtures by American Standard Inc.

MECHANICAL EQUIPMENT AND APPLIANCES
Appliances: Dishwasher and food waste disposer by KitchenAid Div., Hobart Mfg.; refrigerator and freezer by Sub-Zero Freezer Co., Inc.; oven by Thermador Div., Norris Industries; gas range by Roper Sales Corp.; laundry washer and dryer by Maytag Co.
Heating and cooling system: Forced warm and cool air.

Color originals
continued from page 86

developer) is San Cristobal, the stable, horse pool, swimming pool, and house for Mr. and Mrs. Folke Egerstrom, where pink and purple stucco meet blue sky and horses parade against the walls like a moving "frieze." The effort to make a theatrical background for the animals is entirely intentional and "acclaims the important feeling Barragán has for animals," says Ambasz, "particularly the horse, which has always remained superior in Mexico since the Spanish won over the Aztecs by appearing on horseback." In the collaboration with nature, water and shadow are always implicit in Barragán's design. In the picture, *page 86*, the giant stucco "beam" resting between two brilliant walls is actually a water trough from which water gushes into a cobbled drinking pool for horses. Functional on one level, esthetic on another, the pool reflects another "picture" on the ground. The Mexican climate has been crucial in making Barragán an architect of the outdoors. "He is," Ambasz sums up, "one of the very important architectural poets."

Patterned sheets
continued from page 64

out what else we can do in our sleep. Others, like Dr. Stanley Krippner at the Humanistic Psychology Institute in San Francisco, are training people to influence the content of their dreams in order to read the meanings better. A lot is going on in sleep research—and if we don't really know yet whether or not the colors of our bedclothes can soothe our psyches, maybe very soon we will.

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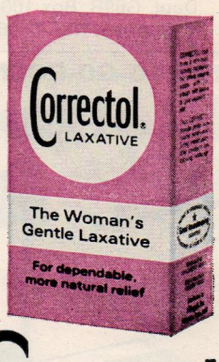

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IN SEASON

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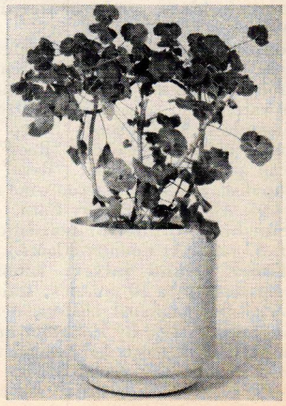

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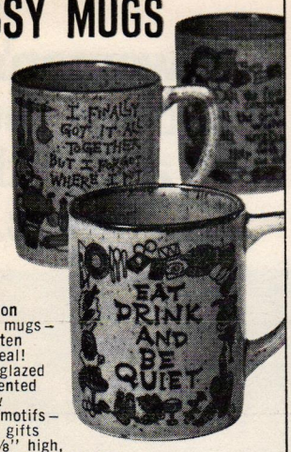
SASSY MUGS



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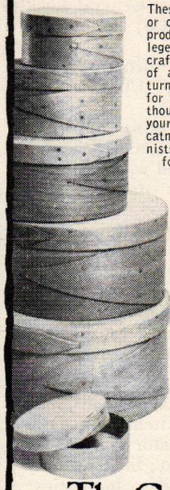

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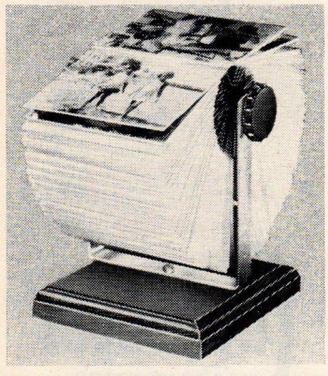

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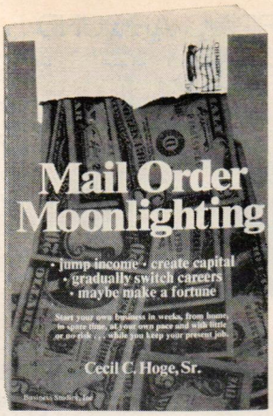

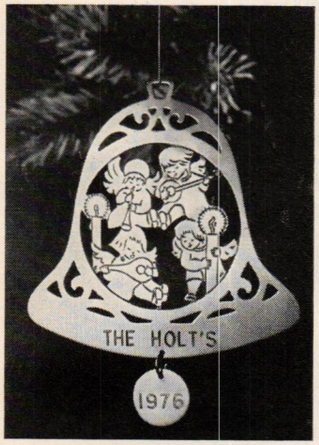

PERSONAL NOTE

The little gift that becomes a lifelong remembrance. Captivating cherub musicians in a festive bell ornament. Clapper marks the year. 3½". Tarnish-free, unbreakable solid brass, custom engraved. (Print name). $1.98 each; six for $9.98 plus 50c post. Lillian Vernon, G9E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

THE STERLING TOUCH

Elegant identity. Sterling silver labels on sterling chains are engraved with vodka, brandy, gin, scotch, rye, bourbon, burgundy, rum, whisky, port, sherry or left plain. 3½" w. Give style desired by letter. $11 ea. plus 50c post. Jean's Silversmiths, HG9, 16 W. 45th St., New York, NY 10036.

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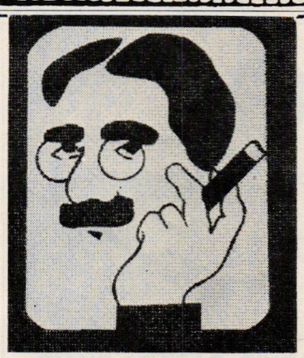

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Here's a nostalgic needlepoint caricature of the "Grand Master of Comedy" to be worked entirely in black and white. Kit includes stamped design on #13 mesh mono canvas. Persian wool yarn, needle and instructions. Finished size is 7 x 8". Also available are Charlie Chaplin and Marilyn Monroe (both 8 x 8").

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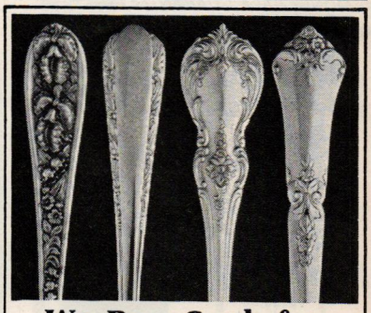

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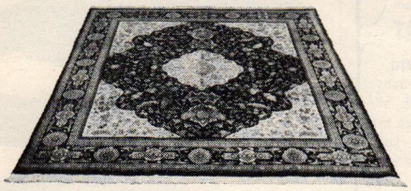

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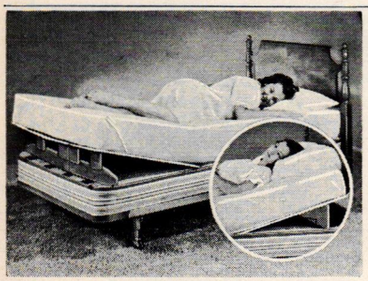

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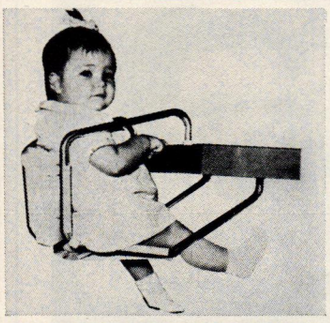

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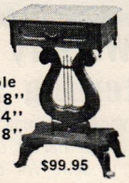

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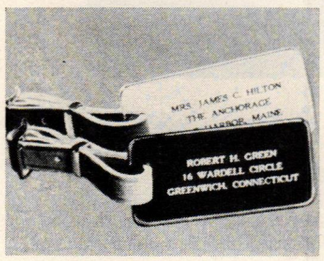

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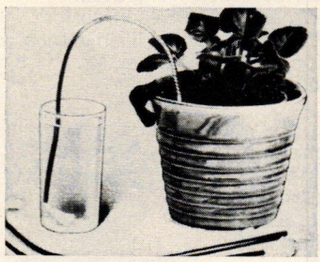
Fit airline specifications for identification. Heavy plastic. Clear, black, tortoise, amber. 24k goldtone name and address. Cowhide straps. Women: 1½" by 3" two $5; men: 1¾" by 3½" two $7. Post. 80c. Sleepy Hollow Gifts, HG9, 6651 Arlington Blvd., Falls Church, VA 22042.



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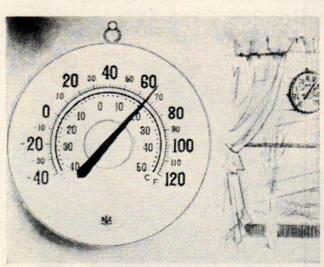
SIGHT AND SOUND

Graceful white bone china bell circled by a flight of colorful butterflies. The fluted handle gleams with gold, and the bone china clapper has sweet, clear ring. 4¾" tall. Boxed as gift. $10.98 plus 75c post. Lillian Vernon, G9E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



CLEAR DEGREES

Round thermometer hangs outdoors to be read from inside or may be installed indoors. Degrees in fahrenheit and centigrade. 9¾" dia. with weather resistant face, rain shield, mounting hook. $5.98 plus $1 post. American Century, HG9, Box 36232, Los Angeles, CA 90036.

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RR201-6—White Labels, *1 box,* ***$1.25***
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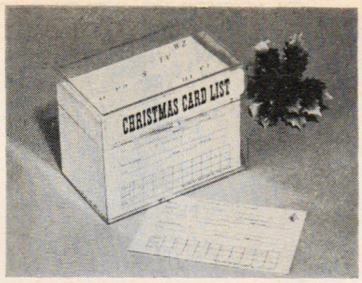

Christmas Card File Box
Whistle while you whiz through Christmas card addressing. Our clear plastic file box makes it fast and easy. No more rummaging through addresses. It includes ten alphabetized dividers and 100 premarked cards that keep records for the next ten years. Extra cards in packs of 100.
9884-6—File Box and Cards .. ***$3.59***
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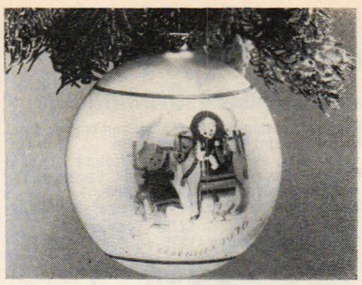
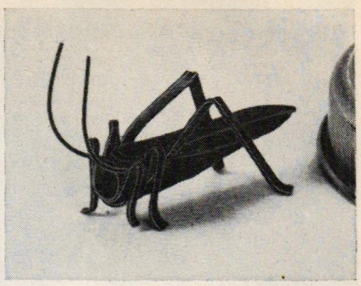


1976 Hummel Ornament
A limited edition Christmas ornament featuring one of Berta Hummel's beloved artistic works. It's entitled "Sacred Journey" and depicts a winged cherub leading a donkey, upon which is seated the haloed Child. Beneath the colorful portrayal is "Christmas, 1976" to make it a treasured memento at year's end.
8861-6—Hummel Ornament .. ***$4.39***



The Cricket
Long revered by the Chinese as a symbol of good luck, it has been welcomed into American homes for the same purpose: "A cricket on the hearth for good luck and good health." The friendly fellow is crafted of black metal, stands guard over your hearth, adds a whimsical touch to decor. 2½" long. Housewarming gift supreme.
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We're proud to say that since 1934, our company has been bringing unique gifts to people in all these 50 states. Because they have been sound values, we have made many friends. We'd like you to be among them. Our service is swift... your orders are filled and on their way to you within hours after we receive them. Try us! We're sure you'll be pleased...our ironclad guarantee insists on it! Sincerely,

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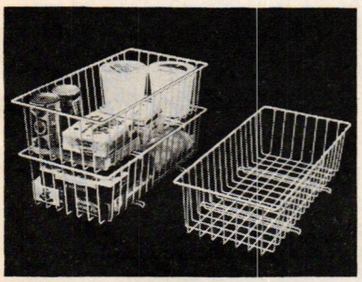
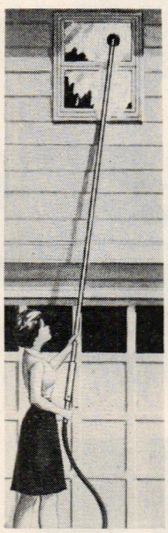
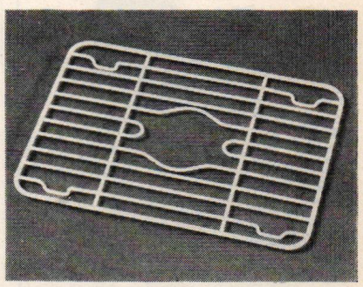


Stack 'n' Store Freezer Baskets
These make freezers as neat as filing cabinets, and you can find just what you're after without risking frostbitten fingers! Heavy steel rod baskets are coated with rustproof vinyl, are a jumbo 5¼x9½x19½" with braces for stacking without crushing contents. Keep fruits and vegetables in one, meats in another.
7564-6—Freezer Baskets, *each,* ***$4.39***



Whirlaway Brushes
No more dangerous, high-in-the-sky scrubbing jobs. Whirlaway has a horsehair brush head on lightweight aluminum poles that can be used separately or together for a long reach. A reservoir in the handle takes detergent. Giant has squeegee, whirling brush, 14' reach. Super has squeegee, scrubbing and whirling brushes, high pressure spray, 15' reach.
XL139-6—Giant Whirlaway .. ***$22.95***
XL321-6—Super Whirlaway, ***$25.95***

Oshkosh B'Gosh Play-O-Alls
A miniaturized version of the famous Oshkosh B'Gosh overalls. Play-O-Alls are made of the same tough, sanforized hickory-striped denim with the same meticulous attention to details — stout stitching, full bibs, roomy pockets, rustproof hardware. Kids love 'em for rough-and-tumble play, and usually outgrow Play-O-Alls before outwearing them. (It's ok; they make terrific hand-me-downs).
Sizes 1, 2, 3, 4, 5, 6, 8 .. *each,* ***$9.95***



Artwire Sink Protector
White cushion-coated steel protector sits at the bottom of your sink to guard it from scratches as it cushions your finest dishes and glassware to prevent chips and breakage. A center opening provides easy access to drain. In three sizes.
7991-6—Protector, 10x13½", ***$2.29***
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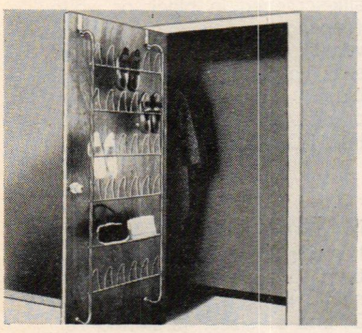
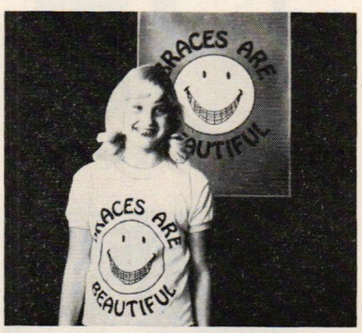


Overdoor Shoe Racks
Grand way to keep your closet neat. Racks slip over door (or can be wall mounted), hold 12, 18, or 21 pairs of shoes. They're cadmium-plated tubing with no-mar plastic tips to protect door, extend 5½" from door or wall. Crossbars fold back to make shelves.
XL200-6—12-Pair Rack ***$9.98***
XL156-6—18-Pair Rack ***$13.49***
XL319-6—21-Pair Rack ***$14.39***



"Teethshirts" for Teens
Guaranteed to keep any young "metal mouth" smiling! Snowy white, 100% cotton T-shirt is screened with a sunshiny yellow face boasting a tin smile and the words, "Braces Are Beautiful." Matching poster is 20x28" screened in yellow and black on a blue background. Shirt ***$5.98***
3759-6—Size 32-34; ***3760-6***—34-36
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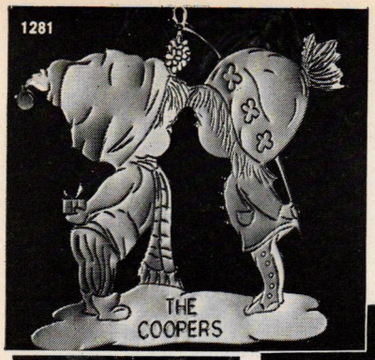

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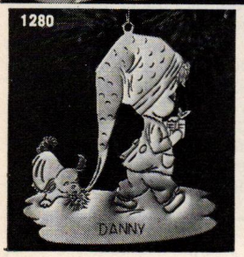

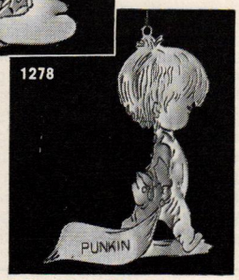

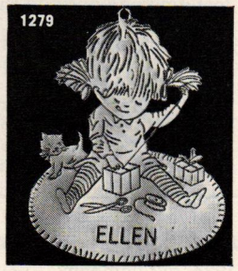

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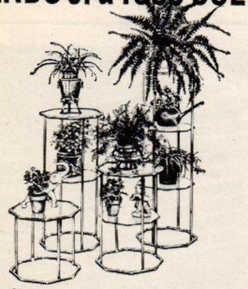

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15" high x 18" dia. x 1 tier 36" high x 18" dia. x 2 tiers
24" high x 18" dia. x 2 tiers 48" high x 18" dia. x 3 tiers

CHROME & GLASS

15" stand	$16.88	36" stand	$22.88
24" stand	$19.88	48" stand	$25.88

BRASS & GLASS

15" stand	$19.88	36" stand	$25.88
24" stand	$22.88	48" stand	$28.88

for freight & handling add $3.50 each

Send checks or money orders to:

NO COD

CENIT CO., INC.
P.O. BOX 41
KEEGO HARBOR, MICH. 48033

Mich. residents add 4% sales tax. Flowers and accent pieces not included.

CHOICE DECOR!

(Finished or Unfinished!)

The "Mediterranean" is a massive lamp, standing a stately 34" tall. Handcrafted, it is yours *fully finished* or sanded satin-smooth ready to decorate. Ideal to antique, decoupage or stain a warm wood tone. Fashioned of native hardwood, this lamp is fully wired with a 3-way switch and 8-ft. cord. Has brass harp and finial. *Specify Shades* in White Shantung or Beige Shantung; Oyster Burlap or Natural Burlap. Satisfaction guaranteed!

$19.50 ea.* Unfinished

$27.00* each FINISHED in walnut, colonial maple; or in antiqued barn red, olive, mustard, or Wedgwood blue. *(Add $2.00 postage; West of Rockies add $2.75 per lamp.)

FREE COLOR BROCHURE of finished & unfinished lamps!

Baxwood Crafters

Dept. HG-69, P.O. Box 7012,
LEXINGTON, KENTUCKY 40502

If your poor reader knew the sounds of letters—he'd know how to READ!

That's why poor readers catch up so quickly with The Sound Way to Easy Reading. Records and charts drill your child in the *sounds* of the letters in the alphabet—the 123 *phonics sounds* that make up 85% of the words in our language. Sounds he's never taught by the look-and-say method used today. Parents and teachers report children gain up to a full year's grade in oral reading in six weeks with this phonics course. Try it FREE for 2 weeks! Write today!

Bremner-Davis, Dept. P-99-FK
1512 Jarvis, Chicago, IL 60626

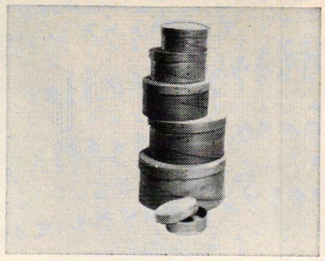
EARLY AMERICAN SCENES come to life in easy-to-do cross-stitch samplers. Each kit includes stamped natural Belgian linen, bright colored floss, and simple instructions. Framed size 10" x 10".

Red Barn Kit (shown)	$2.50
Little Red Schoolhouse Kit	$2.50
Covered Bridge Kit	$2.50
Old Mill Kit	$2.50
Lighthouse Kit	$2.50
Spirit of '76 Kit	$2.50
Minute Man Kit	$2.50
Wood frame, 10" x 10", mahog. finish	$1.50
Wood frame, 10" x 10", maple finish	$1.50

PLUS 60¢ POSTAGE & HANDLING
Pa. Res. Add 6% Sales Tax. Sorry No COD's.

THE ADDED TOUCH
12-H Water St., Bryn Mawr, Pa. 19010

SHOPPING AROUND

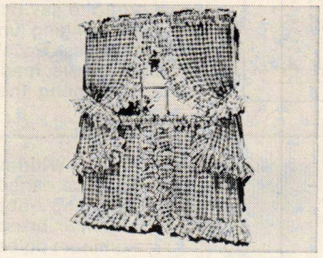


SHAKER STORAGE

Round or oval maple boxes similar to those made by the Shakers have many uses. Round or oval: 4", $7; 5", $7.50; 6", $8.50; 7", $9; 8", $10 plus $1 post. Nested set of 5 oval, $40; six round, $46 plus $1.50 post. The Country Loft, HG9, 15 Industrial Park Rd., Hingham, MA 02043.

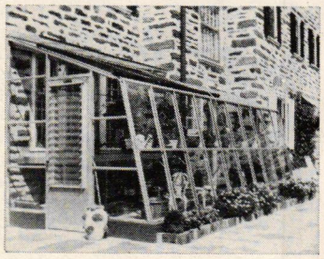
BOLD BACK-WRAP

A smart skirt by Meadowbank is gathered from inverted center pleat, with two roomy bias-cut patch pockets. Wool-and-nylon checked in navy/lime. S, M, L, XL (for sizes 6 to 18). $32 plus $1.75 post. Send for free color catalogue. The Talbots, Dept. CD, Hingham, MA 02043.



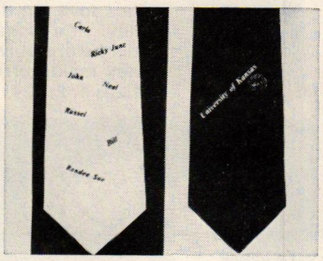
WOVEN GINGHAM

Perma-Press 65/35, 3" ruffles. Checks ¼" in red, blue, yellow, lime or brown with white. 76" w. Tiers (no ties) 24", 30", 36", $7.50. With ties: 45", 54", $11; 63", 72", $12. Ruffled valance $4.50. Post. $2. Catalogue free. Old Colony Curtains, G69GE, Box 759 Westfield, NJ 07090.



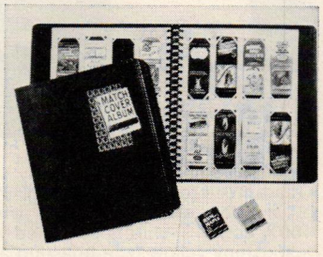
PICK A GREENHOUSE

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. Janco Greenhouses, Dept. Y-9E, Box 348, 10788 Tucker Street, Beltsville, MD 20705.



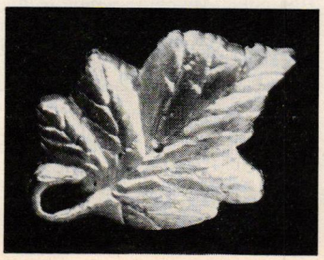
CLOSE TIES

For grandfather (or father), the children's names (up to 10) are silk-screened in black or white (depending on tie color). For university, send name and copy of seal. Polyester. Dry clean. Navy, black, brown, green, royal, orange. $12.95 ppd. Bruce Bolind, HG9, Boulder, CO 80302.



MATCH-COVER KEEPER

If you're a collector, enjoy an album to keep covers displayed neatly. Holds 612 standard 1½", 2" and 3" sizes. 42 slotted 10" by 12" pages in handsome multi-ring leatherette binder. $7.25 plus $1 post.; two $14.50 ppd. Writewell Co., 852 Transit Bldg., Boston, MA 02115.



BRIGHT AS NEW

Magic silver leaf goes in sink or dishpan when hand-washing silverware and keeps table silver and hollowware shining and free of tarnish. Safe, odorless and non-toxic; it lasts a lifetime. $4.98 plus 40c post. Anthony Enterprises, HG9, 556 Mission, San Francisco, CA 94105.

Plant Now...Step Back...and Watch Out!

Amazing Super-Growing Species Soars Into A Magnificent Tree *IN JUST ONE YEAR!*

And if you think that's startling — just wait 'til you see the spectacular show when it starts to flower — Actually smothers itself in such lavish masses of bouquets, its branches appear to bend from the sheer mass and weight of the magnificent blooms.

That's the kind of wondrous results reported by the U.S. Gov't. Plant Research Stations . . . Botanical Gardens . . . and University Plant Scientists on what is undoubtedly the most fantastic flowering shade tree ever introduced in America — the incredibly beautiful Paulownia . . . the only flowering shade tree in all of nature that can do all of this and more.

READ WHAT THE EXPERTS SAY ABOUT THE INCREDIBLE PAULOWNIA . . . THE FASTEST GROWING FLOWERING SHADE TREE EVER DISCOVERED!

HEIGHT: Gov't Plant Scientists and Botanical Experts report 18 to 22 feet of growth the very first year on specimen trees. That's more growth IN JUST ONE SINGLE SEASON than even a fully matured 15-year-old flowering dogwood, or prize star magnolia.

SPREAD: University Researchers report beautiful ornamental spread of nearly 40 feet at maturity . . . packed with thousands of magnificent flowers. Think of it. It not only surges skyward in the most spectacular burst of beauty you've ever seen . . . but, also arches out in a magazine-cover display of color-drenched branches.

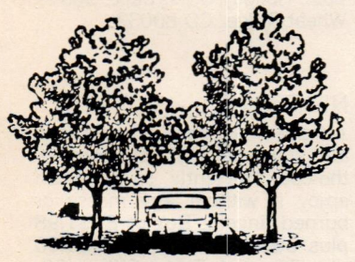
Ease: Leading editors report: . . . grows in almost any soil . . . and below-zero root-hardy, too. Yes, because nature has endowed this landscape-artist's "dream-tree" with super-growing strength . . . because it is virtually resistant to most every common disease . . . requires practically no care at all. You simply plant it and forget it . . . it's as simple as that.

A TOWER OF BEAUTY IN JUST ONE SINGLE YEAR!

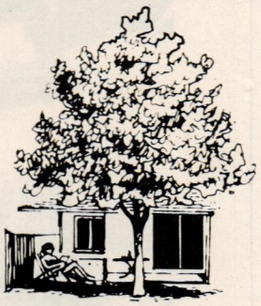
Yes, who says you have to spend a small fortune for a flowering shade tree? — and then spend half a lifetime waiting for it to grow? It used to be that way — BUT NOT ANY LONGER. Not since we have finally tracked down the one single tree in all of nature that hoists itself high, so fast you can literally measure the difference in both height and spread from week to week . . . or take a yard-stick and measure the incredible difference in feet from month to month!

GROWS IN ANY SOIL — REQUIRES NO SPECIAL CARE — SOARS INTO A MASTER-PIECE OF LUSH, GREEN BEAUTY IN JUST A MATTER OF MONTHS!

Best of all, unlike most trees that demand constant pampering . . . the only thing you can do when you plant Paulownia is water it and enjoy it. That's why leading botanical gardens . . . landscape artists . . . garden editors . . . recommend it again and again for home-owners who want a stunning display of both beauty and shade . . . and with practically no more work than a couple of sprinkles a season.



How's this for a natural archway in front of your driveway — twin towers of flowering beauty in less time than you ever dreamed possible.



Picture your patio bathed in the cool, fragrant beauty of this show-stopping miracle-tree from early spring to the first snows of winter.

VITAL STATISTICS FROM LEADING EXPERTS

MATURE GROWTH SIZE — 45 to 60 feet

MATURE GROWTH SPREAD — 35 to 50 feet

ZONE OF HARDINESS — completely root-hardy from deepest south to as far north as Montreal, Canada. Flowers beautifully even after 10 below zero winter freeze.

ONE YEAR GROWTH RATE — Experts report growth range of up to 22 feet the first year after planting specimen trees under optimum conditions, up to 15 to 18 feet under poorer conditions when pruned for foliage growth only.

FLOWERS — When tree is at blooming size, in just a few short years, you'll enjoy thick panicles of fragrant lavender blooms. Highly recommended by landscape artists as specimen planting for front lawn.

SOIL REQUIREMENTS — Natural strength and vigor allow it to soar full forth in even poor soil. You can plant it anywhere.

CARE — No special care whatsoever. No spraying. No dusting. No special feeding. Naturally resistant to most every disease, pest or insect.

TAKES BUT 10 MINUTES TO PLANT — REWARDS YOU WITH A LIFETIME OF BEAUTY STARTING THIS VERY YEAR!

ONLY A LIMITED SUPPLY YET AVAILABLE FOR RELEASE TO THE PUBLIC — FULL SUPPLY WON'T BE READY UNTIL 1977 . . . SO ACT NOW!

Now, the price of this super-growing shade tree is not $20 or $30 but a mere $3.95 . . . yes, only $3.95 for this magnificent shade tree that rewards you with such a glorious display of growth IN JUST ONE SINGLE YEAR! However, supply is limited. All orders filled on a First-Come First-shipped basis. And since now is the time to plant, you must act now!

Here's a luxury sight you don't have to wait half a lifetime growing — a matched pair of flowering show-pieces, so strong and sturdy you can actually sling a hammock between them.

Never Has There Been A Faster-Growing, Flowering Shade Tree Introduced To America — Royal Paulownia

Yes, plant this season — see it soar forth in a tower of beauty in just one year! It's the most spectacular splurge of both growth and beauty of any shade tree ever brought to this country. And it's so easy to grow even a child can do it!

SATISFACTION GUARANTEED OR MONEY BACK

And remember: Satisfaction is guaranteed. You must be thrilled in every way with this wondrous flowering shade tree or RETURN IT AT ANY TIME within 90 days for a full refund of your purchase price. Use the No-Risk Coupon below.

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MAIL NO-RISK COUPON TODAY

WEST-BOND NURSERY SALES CO., Dept. T- 330
Caroline Road, Philadelphia, PA 19176

Please rush me the Flowering Shade Tree(s) indicated below:

- ☐ 1 for only $3.95 plus 35¢ postage & handling.
- ☐ 2 for only $6.95 **(SAVE $1.00)** plus 50¢ postage & handling
- ☐ 4 for only $10 **(SAVE $4.00)** plus 75¢ postage & handling
- ☐ 10 for only $20 **(SAVE $7.00)** plus $1.50 postage & handling

If after receiving my order I'm not delighted, I may return it within 90 days and you will refund the full purchase price (except postage and handling).

Total amount enclosed $_____ (add sales tax where applicable).

Check or money order, no CODs please.
On orders over $6, you may **CHARGE IT!**

(Check one) Exp. Date _____

☐ BankAmericard ☐ Master Charge
☐ American Express BANK NUMBER ☐☐☐☐

Credit Card # _____

Name _____

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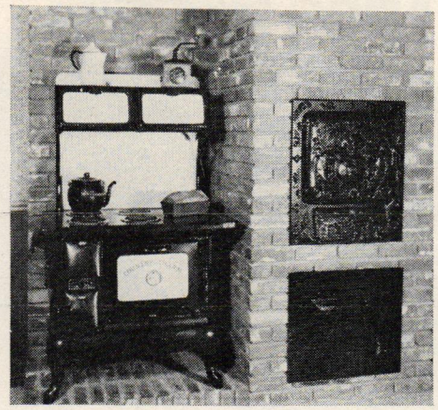
Div. of American Consumer, Inc.

Remodeling? "COUNTRY CHARM" Appliances

WILL GIVE YOUR Early American Kitchen

Convenience and Authenticity

AUTOMATIC ELECTRIC RANGE . . . . . . authentic **CAST IRON** reproduction from original patterns. Combined with the Early American charm of this handsome antique is the convenience of fully automatic oven and burner controls, and an easy-care porcelain top. Coffee mill uniquely houses clock, oven timer and minute minder. Fits modern range space. Prices start at **$555.00,** plus freight charges.



CAST IRON WALL OVEN . . . Front is **CAST IRON** with handsome scroll design. The 18" oven is fully insulated and porcelain lined. Hearth door conceals all controls, clock and timer. Available in right or left hand door models. Prices begin at **$325.00,** plus freight charges.

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"Old Fashioned Gifts"

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Quality Backed by 35 Years of Skilled Craftsmanship.

Send 25¢ for your "COUNTRY CHARM" Appliance Folder and Gift Catolog.

32-PAGE CATALOG

I'M RIDIN' HIGH!

Here's the pet car seat that makes travel pure pleasure for BOTH pets AND people! Its full 8" depth protects during sudden stops. The 13" long by 10" wide area is ideal for most pets. Fabric and masonite bottom is easily removed from steel frame for laundering. Folds compactly for quick storage. Fits all cars. Satisfaction guaranteed!

$13.95 ***plus $1.00 postage***

COLOR CATALOG! 32-pages of the newest things for pup and kitty. Latest pet wearing apparel, pet gifts, hard-to-find accessories. Only 25¢ or free with order.

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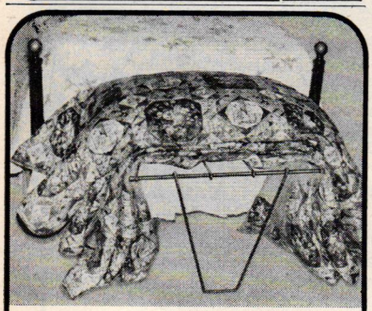
DU-SAY'S

"Dee Dee" is captivating needlepointed in the four stitches we recommend, or all continental stitch. Poppy and hatband are in two shades of rust (or specify red) with dark blue cornflowers and light blue background. Hat and dress are cream. Paterna persian yarn, needle and complete instructions.

$30.00 ppd.

THE darn yarn SHOPPE

Dept. HG9
254 Post Road East
Westport, CT 06880



Bedspread caddy saves effort

Easier bed-making without nightly tugging heavy spread. Just pull hidden caddy from between mattress and spring. Legs drop into position. Lay spread onto caddy, accordion fashion . . . ready for quick, easy, morning make-up. Brown metal caddy glides back out of sight by day. Ideal for Hollywood beds or low footboards. For double, king or queen-sized beds, get two.

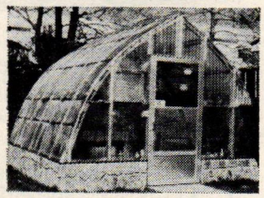
Satisfaction or money back.

$8.33 or 2 (same address) for $15.33.
Add $1.40 shipping

GARRETT'S

Box 12274-16, Dallas, Texas 75225

Isn't it time you had your own permanent Greenhouse?



The Gothic Arch Greenhouse is strong, permanent, maintenance-free and guaranteed! It's constructed of top quality California Heart Redwood and translucent fiberglass panels . . . completely prefabricated for easy assembly! And the price? The 12' x 12' model is less than $650.

Write today for Free Brochure.

Gothic Arch Greenhouses

Dept. HG-9 P.O. Box 1564 Mobile, Ala. 36601

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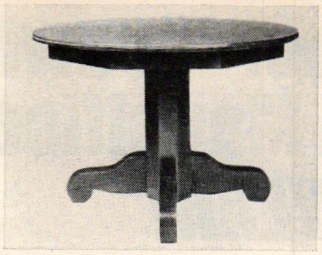
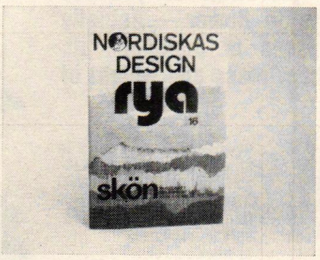


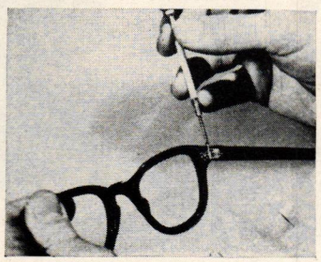
OAKEN BEAUTY

You'll appreciate the sturdy quality of perfectly seasoned solid oak. Flat grain sanded, ready to finish. This popular dining table comes in two sizes: 42" $140; 48" $150. Natural oak finish, $10 extra. Common carrier. Write to Marion Travis, HG9, Box 292, Statesville, NC 28677.



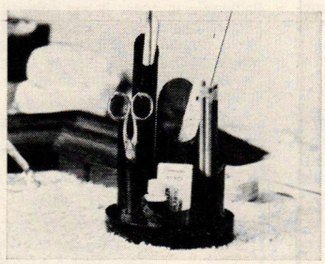
RYA ARTISTRY

A brand new catalogue, 16, presents striking new designs from Sweden. Complete kits of rugs, cushions, and wall hangings turn into lifetime treasures. Send $1 for beautiful color catalogue. Write Skon, HG9, 53 Lambert Lane, New Rochelle, NY 10804.



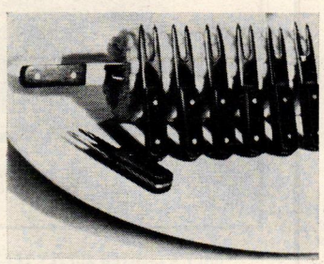
FIX-IT KIT

Oh, those miserable moments when eyeglass frames part company! To cope, a clever kit that helps get it all together: professional optical screwdriver and an assortment of tiny frame screws. $2.29 plus 30c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.



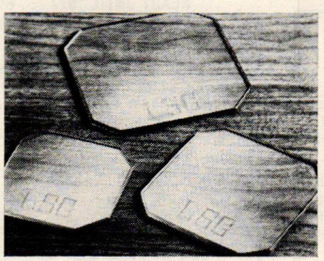
END THAT CLUTTER

The compact Desk Mate has five sculptured styrene cylinders to hold pencils, pens, clips, paper, brushes, anything. Or can serve as an attractive modern holder for dried flower arrangements. 6" dia. by 9" h. $3.99 plus 50c post. Holiday Gifts, Dept. 309-H, Wheat Ridge, CO 80033.



NEAT GRIP

Attractive skewers of rosewood and stainless steel hold corn-on-the-cob efficiently so you can enjoy it without any messy or burned fingers. Box of 8, $1.98 plus 35c post.; 2 boxes, $3.50 plus 70c post. Taylor Gifts, HG9, 355 E. Conestoga Rd., Wayne, PA 19087.



INITIAL TILES

Elegant shapes in clear Lucite protect from heat or moisture without hiding table linens or woodgrain. Deeply carved with your initials (print). 5", 6" and 7". Set of three $8.98 plus 75c post. Country Gourmet, G9E, 512 So. Fulton Ave., Mt. Vernon, NY 10550.

SPARKLING SPRAY MIST

Crystal chandeliers, sconces and candelabra come bright and clear after a spray shower of silicone mist from an easy-to-handle 7 oz. can. No need to wipe; just let dry naturally. $3.98 plus 65c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.

50 PIECE SET... PISTOL-HANDLED FLATWARE OF 1776 ...*Beautifully reproduced in stainless steel with the satin-finish look of antique pewter.*

NOT $44.95! NOT $34.95! ONLY $22.95!

Your home can reflect the candlelight appeal and gracious atmosphere of Early American Colonial elegance when you grace your table with this incredibly beautiful service. Through a special purchase, we can offer you the famous Pistol-Handled Flatware with all its stunning Colonial simplicity in magnificent, satin finish stainless steel at just a fraction of what you would pay for luxurious Sterling Silver. Each and every piece is a lovely replica of the graceful place settings that highlighted many a candlelit Colonial dinner. The knives are the genuine hollow pistol grip handles; the forks are the graceful 3-tined design. And the entire 50-Piece Set is made of modern stainless steel, to give you years of carefree service.

LIMITED SUPPLY AVAILABLE AT THIS VERY SPECIAL LOW, LOW PRICE

Don't be disappointed! Take advantage of this amazing low price while our supplies last. Order now and we'll send you the complete service for 8 including 8 Pistol Grip Hollow Handle Knives; 8 Dinner Forks; 8 Salad Forks; 8 Soup Spoons; 16 Teaspoons PLUS a SPECIAL FREE GIFT of a matching Butter Knife and Sugar Spoon—50 pieces in all. The entire set is yours for just $22.95 on full money back guarantee if you are not absolutely delighted. But don't delay. Due to the rising cost of quality stainless steel, the price of this set will be increased in the very near future. Take advantage of our truly low price while current supplies last. Mail coupon today!

Complete Luxury Service For 8

CROWN-CASTLE Ltd., Dept. PGP-457
51 Bank Street, Stamford, Conn. 06901

Please send me the Stainless Steel Pistol Grip Flatware I have checked below on full Money Back Guarantee if I am not absolutely delighted.

(Please add $2.00 postage and handling with each order.)

Check Quantity Desired

☐ Service For 8	*(50-Piece Set)*	$22.95
☐ Service For 12	*(74-Piece Set)*	33.95
☐ Service For 16	*(100-Piece Set)*	44.95

☐ Enclosed is $_____

Charge my ☐ BankAmericard ☐ Master Charge ☐ American Express

Card No._____ Exp. Date_____

Signature_____

Name_____ (Please Print Clearly)

Address_____

City_____

State_____ Zip_____

Conn. Residents Add 7% Sales Tax

SHRINK STOMACH

Waist Watchers will feel muscle tighten and see stomach shrink from first day you use the Waist Wheel. A few rolls back and forth from knee position equals 100 sit-ups.

Single Waist Wheel ..... **$7.98 + 80¢ Mailing Each**
Dual Waist Wheel ..... **$9.98 + $1.00 Mailing Each**

No COD's or Billing *Add 6% sales tax in California*

Satisfaction Guaranteed or your money back.

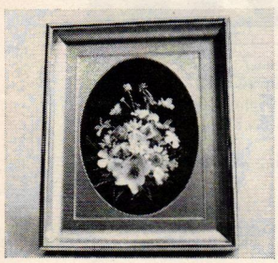
Anthony Enterprises **Dept. HG-96**
556 Mission, San Francisco, Calif. 94105

BICENTENNIAL THIMBLES

Left to Right:

American Eagle. In hand cast pewter. **3160. $5.95ppd**
Betsy Ross. Enamel overlay on Sterling Silver. **3403. $15.95**
Liberty Bell. Magnificent replica in pewter. **3967. $5.95ppd.**
Molly Pitcher. Minted in hallmarked Sterling Silver. **3406. $27.50ppd.**
Thimble and Homesewing Catalog 50c. N.Y. Res. add sales Tax!

Dept. HG96
The Sewing Corner 150-11 14th Ave., Whitestone, N.Y. 11357

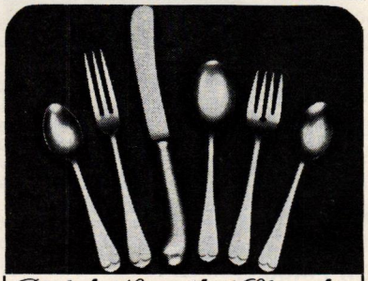


Flowers For Milady

Exquisite bouquet of dried flowers is mounted on cameo velvet and framed under glass. The flowers are grown, dried, and fashioned into a unique decorative accessory by a talented local artist. Reminiscent of the Victorian Era when displayed freestanding. Easel-back frame is also suitable for hanging. Framed size is 6″ x 4¾″. No two alike.

$14.95 ppd. **Md. res. add 4% tax. Canadians add 50¢ pstg.**

The Unicorn Gallery
G96, P.O. Box 4405
15111 New Hampshire Avenue
Colesville, Maryland 20904



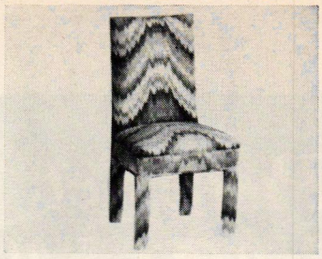
Pistol-Handled Stainless
in an heirloom tradition
Old Westbury—FULL DINNER SIZE

An exact replica of a famous old sterling pattern with impressive full dinner size graceful pistol hollow handled knives, 3 tined forks and rat-tailed spoons. In heavy weight hand forged pewter-like satin or polished stainless. Service for 8 includes 8 dinner forks, 8 dinner knives, 8 salad-dessert forks, 8 soup spoons, 16 teaspoons, plus sugar spoon, butter knife and 2 serving spoons. 52-piece service for 8 **$39.95**
78-piece service for 12 **$59.95**

We also have the competitively priced Luncheon size you have seen advertised elsewhere. Our price is only $23.95 postpaid.

Jenifer House *Send 25¢ for new Catalog*
Dept. HG-96
GREAT BARRINGTON, MASS. 01230

SHOPPING AROUND

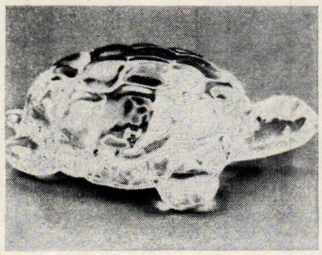


TOP TO TOE

Total chair upholstery brings legs into new focus. "Dutchess" shown in flame pattern fabric $115.50. Other fabrics available; catalogue, swatches, $2. In your fabric (send 2 yds. 54″) $59. Exp. coll. Write to Hunt Galleries, Box 2324, HG769, Hickory, NC 28061.

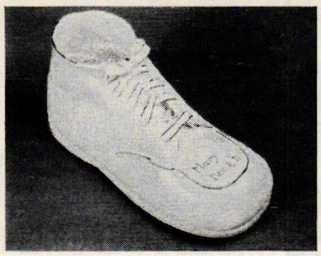
SH-H-H PEACE

Silence is golden, but these days we get precious little of it. Soft, pliable silencers slip into the ears, have an easy-to-grasp flange. Slip them in every night for refreshing sleep. $2.98 a pair plus 20c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.



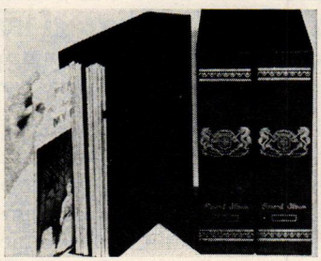
SPARKLING CRYSTAL

Exquisite carving of turtle in solid crystal brings out every shell marking. Signed by Tyko, its Swedish artist-designer. A lovely addition to your coffee table or curio cabinet. Length 3¾″ head to tail. $11.98 plus 95c post. Ferry House, HG9, Briarcliff Manor, NY 10510.



FAMILY TREASURE

Baby's worn, frayed and fragile shoes can be made into porcelainized keepsakes with a hand-painted flower and gold trim to add a colorful touch to the baby's name and birth date. Write for complete details. Baltimore Products, HG9, 6 Walker Ave., Pikesville, MD 21298.

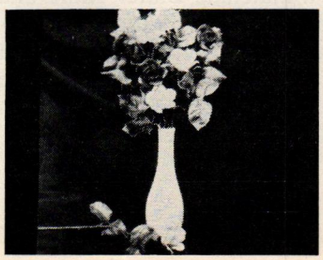


LP REFRESHMENT

File your LP's in leather-like library storage case that holds 20 records. 23k gold tooling trim on brown or blue. With convenient center divider to aid in separating by style, composer or artist. $7.95 each ppd. Art Guild, HG9, Box 23201, Minneapolis, MN 55423.

FACE FACTS

Slim vacuum pump is scientifically designed to remove blackheads in sanitary fashion with no squeezing or pinching. Pump works by "lifting" blackheads safely. $2.29 plus 25c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.

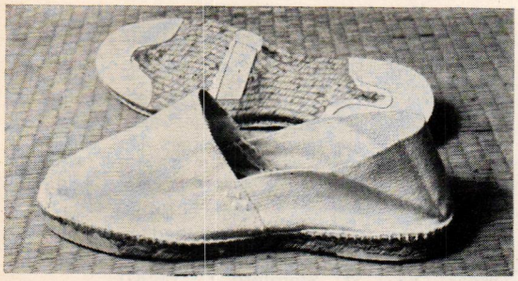


PICK PORCELAIN

Real-looking roses, thorns and all, are 13″ tall. Put one in a bud vase or arrange a dramatic dozen. Colorful crimson, yellow, wine. One $1 or; six $4.95. Extras 79c each. Add 25c post. singles; 75c for six. American Consumer, Dept. RP-55, Caroline Rd., Philadelphia, PA 19176.

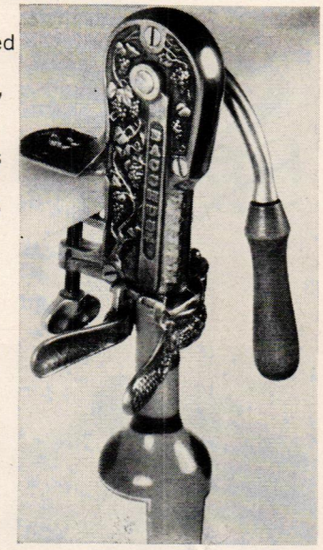
SHOPPING AROUND

IN CARMEL ON THE MONTEREY PENINSULA



ESPADRILLES FROM SPAIN

Hemp rope soles, firm-grip rubber-tipped heels, toes. Canvas tops lt. pink, hot pink, kelly green, turquoise, yellow, red, violet, orange, lt. green, brown for women, sizes 4 to 10. White, black, navy, beige, women's sizes to 14; men's only, 7 to 12. (State 2nd choice). $5.95 ppd. Phillip Rowe, Ltd., HG9, Box 2382, Carmel, CA 93921.

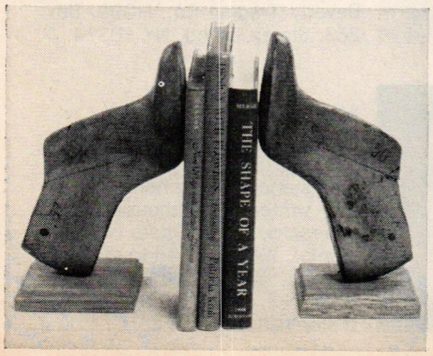


DELUXE WINE OPENER

The ultimate accessory. Clamped to a shelf, Bacchus wine opener, removes cork in a flash, recorks in reverse operation. It's 10" l., weighs 8 lbs. Antique brass finish, $95; polished brass, $125; silverplate, $175; 23kt. goldplate, $225. Add $4 post. Carmel Wine Cellar & Restaurant, Dept. G-9, Box 416, Carmel, CA 93921.

CLEVER IDEA

Design custom-painted to needlepoint on bib-top pure cotton apron. Men's, women's sizes, adjustable (specify). Blue, green, yellow, pink or orange. Kit with custom-design, Paternayan Persian wool, 100% nylon velour or D.M.C. cotton perle yarn, $33. Without design or yarn, $18 plus $1.50 post. Brochure free; full color catalogue, $3.50. Carmel Needleworks, Box 3383-G, Carmel, CA 93921.



ANTIQUE PAIR

Charming accent of old world craftsmanship. Wooden shoe forms made of solid oak are mounted on oak base for book ends. Stand approx. 9"h. Pair, $18 plus 75c post. Merv Griffin's Carmel Catalog, Inc., HG9, Box 1600, Carmel, CA 93921.

SUPER SANDAL

ENJOY THE FLOATING COMFORT of these durable, attractive, "Carmel beachcombers" by Deckers. Rainbow-hued layers of soft neoprene between black, non-skid soles & tops. Color-coordinated straps of strong, parachute nylon. Men, women, teens—treat your feet at home or abroad, in every activity. When cool, wear with toe-socks. Foot conforming. Washable. Guaranteed. Impervious to salt water, chlorine. Made in Calif., originally for hard use by surfers. Put pep in your step, with: Single Decker, 10.95—Double Decker, 13.95—Triple Decker Platform, 16.95 (1, 2 or 3 colors, w/blk soles & tops). Ppd. No COD's. In Calif. add 6%. Strap colors: Blue, Red, Green, Yellow, Orange, Brown, Black. Order by your regular shoe size, from

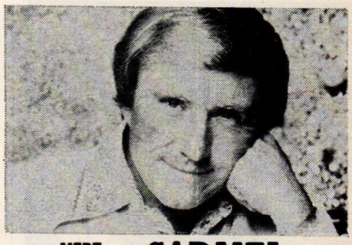
PHILLIP ROWE LTD. BIN 5187, CARMEL, CA. 93921

ORIGINAL HAND-PAINTED NEEDLE-POINT KITS

These charming needle point kits come complete with Paternayan Persian Wool yarn. They're 12 inches square and are on No. 12 mesh canvas. The cheery designs and vibrant colors will continue to brighten your home for days to come.

Take your choice of one of our local friends, either the Otter, Hummingbirds, or Raccoon, $28 (plus $1.50 postage). Calif. residents add 6% sales tax. Write for our free brochure, too!

CARMEL NEEDLEWORKS
Dept. H-9
P. O. Box 3383
Carmel, CA 93921



MERV GRIFFIN'S CARMEL CRAFTSMEN'S CATALOG 1976

A visit to the Carmel area of California is truly a memorable event. Having the opportunity to see the works of some of the world's greatest artists & craftsmen, I decided to put together a catalog of these works so that I could share them with you and your friends.

In this catalog you'll find Redwood Burl tables, metal sculpture, paintings, macrame jewelry and even a memento from Clint Eastwood's Carmel restaurant.

As a special offer to my many friends, a $2 credit will be given on any item in the catalog when you order the catalog for just $1. Do so now so you too may experience these beautiful works.

Send $1 in check or money order to: MERV GRIFFIN'S CARMEL CRAFTSMEN'S CATALOG, INC. P.O. Box 1600, Carmel, CA 93921.

A SPECIAL PLACE

Carmel-By-The-Sea

on California's Scenic

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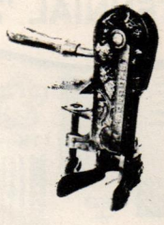
Famous Center for

Arts and Crafts

Unique Shops

Fine Restaurants

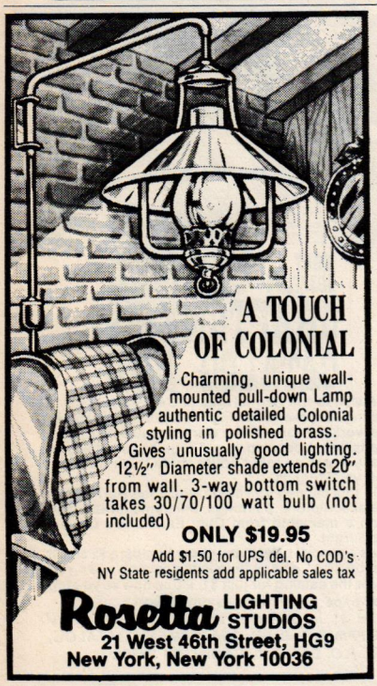


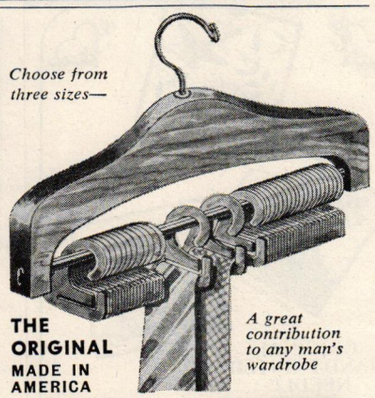
HOW'S THIS FOR OPENERS?

The BACCHUS wine opener is luxuriously created for the convenience of today with the quality of yesterday. Made of solid antique finished brass, BACCHUS will enhance any connoisseur's collection. It weighs nearly eight pounds, measures approximately ten inches in length, and comes with a full one year warranty . . . but will last for generations to come. So, simply send $95 ($4 for shipping and handling). Calif. residents add 6% sales tax, and **let BACCHUS handle your next opening!**

CARMEL WINE CELLAR AND RESTAURANT
P. O. Box 416
Dept. G-9
Carmel, CA 93921

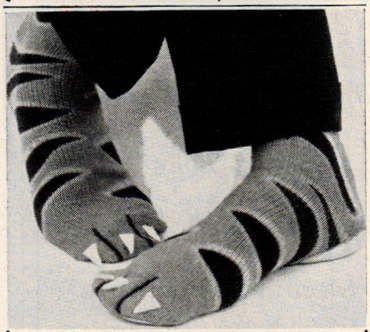
COLONIAL CLASSIC REPLICA NON-SHOOTING...
Kentucky Rifle $19.00
The ultimate in early americana ... hang history on your wall ... over 53 inches All wood and metal absolutely safe.
No. 1725
53" LONG
Save $2.00 BUY RIFLE and HORN at the SAME TIME
Powder Horn
No. 785 .... 6 inch genuine STEER HORN ..... $8.00 ea.
No. 780 .... 12 inch genuine STEER HORN ..... $15.00 ea.
30 DAY MONEY BACK GUARANTEE
Genuine Western Steer Longhorns
No. 564
Cavalry Sabre
$19.50 ea. 2 for $37.
39" Overall, large basket hilt, engraved blade and leather scabbard
No. 252 18" to 2 ft. $15.50
No. 254 3 to 4 ft. $25.50
No. 255 4 to 5 ft. $35.50
FULL LINE CATALOG $2.00
SEND CHECK or MONEY ORDER
The MULLER Company
Dept. H.G.9 DOGWOOD HOLLOW
MILLER PLACE, N. Y. 11764
ALL PRICES INCLUDE POSTAGE IN CONTINENTAL U.S.A.


A TOUCH OF COLONIAL
Charming, unique wall-mounted pull-down Lamp authentic detailed Colonial styling in polished brass. Gives unusually good lighting. 12½" Diameter shade extends 20" from wall. 3-way bottom switch takes 30/70/100 watt bulb (not included)
ONLY $19.95
Add $1.50 for UPS del. No COD's
NY State residents add applicable sales tax
Rosetta LIGHTING STUDIOS
21 West 46th Street, HG9
New York, New York 10036

Choose from three sizes—

THE ORIGINAL MADE IN AMERICA
A great contribution to any man's wardrobe
MI-TIE HANGER
Made of solid walnut with beautiful hand rubbed finish, complemented with brass hook and cross bar. Plastic removable riders for individual hanging are designed for wide ties. 6", 25 tie size $7.95 • 10", 45 tie size $10.10 • 16", 75 tie size $12.10 pd. (Less capacity with heavy ties) Send check, or charge to Master-Charge or BankAmericard. Send No. & exp. date.
Quality Gifts Catalog ... 25c
SLEEPY HOLLOW GIFTS
6651 Arlington Blvd. G9-6
Falls Church, Va. 22042

BICENTENNIAL '76

From Golden Needles in Marblehead one in our collection of original hand-painted needlepoint designs. Each is freshly interpreted from the classics—Oriental designs, florals, shells, and historical flags. For a copy of our new color catalogue send $2.00 (deductible on your first order) to . . .
Golden Needles Inc.
148 Washington St./Marblehead, Mass. 01945


TIGER SLIPPER SOX
Zingy foot comfort! Stretch-to-fit tiger slipper socks. Gay orange/black orlon acrylic paw print with white felt claws. Looks real. Genuine leather heels, soles. A roaring success with young and old. Great for at-home or dorm wear.
$3.98 + .35¢ hdlg.
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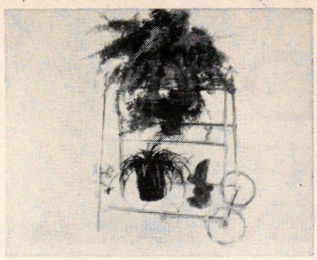
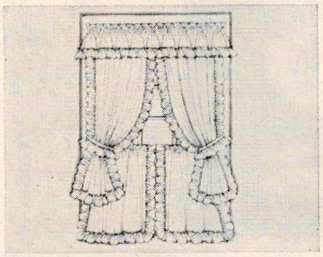


GARDEN WHEELABOUT

Neat setting for plants: sturdy flower wagon made of ¾" tubular steel, with three wire shelves and two spoke wheels. 26¼" l. by 17¼" w. by 31" h. Choice of white finish $24.88; or brass finish $28.88; Add $3.50 post. Cenit Co., Inc., HG9. Box 41, Keego Harbor, MI 48033.

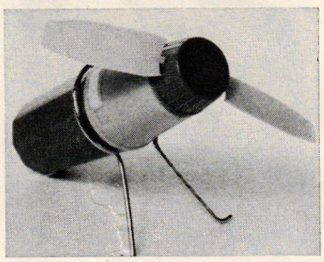


FRESH AS A BREEZE

White ruffled tiers or tie-backs in washable polyester and cotton are permanent press. 80" wide, 3" ruffle. 24" l., $8; 30", $9; 36", $10; 45", $11; 54", $12; 63", $13; valance, $4.50. Post., $1.75. All packaged with tie-backs. Rovens, HG9, 69 Broad St., Stamford, CT 06901.

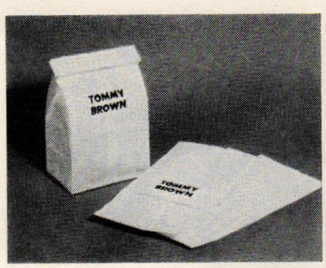
TEASER

Breezy, bouncy sandal with soft leather-like uppers, adjustable instep straps, thick cushioned insoles, 1½" heels. Black, navy, camel or rust. Sizes 4 to 12 in N, M and W. $12.95; sizes over 10 are $1 extra. Add $1.25 post. Sofwear Shoes, HG9, 1811 San Jacinto, Houston, TX 77002.



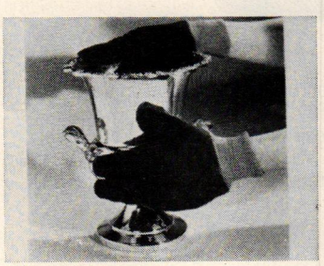
BEAT THE HEAT

Stay cucumber cool anywhere, anytime. Just flick on portable minifan for the freshest breeze this side of the shore. One "C" battery. Keeps you refreshed. Lightweight plastic, $2.98 plus 35c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.



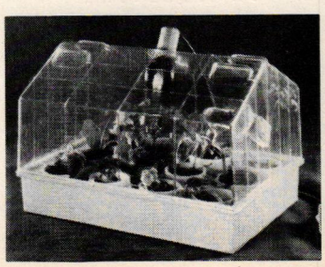
NO LUNCH MIX-UPS

Use bags with children's names printed boldly in brown letters for all to see. Sturdy white paper, 3¼" by 5" by 10¼". One full name only for one pack (please print plainly). 50-bag pack $2.89; 100-bag pack $4.59. Ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.



MIGHTY MITT

Gleamit polishing mitts slip on the hands so you rub silver, brass, copper and chrome easily. Metal stays gleaming bright for ages and when tarnish and dull spots appear, slip mitts on for a quick rub. $3.95 a pair ppd. Beverly Trading Co., HG99, Box 263, Staten Island, NY 10314.



MINI MARVEL

Lucite greenhouse 8" by 6" by 5¾" is splendid for starting plants and growing herbs during the winter. Greenhouse holds two racks, 12 little pots (without plants). We can't wait to get ours started. $7.95, ppd. Odyssey Gifts, H-2, 504 Washington Ave., Kenilworth, NJ 07033.

Health Watcher® USA Announces Its Sensational Plan for...

WEIGHT LOSS BY THE HOUR

8 AM...126 POUNDS!

8 PM... YOU'VE ALREADY STARTED TO LOSE!

8 AM TOMORROW...122 POUNDS!

"There's no more healthful way to lose so much weight so fast!"
Dr. Louis F. Castaldo, M.D.

There's no easier way to lose — no calories to count, no carbohydrates to watch, no special recipes to prepare, no expensive special foods to buy!

Yet, incredibly, on this fantastic new Health Watcher Weight-Loss Plan your hunger — often the problem with those 500-1,000 calorie starvation diets — actually disappears in as little as 24 hours. You feel great — and in an incredibly few days — you start to look great!

Imagine losing your excess pounds minute-by-minute, hour-by-hour, up to 4½ pounds of fluid and fat in the first 24 hours! If that sounds unbelievable, get the entire program now and read what an eminent doctor says about it. Read what people who have tried it say happened to them! Read why it may very well be the fastest, most effective, safest way to lose weight that has ever been discovered.

What's the secret? It's as simple as 1-2-3! 1) You take a single high-powered nutrient tablet containing natural bran, for bulk, plus natural vitamins for health. 2) You take it with your choice of any of a number of healthful, nutritious natural fruit juices! 3) You don't tease your body with low-calorie starvation diets that only stimulate your appetite and leave you constantly hungry. Instead you shut down your food intake and slow down your whole digestive process for a brief period — the duration is up to you! Anytime you want to stop you can. The Complete Health Watcher Weight Loss Plan tells you exactly how — precisely when. When you follow it, the weight loss results are so fast, so fantastic you'll be amazed!

How much can I lose? The most amazing part is that you lose the most weight in the first few days — from 2 to 4½ pounds in the first 24 hours — up to 10 pounds in just one weekend. So if you're just 5 or 10 pounds heavier than your ideal, you can probably achieve in 100 hours or less what might take you 2 to 3 weeks or more on conventional "low calorie" or "low carbohydrate" diets that may leave you hungry, nervous and constantly famished! So on the Health Watcher Plan, you can lose as much as you need to — fast! It's up to you!

Suppose I want to lose a great deal, say 20 pounds? You could do it in as little as 7 days, depending on how overweight you are when you start. You could easily lose more . . . a 240 pounder might lose 10% to 15% of his body weight!

Will the Weight-Loss-By-The-Hour Plan interfere with my social life, or tennis, or golf? It needn't make the slightest difference. You could go on it for 5 week days, stop on the weekend, and resume the following week if you want — and keep the weight loss you've already achieved! The plan tells you exactly how. Or you can do it only on weekends if that suits you better. There's no need to give up any activity you enjoy — golf, tennis, swimming — whatever you normally like, you can do.

Will it affect my sex life? You bet it will — for the better! As you begin to shed all that extra weight, your energy level starts to increase. Not to mention the fact that you'll feel more desirable, and look it too!

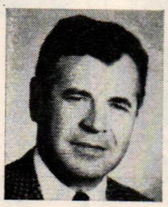
Is the Weight-Loss-By-The-Hour Plan medically approved? Before beginning any weight loss program, says Dr. Louis F. Castaldo, M.D., you should consult your physician. But he continues **"I do not hesitate to recommend Health Watcher's Weight-Loss-By-The-Hour Plan as the safest, healthiest way to lose pounds in the shortest period of time.** Especially this is true for those frustrated people who have had little or no success with other methods of dieting. This amazing regimen, properly followed, may well be the beginning of a whole new life style!"

Send now for the plan, complete with everything you need on this no-risk guarantee. When you return the coupon, you've taken the first step toward being the trim, slim, attractive person you've always wanted to be! You will receive the complete plan, including precise instructions as to how to start, what you can expect to happen, how you'll feel, when to stop, and how to maintain the ideal weight you've achieved. You'll receive a 30-day supply of Health Watcher Nutrient Tablets containing healthful natural ingredients and no dangerous drugs — these provide vitamins and fiber while you're losing weight on the plan. And you receive instructions for a healthful exercise and weight maintenance program you can use to help maintain weight and feel great.

After you've received all this, you may follow and use this Plan for 14 days without obligation. If then you're not pleased, tickled, proud and delighted in every way, you may return just the unused Health Watcher tablets and get a full refund of the purchase price. You may keep all the rest of the material in any case, as a gift!

But don't delay — mail the coupon at once! The sooner you start to follow and benefit from this amazing program, the sooner you'll have the trimmer, slimmer figure you've always wanted. Mail your order today!

Would you guess that Marie Glantz, President of Health Watcher USA and author of this plan, and a nationally known nutritionist and lecturer on health and weight loss, is a grandmother 4 times over? Or winner of numerous golf championships? And has more energy and pep than many people half her age? She follows her own advice — keeps her figure trim and slim, just as yours can be!



Dr. Castaldo has been a practicing physician for over 30 years. A graduate of the University of Maryland, he received his medical degree at Tufts University, then interned and was a resident at Stamford and Bridgeport Hospitals in Connecticut and Bellevue Hospital in New York.

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Please rush me _____ (HWL) complete Health Watcher Weight Loss By the Hour Plan(s) including all instructions plus a 30-day supply of Health Watcher Nutrient Tablets at only $4.98 each plus 50¢ postage & handling.

I may try the plan for 14 days and if I'm not delighted I may return the partially used bottle of tablets for full refund (except postage & handling) and keep the rest of the material as a gift without obligation.

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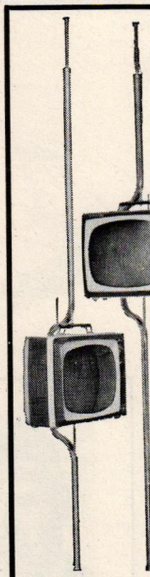

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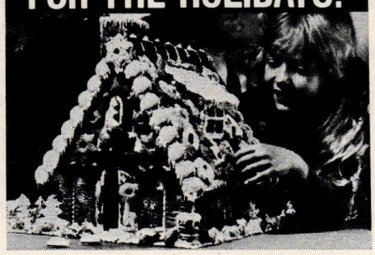

Everything you need to create this magical 18" x 15" "Cookie House" comes in the handsome Knusperhaus gift box. Including easy instructions and five bags full of delicious Bahlsen cookies, made by Germany's most famous baker. The unique "Cookie House" may be found at fine food stores or ordered directly from:
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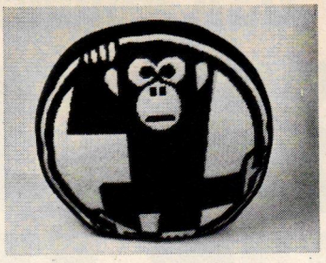
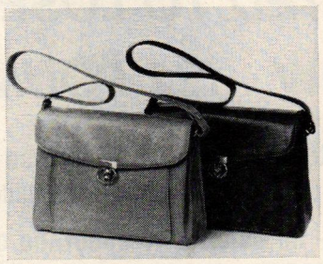


MONKEY SHINES

Design to needlepoint is painted on #10 interlocking canvas. Black and white Paterna Persian yarns, needle, instructions in kit. Use continental stitch, or mosaic and basket stitches. 13½" dia. $19.95 ppd. The Darn Yarn Shoppe, HG9, 254 Post Rd. East, Westport, CT 06880.

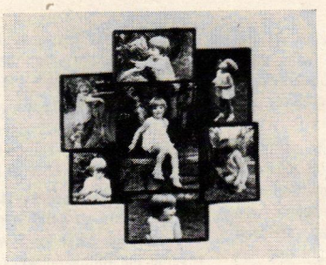
NORDIC LEFTIES

Scandinavian inspiration gives left-handed persons their own mugs. Heavy ceramic, earthen glaze. (Right-handed mugs also —specify.) Beer mug, $6.45; coffee, mugs, $5.95. Add 95c post. each. Catalogue, 25c. Suburbia, Inc., Dept. 310, 366 Wacouta, St. Paul, MN 55101.



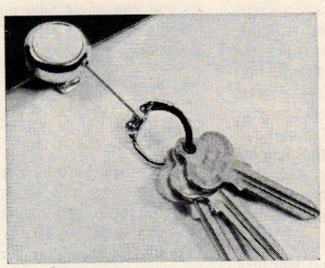
COMMUTER SPECIAL

Nine compartments in an extra-spacious carry-all keep things orderly. Eight on inside (three have zippers), one outside. 11" by 8½". Calf-like vinyl in tan, black or bone. Wipes clean. $16 plus $1.50 post. Vicki Wayne, 600 So. Country Club Rd., H9N, Tucson, AZ 85716.



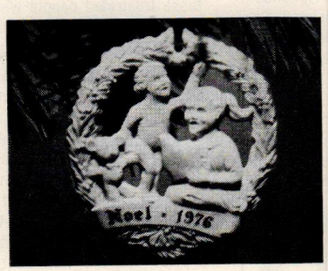
FAMILY GALLERY

A 3-D frame holds seven no-border photos: 5"x7", 3½"x3½", five 5"x3½". Mounts supplied so prints snap into place. $9.95; three $24.95; or send negatives or slides for frame and 7 prints $14.95; three $39.95. $1 post. Photo Poster Creations, X903, 210 E. 23 St., NY, NY 10010.



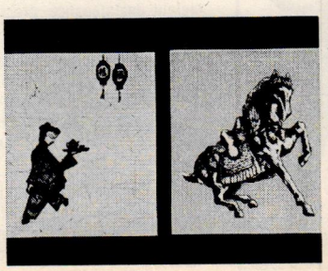
REEL-Y HANDY

This very practical key holder does away with fumbling and groping. Reel clips inside purse: unreels keys, automatically rewinds into case. Clip to your bag, pocket or belt. $2.98 plus 45c post. Order from Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.



ELEGANT TOUCH

Add a medallion of white bisque porcelain to the tree this year and for many years. It's a first issue, with an apt title "Joys of Christmas". Darling children are depicted with a story book and teddy bear. 3½" dia. $9.95 ppd. Trein's, HG9, 201 W. 1st, Dixon, IL 61021.



BATIK ART

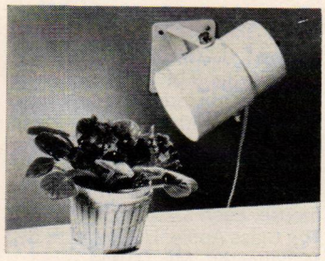
Beautiful hand-dipped colors on textured cloth express the ancient art of batik painting by skilled Oriental artisans. A unique touch for any wall. 14" by 17". Other designs available. $3.95 plus 90c post. World Art, HG9E, 606 E. State, Westport, CT 06880.

RELAX ON LEATHER

Loveseat with pillow back can be covered in any one of 30 colors of top grain leather. Trimmed with solid brass nail heads. 34″ h., 61″ w., 39″ d. $679.50 exp. coll. Brochure of leather furniture, 50c. Carolina Leather House, Inc., HG-1, Box 5023, Hickory, NC 28601.

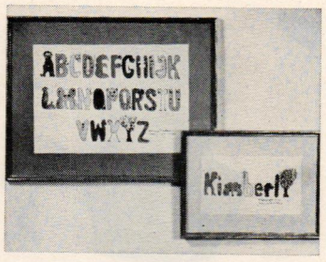
INDOOR SUNSHINE

Plant lamp stimulates foliage and flowers. High in red rays, low in blue and green. White-enamel metal. 8″. Attaches to any surface, or stands. Lamp $13.98; 75w. bulb $5.89; both $18.50. Add $1 post. Lilly's Garden, G9E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



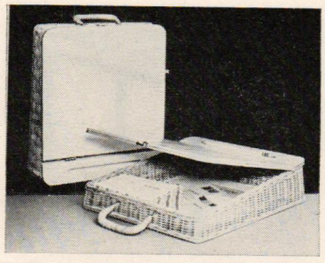
WHO'S ZOO?

Watercolor animal alphabet spells names (specify) in bright colors. 9″ x 12″, matted to 8 letters, $5.95; more letters, each 50c. Entire alphabet, capitals or small letters matted, 14″ x 18″. $12.95. Post. $1.25. Laura's Loveables, Dept. HGE-976, Box 7381, Las Vegas, NV 89101.



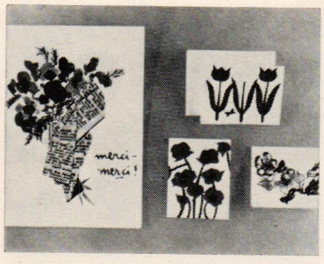
TAKE ME ALONG

Natural rattan lap desk made to go where you go. Great for vacations, business trips, or writing at home. Balances on chair or bed. Use as a handbag, so you can work in train, plane or taxi! 12″ by 14″, $15.95 plus $2.25 post. The Patio, HG9, 550 Powell, San Francisco, CA 94108.



SAY IT WITH FLAIR

Thank-you notes say *Merci* for gifts. And lovely cards to enclose with your gifts are nice to keep on hand. With envelopes. Box of 10 notes $1.50; pkg. 12 enclosures $1.50. Post. 75c. Catalogue and samples 25c. Anita Beck Cards, HG9, 3409 W. 44th St., Minneapolis, MN 55410.



KASHMIR CREWEL

Spreads and tablecloth are hand-worked in crewel embroidery on natural hand loomed cotton. Imported from Kashmir. Twin, $70; full, $80; queen, $90; king,$100. 70″ dia. cloth, $50; 90″, $60. Ppd. By yard, 50″ w, $14. Catalogue, swatch 50c. Gurian's, HG9, 276 5th Ave., NY 10001.

KEEP HAIR DRY

Absorbent dry band worn under bathing or shower cap protects hair from moisture and keeps a hair-do in shape. Wrap poly-foam band around head to cover hairline. $4.98 plus 20c post. Write to Anthony Enterprises, HG9, 556 Mission, San Francisco, CA 94105.

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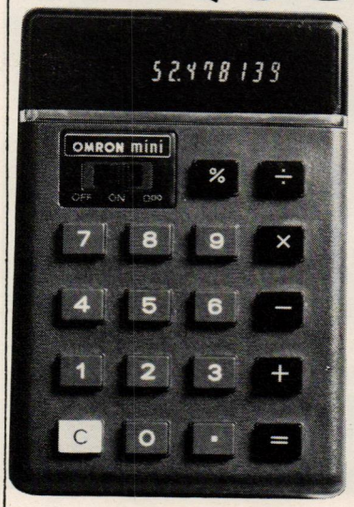

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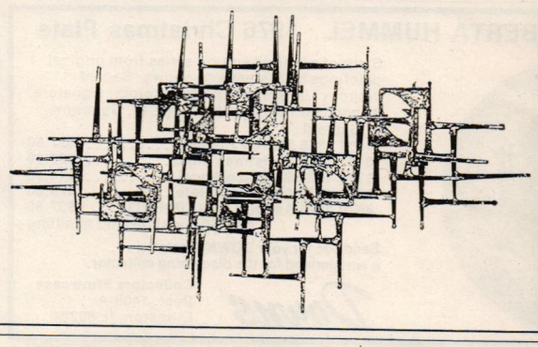

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The unique arm swivels 360° and extends 11″ for perfect light at piano, desk or table. Made like a piece of jewelry, it is quality from the weighted base to the black vinyl shade. Keep or give, it will hold its good looks forever. 14″ high. UL appr. **Solid brass for $19.95!**

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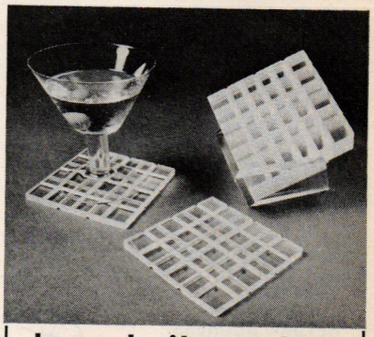

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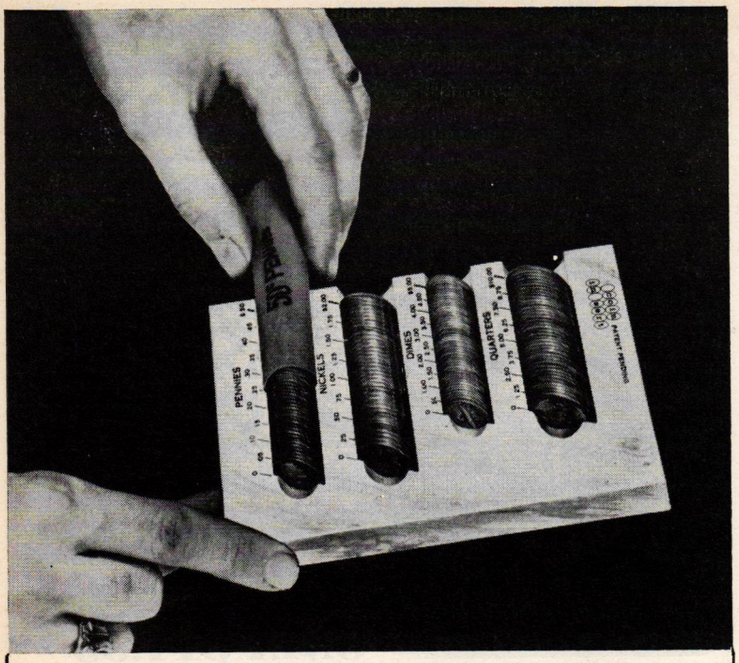

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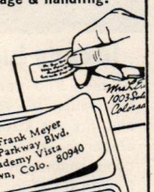

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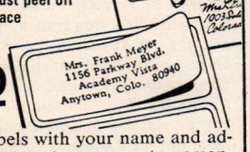

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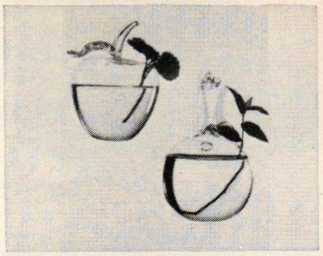
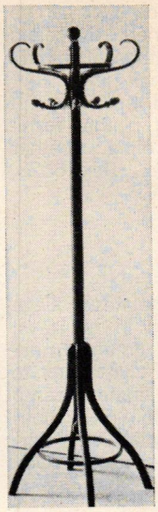


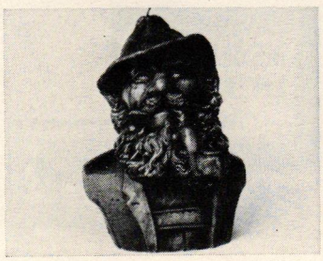
PRETTY PLANT ROOTERS

Shapely hand-blown glass apple hangs in a window or sets on a table. Fill with water and add cuttings. Kangaroo, penguin or rooster also available; and, for hanging only, a strawberry and mouse. Each $4.95 plus $1 post. The Glass Apple, HG9, 7 Vine St., Manchester, MA 01944.



HALL TREE

Slender imported Victorian piece, hand-rubbed walnut finish. Has 5 curved horns on revolving top. 6' high. Stable non-tip base, 21" span. Holds coats, hats, hanging plants. $39.95 plus $3.50 post. West Bank Furniture Works, Dept. HG-1, 118 No. Clinton St., Chicago, IL 60606.

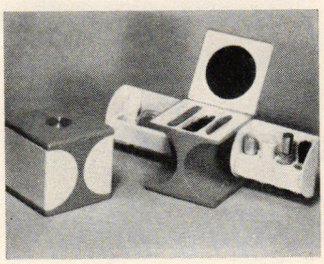


TYROLEAN CANDLE

If it weren't for the wick, he'd look like an antique Tyrolese wood carving. Candle is cold-cast to retain the look of original wood carving. 7½" h., 4½" w. Two companion candles available. $14.95 each ppd. The Unicorn Gallery, G96, 15111 N.H. Ave., Colesville, MD 20904.

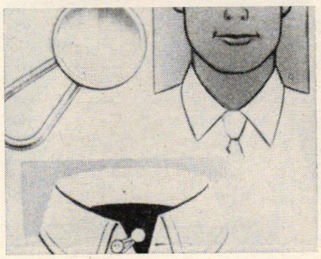
COUNTRY STYLE

Butcher-block tables for small families or lots of company. 48" by 30" $159; 60" by 30" $177.25; 60" by 36" $193.50; 72" by 36" $213. Exp. coll. Also available in custom sizes. Catalogue, 50c. Butcher Block & More, HG9, 1600 So. Clinton, Chicago, IL 60616.



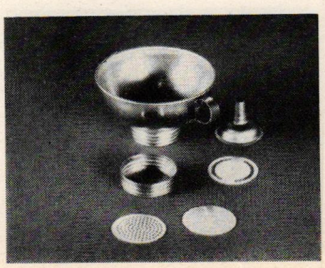
BEAUTY CASE

Compact cube has lift-up top that reveals mirror and cosmetics tray. Side compartments swing out for extra cosmetics, jewelry. Snaps closed to 4½" cube. Red, green, blue or hot pink with beige sides. $3.98 plus 50c post. Stratford House, HG-9A, Box 591, Stratford, CT 06497.



COLLAR OPEN SESAME

It's almost magical what the collar-extender can do to ease any tight collars on his good shirts. Tiny hook-on gadget gives extra half-size comfort for a just right feeling! $1.29 for set of two, add 20c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.

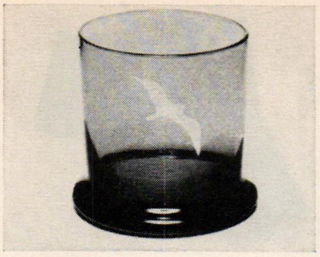


FABULOUS FUNNEL

Funnel set with screw lid, fine and coarse strainers, egg separator and bottle funnel is an indispensable household aid for canners, bakers and all who pride themselves on a well-stocked pantry. Seamless aluminum, $1.98 ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.

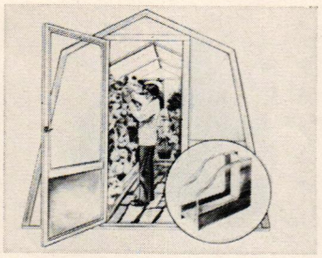
SHOPPING AROUND

GULL FRIENDS



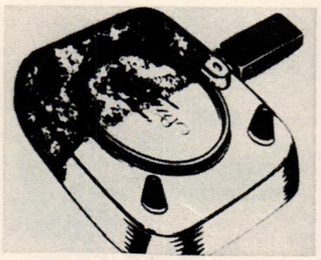
White seagulls wheel in graceful flight on sun down gray glasses. Tip-proof heavy keel, 11 oz. for cocktails by pool or fireplace. Set of six, $11.95 plus $1.50 post. Catalogue, 50c. Ship's Wheel, HG9, Nottingham Sq. Rd., Epping, NH 03042.

CONSERVES ENERGY



Double-pane greenhouse for all-year growing. Lab tests showed rigid thermal walls (patented) to be 244% more heat-efficient. No foundation for free-standing or lean-to. Free color brochure. Vegetable Factory, HG9, Box 2235, Grand Central Sta., New York, NY 10017.

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, HG9, 556 Mission St., San Francisco, CA 94105.

LIQUID LOOK

Polished glass beads look akin to jade/alabaster, seem to flow. Over 100 are double-strung with random glass spacers of opaque white and gold. Choker 14½" l.; chain-and-hook adjusts to 16½". $7.98 plus 45c post. Lillian Vernon, G9E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

PRETTY TABLE PIECE

Charming small tureen of white ceramic, with pastel roses. Holds one quart, perfect for gravy, vegetable, chocolate sauce—even flowers. Goes well with other dinnerware. Tureen, lid, ladle $5.95 plus 75c post. each. The Added Touch, HG9, 12 H Water St., Bryn Mawr, PA 19010.

U.S. PRESIDENTS

Genuine postage stamps, 21 from 8 countries! FDR, JFK, Ike, 12 more. Washington crossing Delaware, etc. Plus, 40-page illustrated catalogue. Other exciting stamps to examine. Buy any or none, return balance, cancel service anytime. Send 10c. Harris, Dept. PR-8, Boston, MA 02117.

EARLY DESIGNS

Curtains, bedspreads inspired by ones in early Maryland, Virginia, Pennsylvania homes. 24 styles, matching bedspreads, canopies, table accessories. Calico, cotton, kodel, muslin, dacron, ninon. Catalogue, with 50 swatches, 50c. Mather's, HG9, 31 E. Main St., Westminster, MD 21157.

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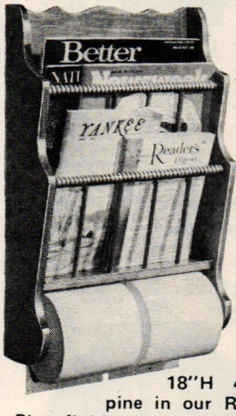
BATHROOM BEST SELLER!



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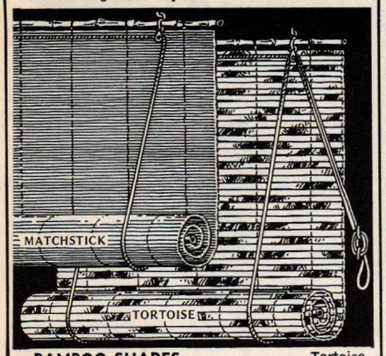

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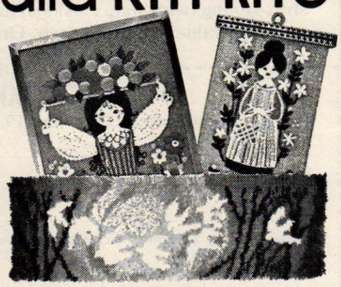

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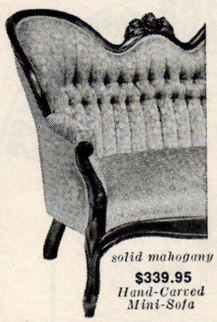

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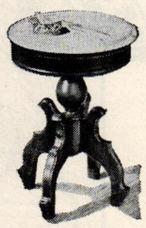

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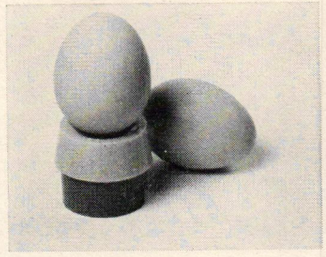
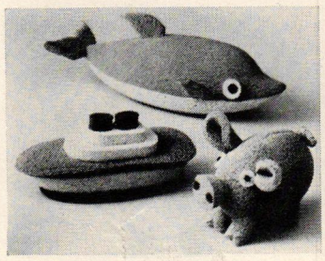


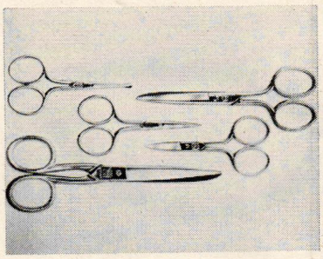
HOLE IN ONE

Egg piercer prevents pressure build-up in boiling eggs—they won't burst and puff out. Handy plastic device plunges needle easily into egg. Especially helpful at egg decorating time. $1 plus 20c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.



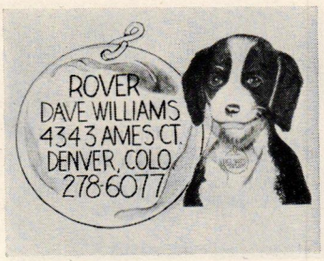
SCRUB-A-DUBS

Darling sponge designs enchant all ages in tub, on shelf, at pool. Polyfoam keeps squashy soft shape. From West Germany. 10" dolphin $3.50; 6½" boat $2.98; 5" pig $3.98; all three $8.50. Add 40c post. Lillian Vernon, G9E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



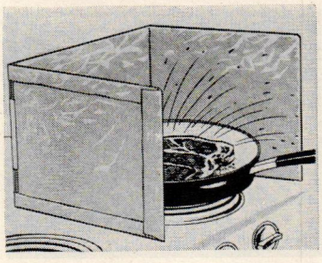
FIVE SCISSOR SET

Precision-made scissors, sharp nickel blades. Includes 6" all-purpose; 5" sewing; 3½" manicure; 3½" embroidery and 3½" grooming. Case with thread, needles, threader. All, $3.98 plus 50c post. American Consumer, Dept. SEW-20, Caroline Rd., Philadelphia, PA 19176.



SAFE RETURN

Anyone will know where Fido or Felix belongs when his ID tag tells all: name, address, telephone number (specify), all permanently engraved on a stainless steel disc. A reassuring "insurance"! $1 ppd. Free catalogue. Holiday Gifts, Dept. 309-F, Wheat Ridge, CO 80033.



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Man-tailored polyester/cotton shirt has long sleeves, curved shirttails. Oxford blue, beige or pink. 6 to 16, $18 plus $1.75 post. Optional cuff monogram in navy, brown or red $3 (underline last initial). Send for free catalogue. The Talbots, Dept. CE, Hingham, MA 02043.

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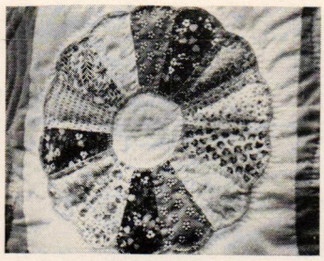

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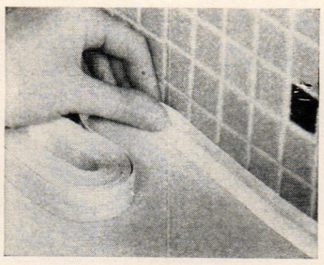
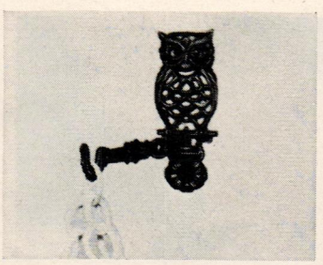
No need to have ugly cracks and openings around tub, sink or basin. Seal them up with self-sticking tape. Merely press tape on clean, dry surface. 11 foot roll, $2.98 plus 50c postage. Order from Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.



HANG-UP BRACKET

Wise old owl of open grillwork sits like a sentry over plant hanging on swing-out arm. At a touch, he swivels to face sun. Solid black cast iron, for use indoors or outside. 5¼" by 2". $1 plus 50c post. Cadlyn's, HG9, 10250 N. 19th Ave., Phoenix, AZ 85021.



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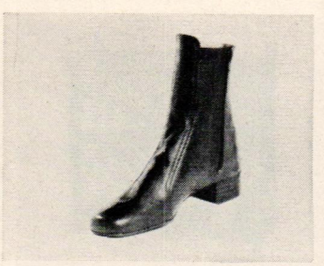
Perfect pant boot by Kraus. Kid-glove genuine leather, non-slide sole, padded insole, smooth double-seam vamp, side zip. Black, brown, navy, camel, white, brick. Sizes 6-10, N; 5-10, M, W. $22 plus $1.50 post. Old Pueblo Traders, 600 So. Country Club Rd., H9G, Tucson, AZ 85716.



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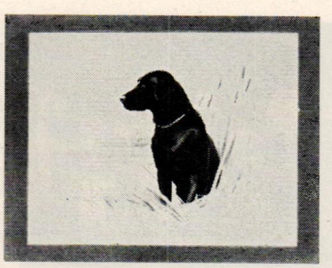

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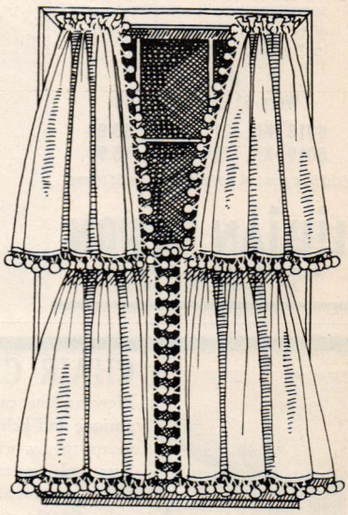

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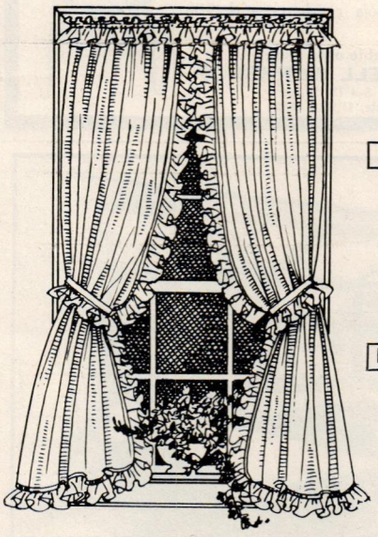

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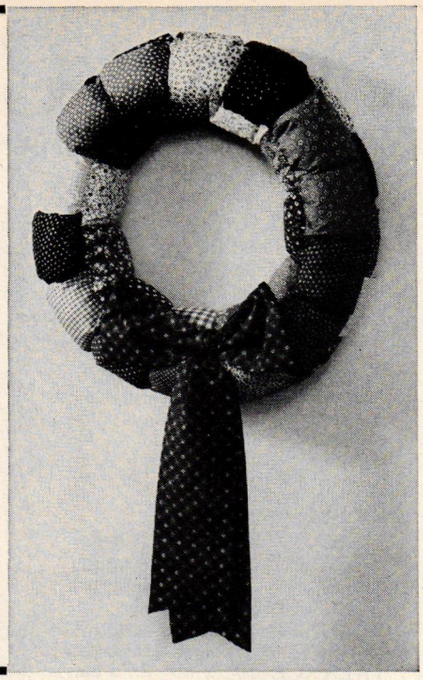

Great way to show your handiwork! Hand-crafted by you to say in every gorgeous inch, "We're having an old-fashioned Christmas at our house!" Kit includes colorful calico and gingham squares of fine cottons and cotton blends, muslin lining, hanger, instructions. You add the stuffing, cut a cardboard ring for shape-keeping. Stunning accent to any home—something you'll cherish year after year! Lovely gift—kits in 2 sizes, crafted in U.S.

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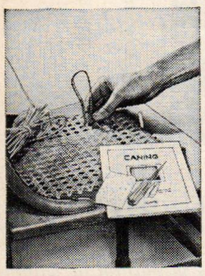
CHAIR CANING KITS



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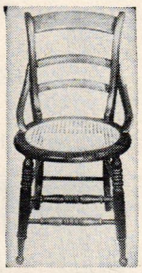

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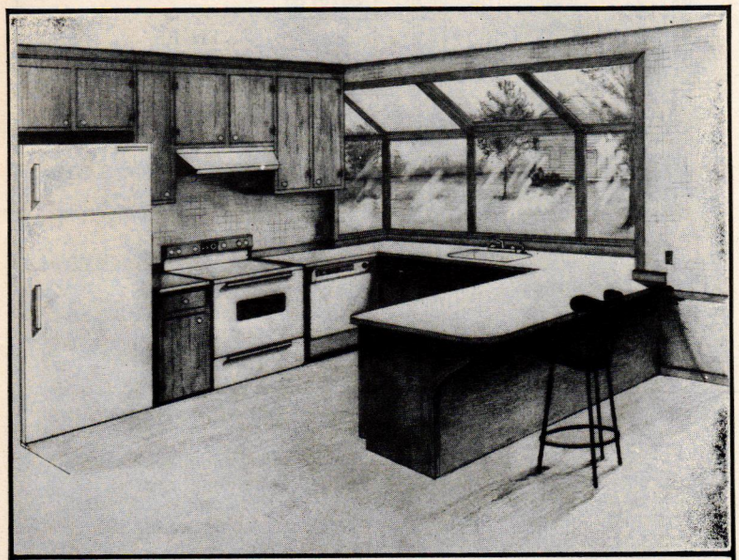
Dept. S-4 128 Drawer
Hinsdale, Illinois 60521



THE GREENHOUSE KITCHEN

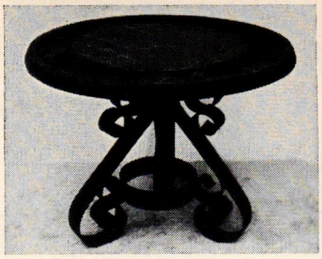
THE ULTIMATE IN KITCHEN DESIGN FOR
NEW CONSTRUCTION OR HOME REMODELING

Imagine being in your kitchen and capturing that view through a 9 foot long window, growing all the plants you've wanted to but couldn't, watching your children play through a 180 degree vista, looking at the stars through a glass roof. Sound to good to be true - not so - you can easily incorporate the Greenhouse Kitchen into your new construction or remodeling plans.
The Greenhouse Kitchen Plan Kit includes a detailed set of construction and assembly drawings of the Greenhouse Window, construction drawings to structurally adapt your home for the Greenhouse Kitchen, and floorplans of kitchens utilizing the Greenhouse Kitchen concept. It's real easy and all plans are designed for the do-it-yourselfer.
Estimated material cost for the Greenhouse Window and structural alterations is less than $200.00.

Send $7.98 plus 75¢ postage and handling charge to:

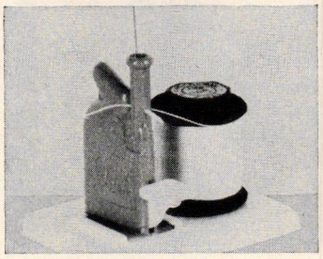
HOME TECH Dept HG 96 P.O. Box 366 East Hampstead, N.H. 03826

SHOPPING AROUND



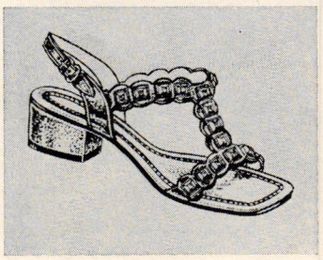
MEXICAN CARVING

Stunning table hand carved in Mexico has a heavy wrought iron base. The 1⅛″ thick wood top finished in dark wax stain is 24″ in diameter. The table is 16″ high. $39.95 exp. coll. Free catalogue of Mexican crafts. Mexico House, HG9, Box 970G, Del Mar, CA 92014.



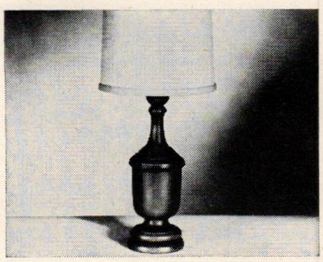
EYESIGHT SAVER

Do you find the eyes of needles growing smaller? Needle threader consists of a plastic funnel into which the needle is dropped, spindle to transfer thread to needle, blade to cut thread. $1.98 plus 30c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.



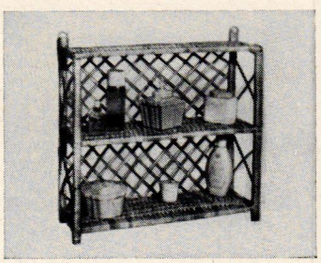
SANDAL DAZZLER

Multicolor "gems." Cushioned insoles, adjustable backs. White, black, gold, silver; pink, blue, yellow, green pastels (specify alternate colors). N 5½-12; M 4-12; W 5-12. (No half sizes over 10.) $11.99 plus 90c post. Morgan's Cove, HG9, 28 W. Prospect, East Brunswick, NJ 08816.



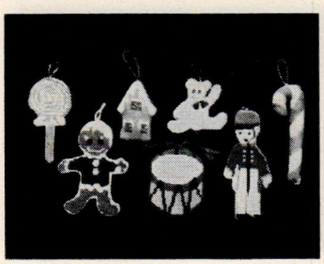
APOTHECARY JAR LAMP

Selected hardwood, ready to finish. 24″ tall, wired with 3-way switch, 8′ cord. Shade: white or beige shantung: oyster or natural burlap. $17.50 plus $2 post. W. of Rockies $2.75 post. Free brochure. Baxwood Crafters PHG-69, P.O. Box 7012, Lexington, KY 40502.



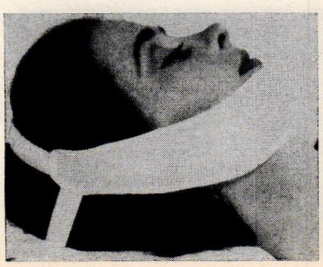
HANDWOVEN SHELVES

Three tier willow shelf stands alone or hangs on the wall to hold toiletries, cosmetics or guest towels, plants and books. 18″ by 20″ by 6″. Handy in bath, bedroom, kitchen. Natural, $12.95 plus $2 post. Catalogue 25c. Fran's Basket House, HG9, Rte. 10, Succasunna, NJ 07876.



NEEDLEPOINT ORNAMENTS

Lollipop, gingerbread man, gingerbread house, drum, teddy bear, soldier, candy cane, snowman—design on canvas. Persian Paterna wool, needles, backing. 3½″ to 5″H. $2.50 ea. Any six, $12.95. Add 60c post. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.



STILL OF THE NIGHT

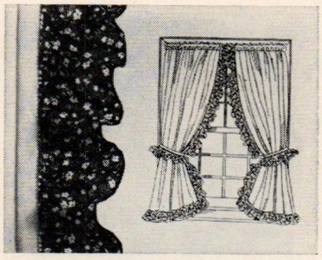
Blissful quiet maintains when the anti-snore mask goes on. The mask with adjustable plastic bands breaks the snoring habit. It re-educates jaw muscles. Washable nylon. $4.98 plus 50c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.

CAROL

Hand-tufted seat and back on an occasional chair upholstered in wide choice of fabric. 21″ w. by 34″ h. In cotton velvet (shown) $70; or 2 yds. your 54″ fabric $48. Exp. coll. Catalogue with request form for free swatches $2. Hunt Galleries, HG769, Box 2324, Hickory, NC 28601.

FLOWERED RUFFLE

Brown, red, green or blue bordered eggshell curtains of 50% polyester, 50% cotton, 78″ w. per pair. 25″, 30″, 36″, 40″ l. $8; 45″, 54″, 63″ l. $11; 72″, 81″, 90″ l. $13.50. Add $2 post. per order. Brochure, swatches free. Country Curtains, HG91, Stockbridge, MA 01262.

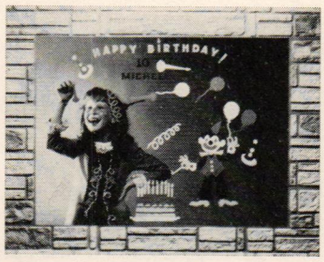


FOR SEAT OR BACK

Twin-rest cushion to help bring relief to sensitive areas, fight fatigue. No rocking, since each side inflates separately with a center space for proper balance. 16″ by 17″. Vinyl. $6.95; green percale cover with zipper $2.49. Ppd. Better Sleep, Inc., HG9, New Providence, NJ 07974.

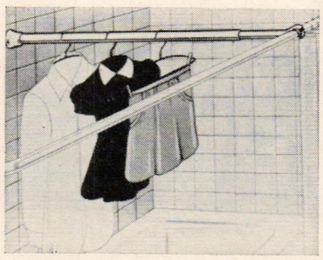
BIRTHDAY FUN

With reusable polished plastic "stik-ees." Any mirror or window becomes a Happy Birthday greeting for tot. Set has a 17″ clown figure, cake, candles, balloons, letters to personalize greeting—about 150 pieces in all. $3.98 ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.



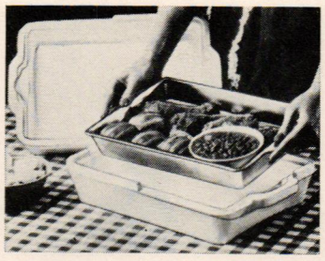
DRIP-DRY ROD

Perfect solution for drip-dry garments, sheer curtains, hosiery. Adjustable 25″ to 31″ chrome-finished bar, hooks over shower rod, locks in place. No screws or adhesive; garments drip in tub. $4.98 plus 85c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.



OVEN OR FREEZER DISH

Air tight polyfoam server has a washable pan inside. Server keeps hot foods piping hot or cold dishes refreshingly chilled. 15¾″ by 10¾″ by 5½″. Regular with a foil pan, $2.98; deluxe enamel steel, $4.99. Ppd. Walter Drake, HG69 Drake Bldg., Colorado Springs, CO 80940.



STERLING INITIALS

Both sexes like a bit of jewelry about the neck. What better than a sculptured silver initial on sterling silver chain? Chain, 18″ L; plus one initial, $14.95; two, $24.95; extra initials, $9.95 each. Add $1 post. Spectrum International Co., HG9, P.O. Box 710, No. Bellemore, NY 11710.

REMOVE HAIR FOREVER

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!**

AN EXPERT'S APPROVAL

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.

Easy instructions make you expert in a few minutes. Save hundreds of dollars on salon electrolysis by doing it yourself.

14 DAY MONEY BACK GUAR.

$19.95 Send check or Money Order

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A LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

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☐ I enclose $4.00 deposit and will pay balance COD plus extra COD postage.
☐ I enclose $19.95 in full payment.
☐ BankAmericard ☐ Master Charge

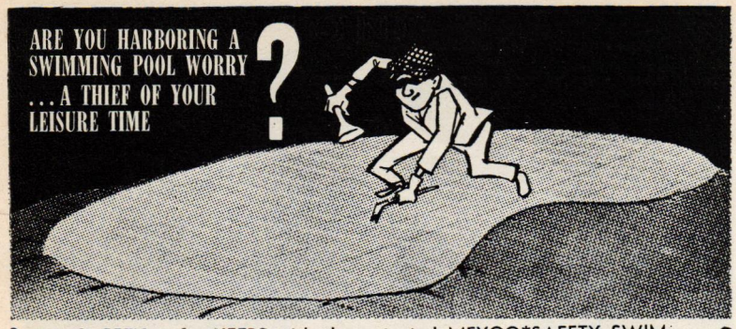
No._____ Exp. date_____

Name_____

Address_____

City/State_____ Zip_____

Mfr. of Professional and Home Electrolysis Equipment



SAFETY is for KEEPS with the patented MEYCO*SAFETY SWIMPOOL COVER. You can be assured of safe protection to children playing around your pool. It will support children and adults in any emergency. It's an all-year-round safety swimming pool cover.

The MEYCO*SAFETY SWIMPOOL COVER automatic anchoring system with stainless steel tension springs that lock it in place allow the pool to be covered or uncovered in two minutes. Leaves and debris cannot get in and maintenance is cut to a minimum. Saves on heat and chlorine and discourages algae. It's custom made to fit any size or shape pool and it carries a five year warranty.

We do not make covers for above-ground pools.

Send for complete information and free booklet on "How to Have a Carefree Pool."

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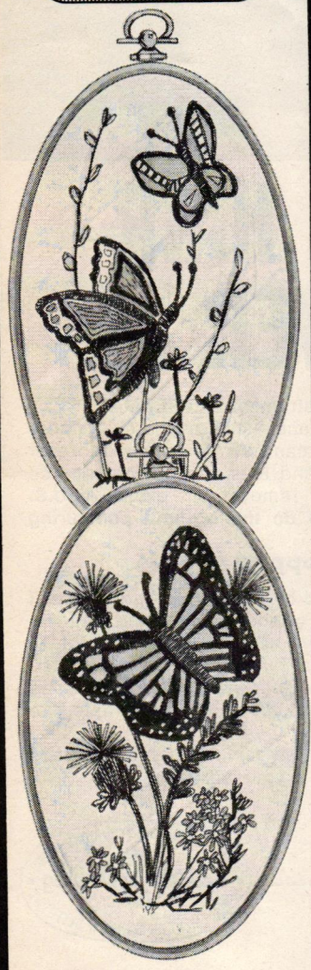

Only $6.25 each

Stitchery Showcase™

Complete crewel kits feature wood-toned hoop frame. Kits include stamped homespun, yarn, wood-toned hoop frame, screw ring, instructions. 4½"x9". Fanciful Blues or Monarch (please specify). **Send cash, check or money order plus 50¢ for postage to: Creative Village, Department 25, P.O. Box 100. Pine Brook, New Jersey 07058.** New Jersey residents add 5% sales tax.

MEET "THE GIRLS"

. . . doing their own thing.

Some gals just love to get their hands on a mop, while their friends are whooping it up at the bridge table, or quietly doing their crewel.

The perfect little gift for bridge prize, birthday or all-occasion remembrance, guaranteed to bring a smile to one you love.

7" tall and handcrafted of gray felt and gay cottons, these appealing "mice" are flexible for repositioning if you wish. The whimsical expressions are created exclusively by ANNALEE.

Just $5.50 each,

plus 1.25 postage & handling.

Annalee's Workshop

P.O. Box 446, Meredith, N.H. 03253

Other "characters" available as illustrated in our free catalog.

HAND-EMBROIDERED CREWEL FABRIC BY THE YARD FOR IMMEDIATE DELIVERY

That fabulous fabric from India you've always yearned for, sensationally priced, direct from the Importer! Multi-color wool flowers hand-embroidered on natural handwoven cotton for draperies, upholstery, etc.

50" wide $14.00 yard ppd.

Matching Bedspreads		Tablecloths
Twin $70.	Full $80.	70" Round $50.
Queen $90.	King $100.	90" Round $60.

All prices postpaid. Money back guarantee.

SEND 50¢ IN COIN FOR SWATCH AND COLOR CATALOG.

GURIAN'S

276 Fifth Ave., Dept. G96, N.Y., N.Y. 10001

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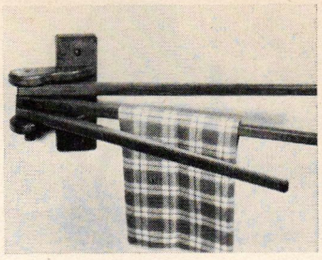
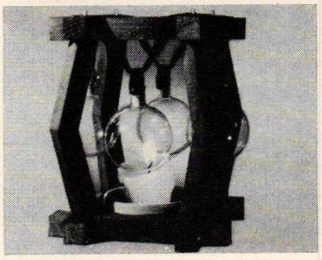


SHAKER NEATNESS

Hard maple rack for kitchen towels is a replica of one crafted by the Shakers. Finished in a medium brown to blend with almost any kitchen color scheme. Rack extends from wall 20" and is drilled for mounting. $8.95 ppd. Jenifer House, HG9, Great Barrington, MA 01230.

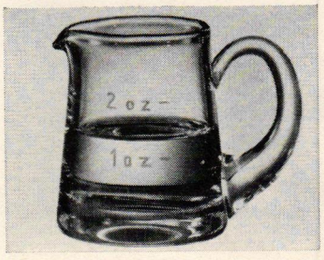
FRENCH TAPESTRIES

Quality tapestries with scenes from other centuries make lovely pillows or wall hangings today. This is in delicate pastel colors. 10" by 10", $5.95; 20" by 20", $8.95 ppd. Catalogue, $1. Peerless Imported Rugs, GTE-96, 3028 N. Lincoln Ave., Chicago, IL 60657.



QUAINT COBBLER'S LAMP

Unusual 18th century replica is a wood frame lamp with glass balls held by leather straps. Light the candle and watch the flame reflected in the clear balls. 6" by 6" by 7½" $15 plus $1.79 post. House of Minnel, Dept. 596E, Deerpath Rd., Batavia, IL 60510.

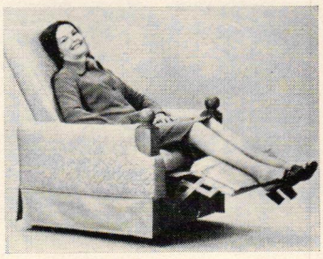


JIGGER PITCHER

Made for measuring and just 3" high. Marked for 1-oz. and 2-oz. levels, it has the classic thick solid crystal base. Crafted in Europe for spill-free pouring. Ideal gift for the host, $2.98, 3 for $7.98 plus 50c post. Country Gourmet, G9E, 512 So. Fulton Ave., Mt. Vernon, NY 10550.

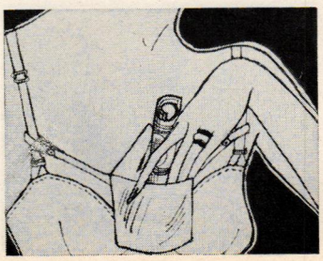
WHO'S TO KNOW

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, HG9, 556 Mission St., San Francisco, CA 94105.



UP AND AT 'EM

Fully powered Cushion-Life® 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., HG9, Box 2000, Waukesha, WI 53186.

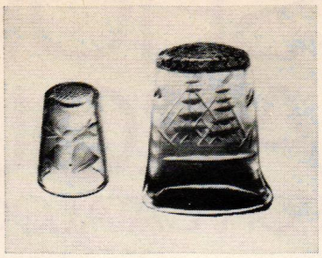


BOSOM BUDDY

Stash your cash just like grandma, in this dandy money cache. Snap it to your straps and relax. Plastic lining and fold-over flap keep contents safe and dry. Order #141. $2.98 plus 40c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.

CRYSTAL FINGER HATS

Etched crystal thimbles with a choice of a full rigged ship or cheerful Christmas bells. Needlepointers, embroiderers and all needlewomen love these clear finger hats. $9.95 each plus 25c post. each. Downs Collectors Showcase, Dept. 1409-Z, 1014 Davis St., Evanston, IL 60204.

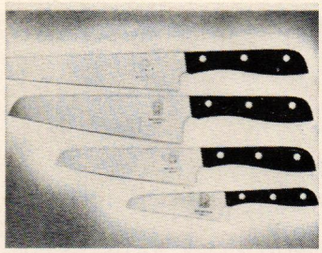


BLOW-UP

An inflatable hanger is a help for drip-dry laundering. Blow it up to plumpness so it holds garment loosely with air space inside. Floral print vinyl with swivel top. Fold flat to store. $1 plus 25c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.

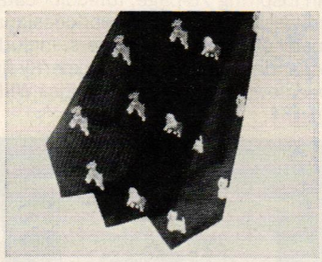
GOURMET SET

Handsome and practical knives, molybdenum vanadium steel with rosewood handles. Carver 14¼", cleaver 12¾", cook's knife 10¾", parer 8". Guaranteed. Set of four $9.98; two sets $18.96. Add $1 post. American Consumer, Dept. VM272, Caroline Rd., Philadelphia, PA 19176.



PET OR CHAMPION

Whether his dog is a friendly companion or champion, it can be woven into a tie by the Swiss. Made of terrylene and silk. Specify breed (over 50 in stock), color (navy, brown, burgundy, green). $12.50 plus $1.50 post. David Barrato, HG9, 1530 Northern Blvd., Manhasset, NY 11030.

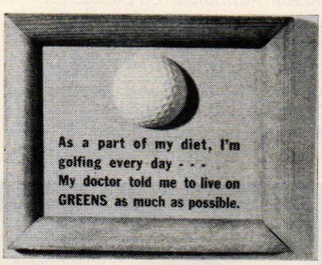


ANGELIC HORN BLOWER

Goebel Christmas ornament, 3" high. In white bisque, $6.50 ea., pink, blue, red, $8.50 ea.; set of four, $30. Ppd. (one of each color) Cord attached for hanging. Dated to remember this Christmas over the years. Edd the Florist, Inc., HG9, 823 N. Court St., Ottumwa, IA 52501.

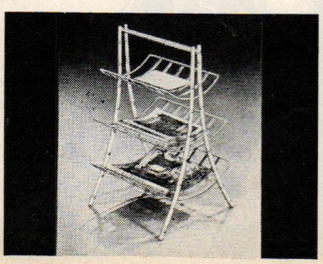
SLEEPS AND EATS GOLF?

Framed and ready to hang, a tasteful joke for the serious golfer. If he doesn't put it up, his "widow" will. 6½" by 5¼" with lettuce green backing, replica golf ball. $3.98 plus 50c post. Order #132. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.



MAGAZINE CENTER

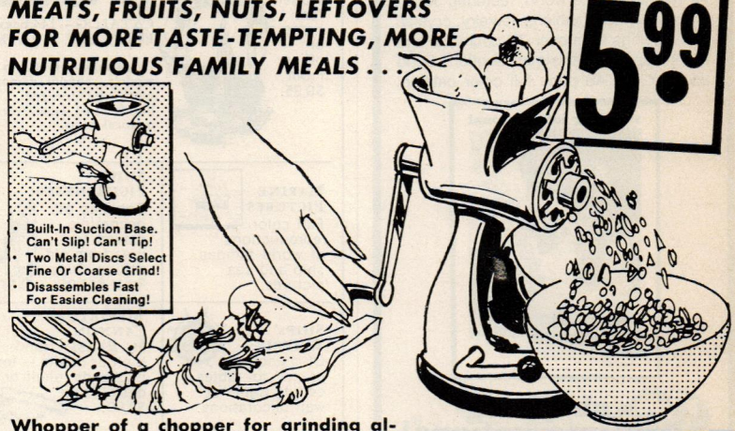
Graceful flare of bamboo-style metal handle and sides designed to hold the three large shelves securely in place. Periodicals and newspapers are kept orderly. Plated Koch brass or nickel. 26" h. by 15" l. by 15" w. $59.95 ppd. St. Nicholas Boutiques, HG9, Santa Claus, IN 47579.



THE MULTI-PURPOSE CHOPPER YOU ALWAYS WANTED

Not $12.99
Not $19.99
BUT ONLY 5.99

CHOPS AND GRINDS VEGETABLES, MEATS, FRUITS, NUTS, LEFTOVERS FOR MORE TASTE-TEMPTING, MORE NUTRITIOUS FAMILY MEALS . . .



Whopper of a chopper for grinding almost everything into easy-to-digest, tastier meals. Fast-working, performs like the expensive ones (plus two metal discs lets you select coarse or fine grinding) but costs $7.00 or $14.00 less.

Now you can chop and grind meats, fruits, vegetables, grains, nuts, leftovers. Speed meal preparation and save money in the bargain. Expect compliments as you prepare easy-to-digest, more interesting meals this modern, easy way. Ready to use, saves set up time. Works without cords or electricity.

Built-in suction base grips securely to any working surface. No clamps or screws. Can't slip, or tip. Safe, smooth, efficient operation guaranteed. This grinder-chopper comes apart fast for easier cleaning. A great value at our special low price of only $5.99. Order now while supply lasts!

ONE-YEAR MONEY BACK GUARANTEE
Use our Food Grinder-Chopper for one year at no risk. You must be 100% delighted or return for full refund of purchase price.

MAIL NO-RISK COUPON

WORLD COMPANY Dept. 9 HG
606 East State Street
Westport, CT 06880

Please rush my Food Chopper-Grinder as checked below on one-year money back guarantee.

Enclosed is $_____

☐ 1 Food Grinder-Chopper at purchase price of only $5.99 plus $1.00 PP & HDLG

☐ SAVE MORE! Order 2 Food Grinder-Choppers at purchase price of only $10.99 plus $1.50 PP & HDLG

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Sorry! No COD's — Connecticut Residents Add Sales Tax.

WARNING!

This is more than just a pretty face.

This is a growing machine!

6AB0903

Give it electricity and water and seed and a pound of plant food a week, and THE PLANTWORKS will feed a family of five all year round . . . easily . . . for pennies a day.

A DIRTLESS GREENHOUSE. PLANTWORKS is weed free, mold free and almost work free. It's simple to assemble . . . simple to operate . . . simple to run.

TELL IT WHAT TO DO. The automated control panel sets the feeding cycles, heating, cooling, ventilating. Lock it up and go on vacation for a week and it will keep itself healthy and well fed.

ABOUT OUR PRETTY FACE: it, too, is part of THE PLANTWORKS growing machine. The heavy fiberglass shell not only shrugs off baseballs, hailstones and tree branches, but filters and diffuses the useful light so well that no shading is ever required to protect your plants.

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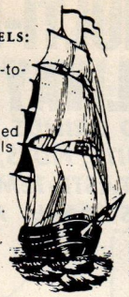

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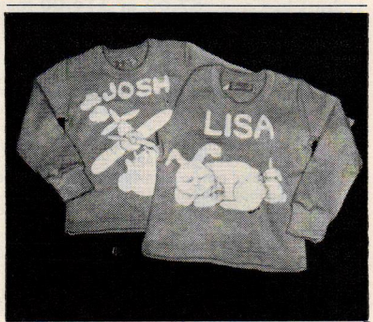

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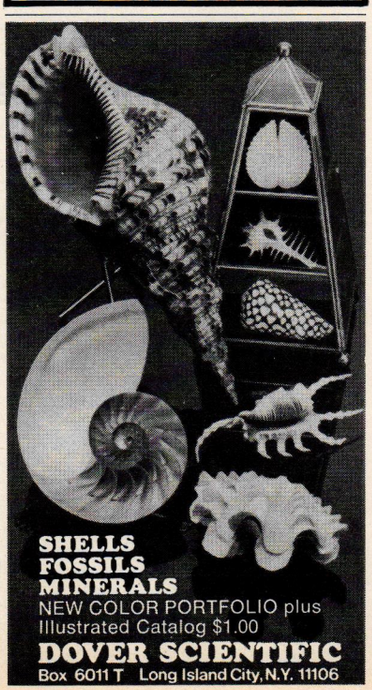

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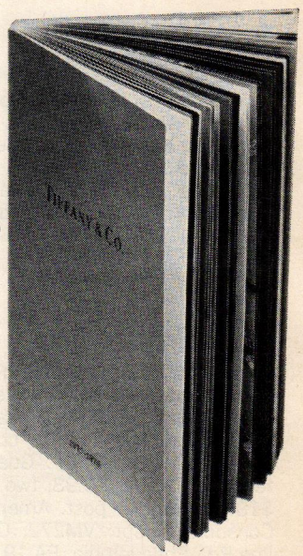

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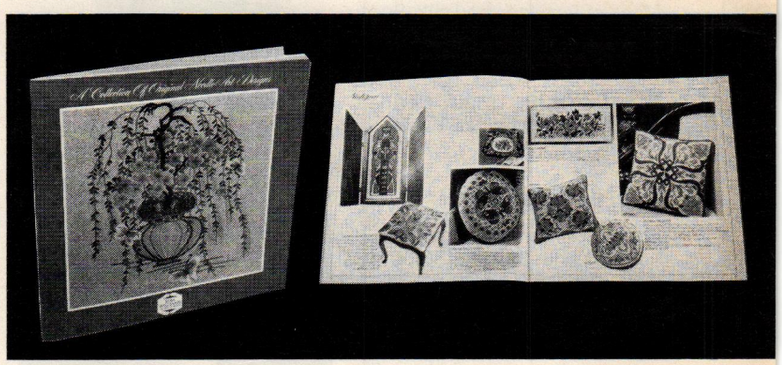

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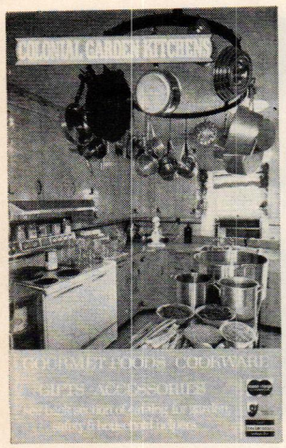

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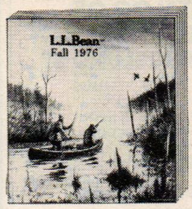

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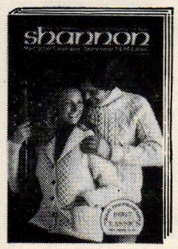

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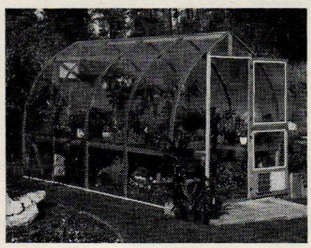

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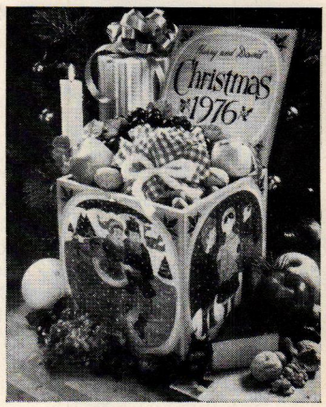

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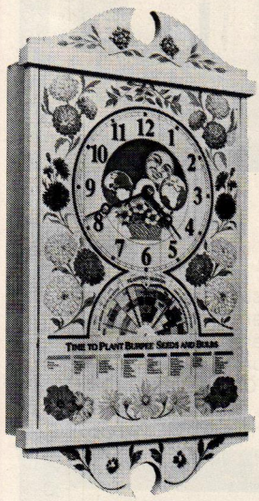

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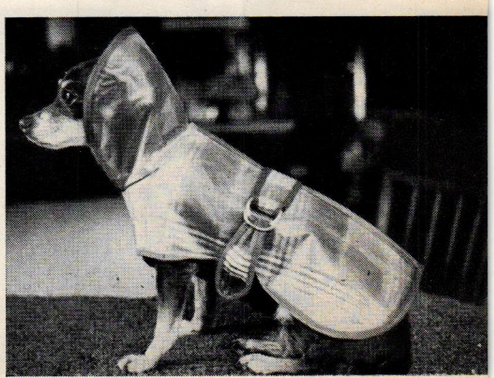

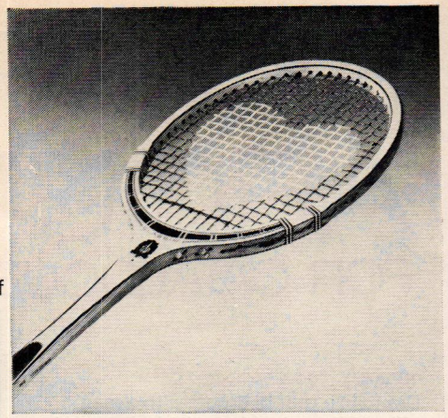

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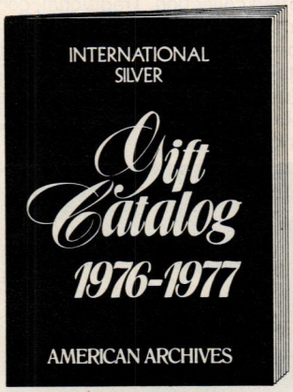

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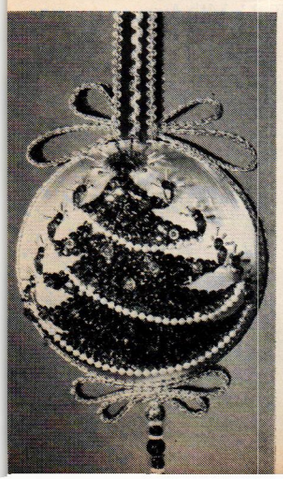

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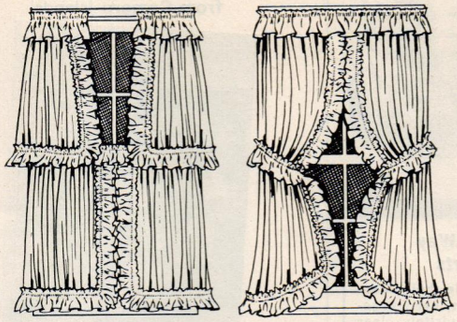

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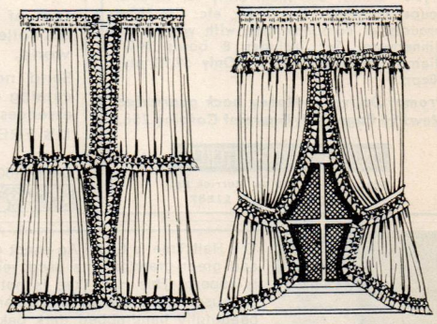

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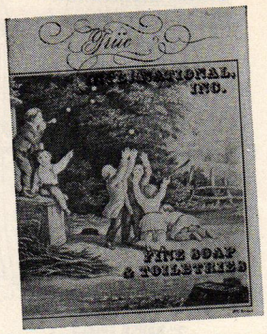

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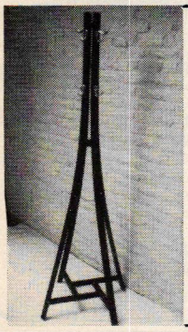

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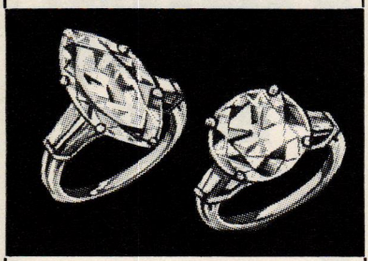

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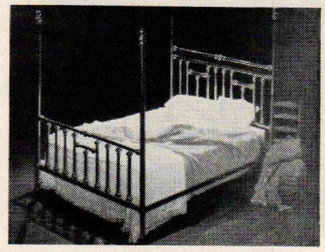

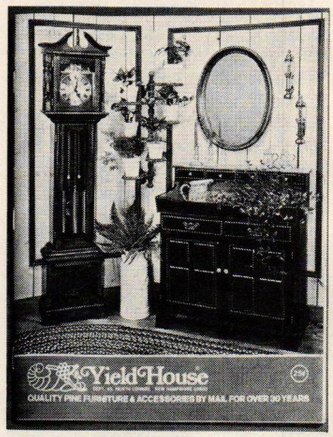

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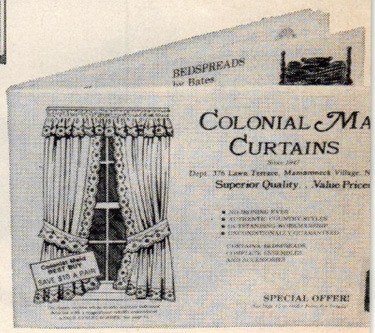

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World-wide thimbles, a glass dome vitrine to show them off. Vitrine, 5½"w. by 11"h. holds up to 16 thimbles. $27 ppd. Historic buttons, spoons, sewing accessories, patterns included in 64-page catalogue, 50c. The Sewing Corner, HG9, Box 420, 150-11 14th Ave., Whitestone, NY 11357.

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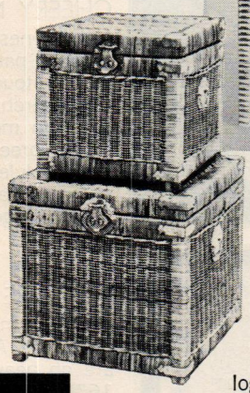

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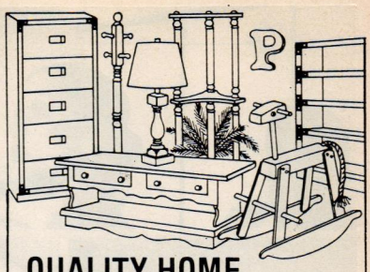

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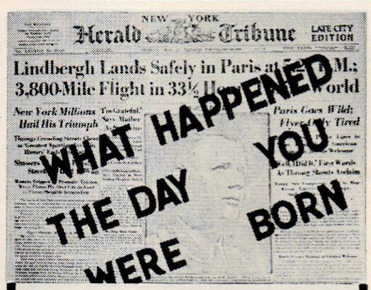

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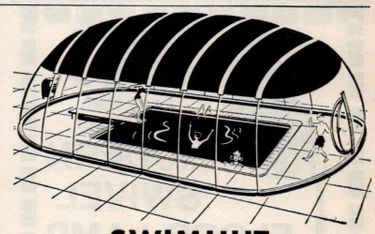

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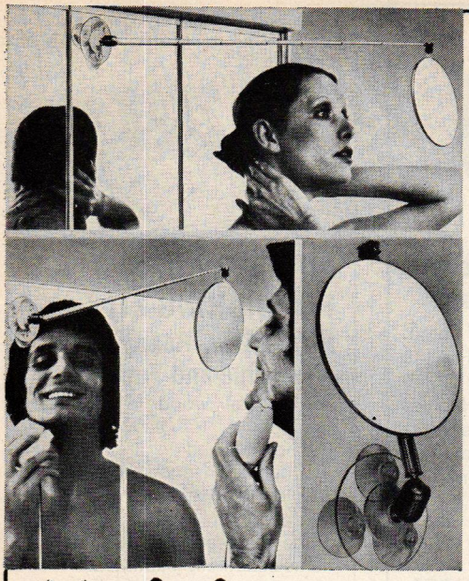

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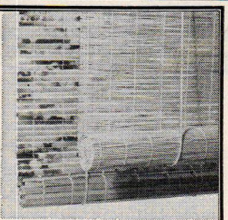

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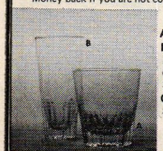

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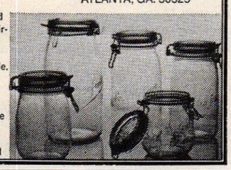

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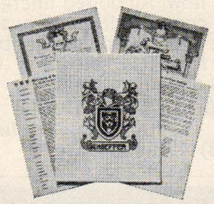

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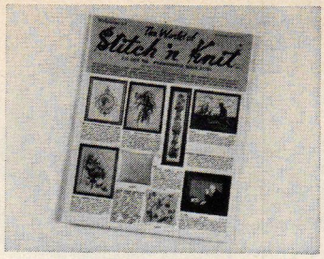

NEEDLEWORK SCENE

New full-color catalogue shows over 500 fascinating items for needlepoint, crewel, applique, others. Kits for making pillows, pictures, bellpulls, footstool covers and more. 32 pages. Next four issues 25c. The World of Stitch 'n Knit, Dept. 98-17, Box 709, Framingham, MA 01701.

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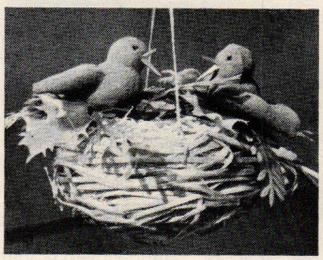

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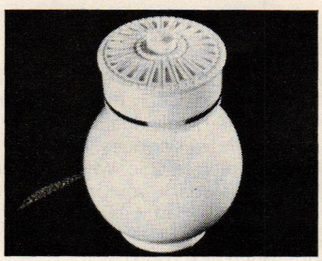

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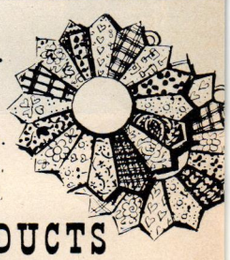

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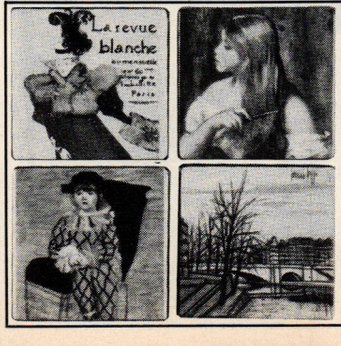

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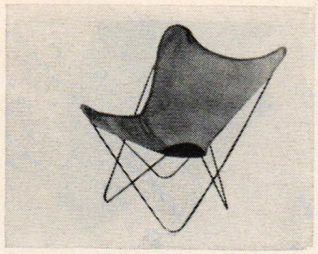

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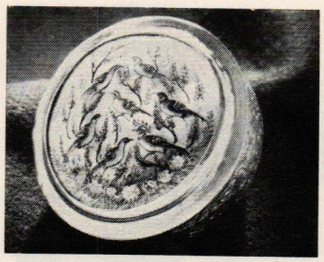

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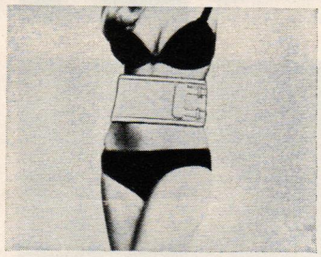

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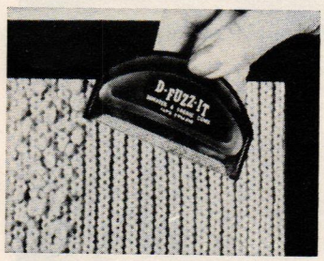

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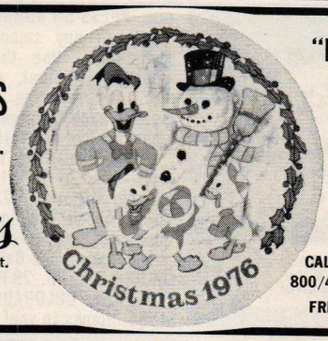

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Fourth in series

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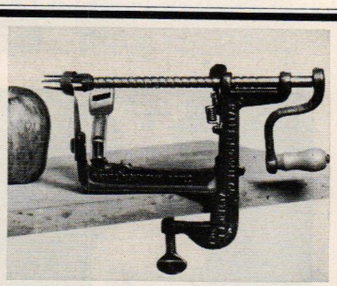
Their survival isn't as "natural" as it once was. Pollution, pesticides, tree removal and many other man-made problems are threatening their very existence.

Audubon Workshop is devoted to helping young and old alike discover the beauty and joy of birds, while showing what you can do to give birds in your area a helping hand.

In our new Bird Lovers' Catalog-Handbook, you will find hundreds of houses, feeders, food and seed, kits, books, records — plus a wealth of useful information on the care and feeding of our native birds.

Our wild birds need your help more than ever before. Won't you please show your concern in some small way? They'll repay you many times over. For your copy of Bird Lovers' Catalog-Handbook, send 25¢ today to Audubon Workshop, Dept. 8, Northbrook, Illinois 60062. Thank you very much.



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Our authentic apple parer has proved its worth in American kitchens for over 100 years! Peels any size apple, cores or slices it with the turn of its handle. Moveable cutting head follows contour of the apple, making it quick and easy to use for pies, canning or eating. Made of cast iron just like its century-old original ones. Overall length, 9⅛". Instructions included.

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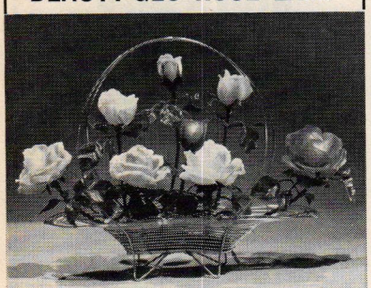

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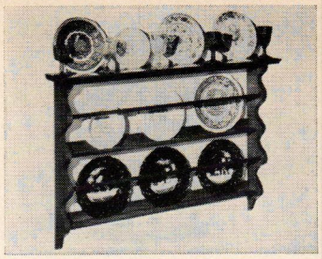
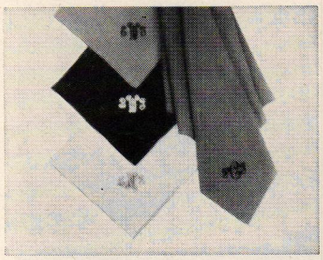


CHOICE DISPLAY

Named after 17th century American, "Madam Knight," reproduction has revolving guide rods to hold plates. Solid cherry in buckwheat honey or dark cherry finish. 36" w., 24" h. by 6" d. $97.15. Ppd. Color catalogue $2. Carl Forslund, HG9, 250 Pearl N.W., Grand Rapids, MI 49502.



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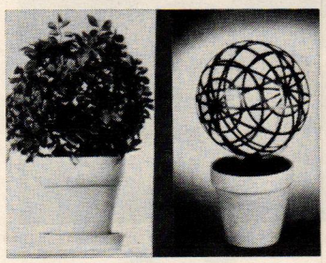
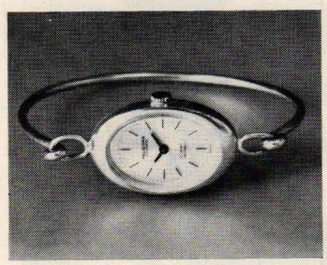
Silky polyester scarves, neatly monogrammed, come in red, navy, green, brown, black, and ivory. 27" sq. Monogram colors: bone, navy, brown or red; specify the color and underline initial of last name. $7 plus $1.75 post. Free catalogue. The Talbots, Dept. CK, Hingham, MA 02043.



TRELLIS TRICK

Turn ordinary vine into growing art. Place ball halves together, stake into center of pot. Then lead new growth in and out of openings until ball is covered. Twist wires to fasten halves. 9" dia. Two fit for twin unit. $2.98 ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.



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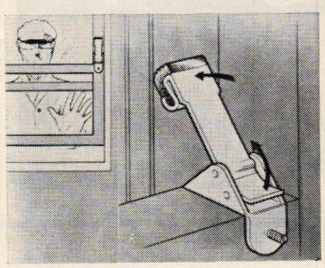
Sterling silver bracelet watch from Switzerland. Incabloc 17-jewel (all rubies) movement in a lovely oval case on a slender wrist circlet. Shock-resistant, has a one-year guarantee. By Felicitas. $79.98 ppd. Lillian Vernon, G9E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



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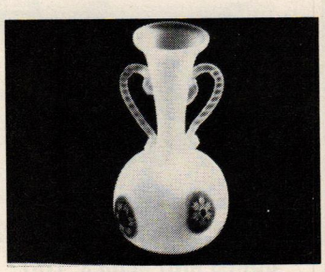
Safety lock works on closed or open windows to keep intruders out, and children safe while maintaining usual ventilation. Affords a feeling of security whenever you're away. $1.98 plus 20c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.



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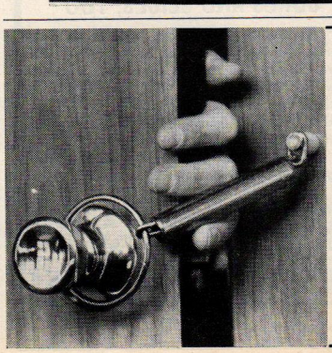
Opaque Murano glass, sparked by circular insets of multi-color Venetian beads. Hand-crafted in Italy's La Serenissima. Shapes, colors and sizes vary: twin and single handles; about 4" to 5" h. $4.98 plus 50c post. Lillian Vernon, G9E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



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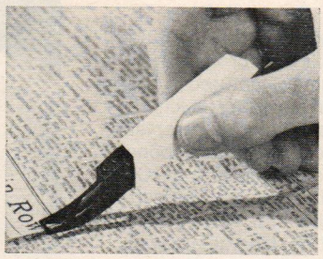

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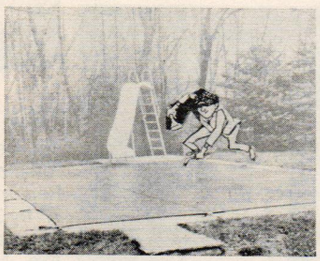

Is your pool robbing you of time? Average size Meyco safety pool cover takes two minutes to put on or remove. Keeps out dirt, leaves; children and pets are safe when you're away. Discourages algae. Custom made, any size. Write to Meyco, HG9, 225 Park Ave., Hicksville, NY 11801.

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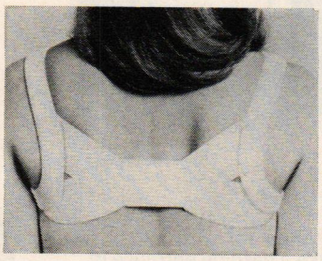

Posture maker corrects posture as it holds body straight, shoulders back. Webbing, one size fits men and women. After wearing for a time, body assumes proper posture. $3.98 plus 50c post. American Consumer, Dept. PM-159, Caroline Rd., Philadelphia, PA 19176.

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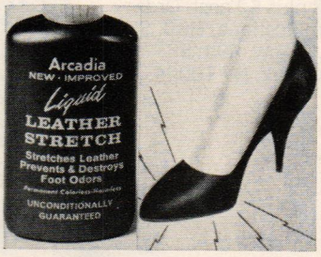

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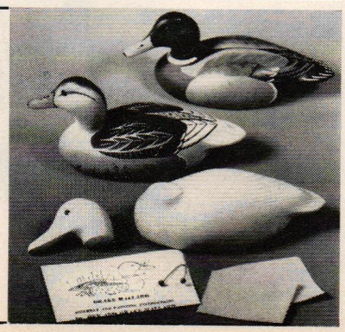

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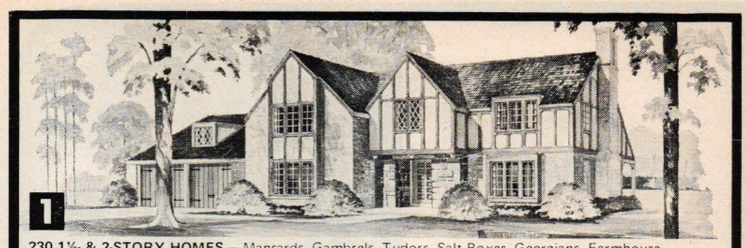

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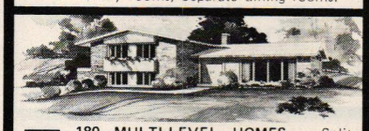

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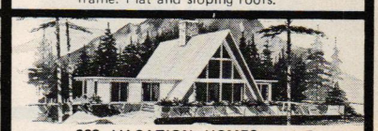

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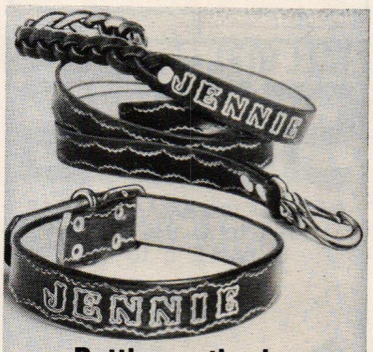

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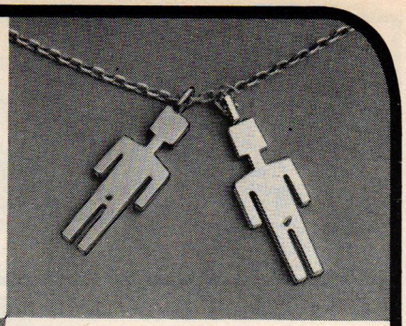
LES AMANTS



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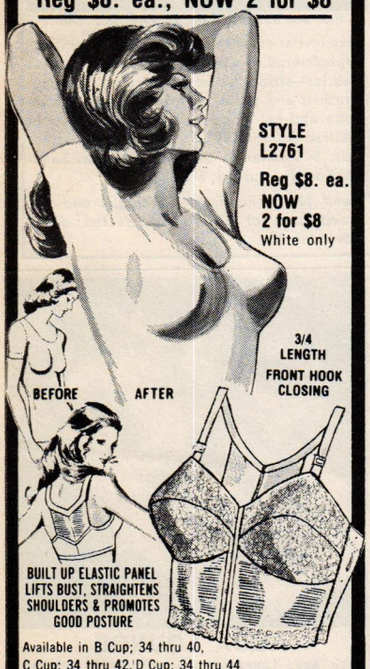

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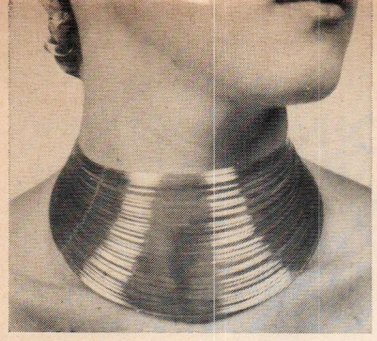

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Thin, flexible tapered bands with adjustable open back for perfect fit. Gold- or silver-plated brass (specify). "Cleopatra's choker" $14.95; matching bracelet $7.50; clip-on earrings $6.50; all three $27.50. Ppd. Ferry House, Dept. G-9, Briarcliff Manor, NY 10510.

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Bold, sporty stripes spark a dress of easy-care polyester and cotton. You'll love its soft cowl collar, cuffed sleeves and slight flare. Choose it in red and navy or green and navy. Comes with solid-color cord belt. Sizes 6 through 16. $34 plus $1.75 post. Write for free catalogue of fall fashions. The Talbots, Dept. CH, Hingham, MA 02043.

CHAMOIS CLOTH

The chic look of chamois in thick all-cotton flannel, brushed inside and out. Machine-wash gently. Slip-on dress complete with tie belt. Tan, spruce green or navy. P/S/M/L $34.95; XL $38.95. Ppd. Free color catalogue. J. Jill Ltd., HG96, Stockbridge Rd., Great Barrington, MA 01230.

HEADSTART ON WEATHER

Durable pigskin suede cap is scotchgarded for water-repellence. Has snap visor, full lining and comfortable sweatband; #Z0210. Brown or loden green. S, M, L, XL. $8.95 plus $1.25 post. Deerskin Trading Post, Dept. VC, 119 Foster St., Peabody, MA 01960.

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Our Elegant Leisure Ties shape to neck, adjust to size and stay in place with no more bother. So comfortable you forget they are there. Plain shades in fine denier Polyester. Fancies in Estron.
Plain shades also available in LADIES SIZE. When ordering please specify whether Men's or Ladies.

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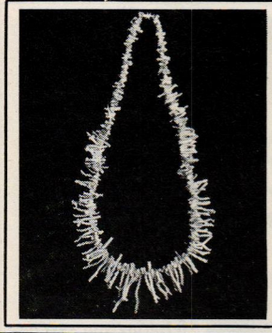

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Genuine Red Coral becomes Rarer everyday as it is in very limited supply. The gentle Red colors are just simply beautiful, and add warmth to any wardrobe. You'll find these retailing at $50-$75 each, but being the largest supplier we are very proud to offer these totally handmade 18" coral necklaces at only **$12.50** each. (Limit five necklaces per person). Please add $1.25 per necklace ordered for postage, packing and insurance.

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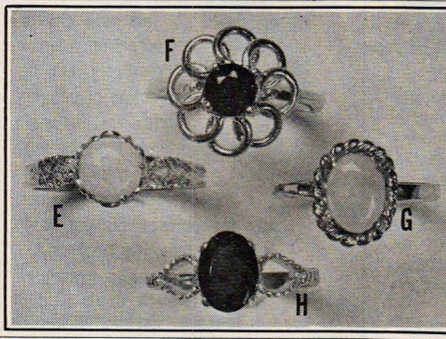

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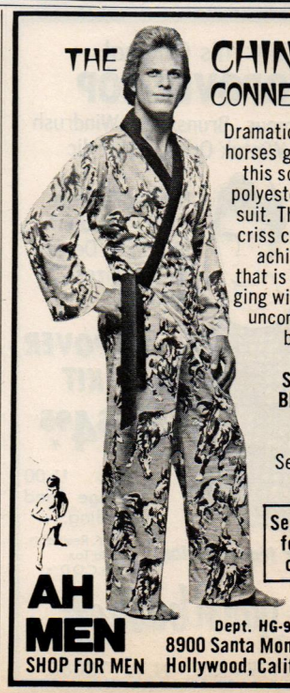

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Dramatic Chinese horses gambol on this soft woven polyester lounge suit. The unique criss cross sash achieves a fit that is body hugging without the uncomfortable binding of elastic.

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BROWN OR BLACK
$39.95
Send $1.00 postage.

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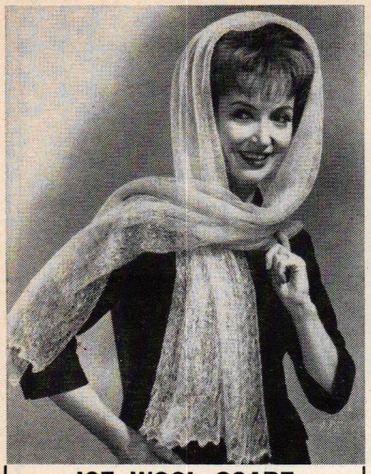

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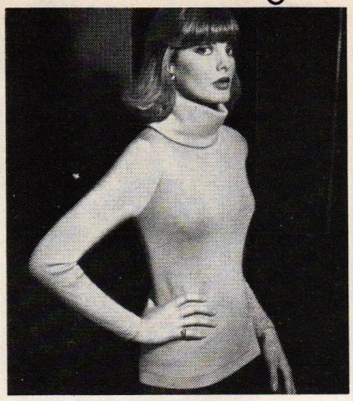
Sweaters 'n Things inc.



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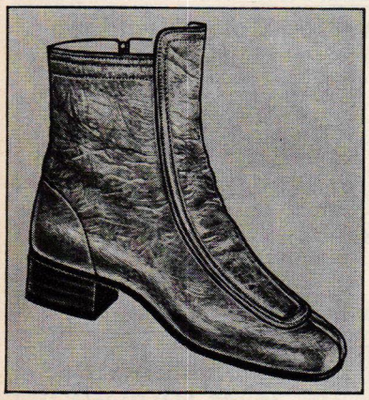
FALL'S NEWEST FASHION ACCESSORY

A great fashion investment to add spice to any wardrobe. Special price at $14.75. 70% acrylic/30% wool. Colors: grey heather, rust, red, brown, forest green, black, ivory, navy. Sizes: S(32-34) M(36-38) L(40). Send check or money order. No C.O.D. Add $1.00 postage & handling. N.Y. residents add applicable tax. Delivery 14 to 21 days. Free brochure on request. **Sweaters 'n Things, Dept.HG, 2 Carter Ave., Oceanside, N.Y. 11572**



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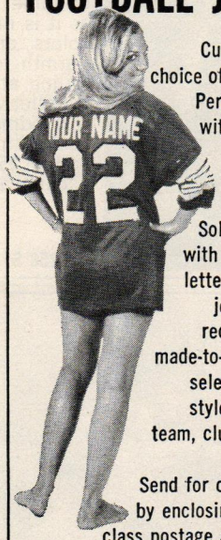

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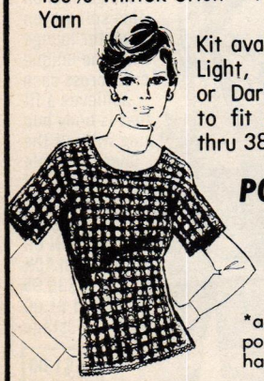

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the yarnbasket

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INNOVATION

SHOPPING AROUND IN STYLE FOR FALL

ANCIENT ART

Unusual pewter jewelry from France. Each piece has a leather thong necklace, some have artificial stone or enamel insets. All are hand-crafted, so allow six weeks for delivery. *(left to right)* Pre-Colombian "Puma," 3" long by 1¼"h. $19.75; "Divine Egyptian Sparrows," 4" long by 2½"h. $25.75; "Hammer of Thor," 3⅜" high by 2" w., $25.75. Ppd. Catalogue, 35c. Brenlyn House, HG9, Box 3423, G.C. Station, New York, NY 10017.

FUTURE TIME

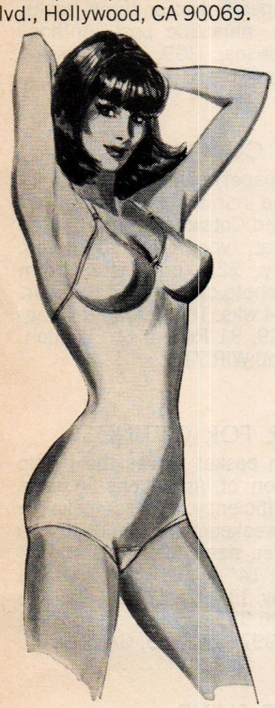
Micrома chronograph's liquid crystal uses reflected light. Hours, minutes, date always visible (button for seconds); stopwatch. No servicing. For men. In silvertone or black chrome $89.95; gold plate $99.95 plus $2.50 post. Chafitz, Dept. 914, 856 Rockville Pike, Rockville, MD 20852.

PRINT CHARMING

Roses in riotous profusion on a gown of fluid jersey knit that adapts becomingly to any size. Nylon and acetate, it's machine washable. Deep pink roses on black or yellow on brown. Sizes 8 to 18, 14½ to 26½. $29 plus $1.50 post. Vicki Wayne, 610 S. Country Club Rd., H9J, Tucson, AZ 85716.

ORIENTAL ACCENT

Chinese horses form a dramatic design on soft woven polyester. Lounge suit features criss-cross sash to fit with no-elastic comfort. Print in brown tones, brown trim; or gray tones with black. S, M, L, XL. $39.95 plus $1 post. Color catalogue is $1. Ah Men, HG9, 8900 Santa Monica Blvd., Hollywood, CA 90069.



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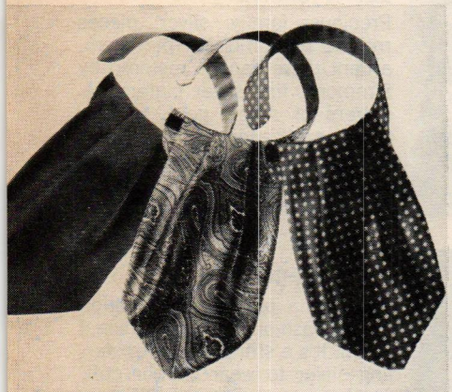
Whisper-light body suit gives neat control gently and naturally. Silky sheer stretch Antron® conforms to your figure while it slims waist firmly. Has seamless bra (B, C, D cups) 32-38, snap crotch closing. White, beige or bronze. #L8501. Two $15 plus 85c post. Free catalogue. Magic Mold, HG4, 210 Hanse Ave., Freeport, NY 11520.



CASUAL STYLE

Open-collar ties adjust to neck size. Paisleys, polka dots in fine polyester. Navy, brown, wine, green. Estron® plains also in beige, copen, yellow, rust, white, black. $5.95 plus 50c post. OST Cravates, HG9, 6666 St. Urbain St., Montreal, Canada H2S 3H1.

AT-HOME SHOPPING

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NEW AND EXCITING!

PARISIAN GENDARME CAPE

Fully Lined in Matching Satin

A flair woolen hooded cape. Midi length with handsome antique brass buckle.

Colors: CAMEL, RUST, HUNTER GREEN, PLUM, BLACK, BROWN. SIZES: SMALL (5-9), MEDIUM (10-13), LARGE (14-18).

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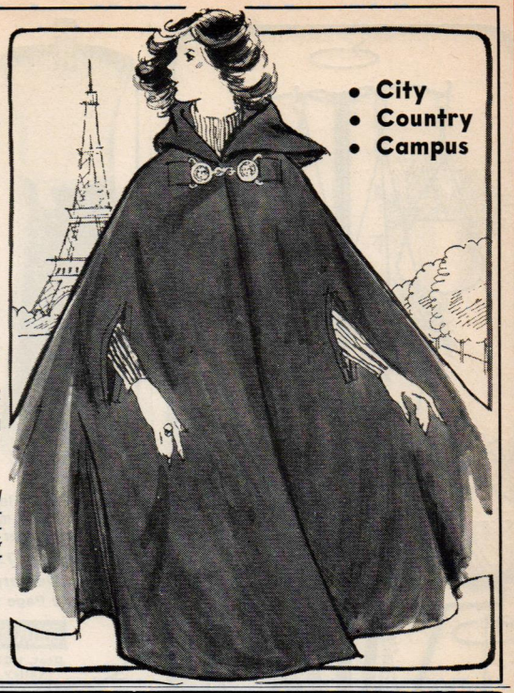

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Prices include insured Air Mail Delivery.
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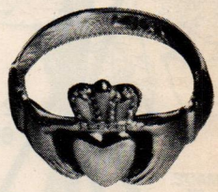

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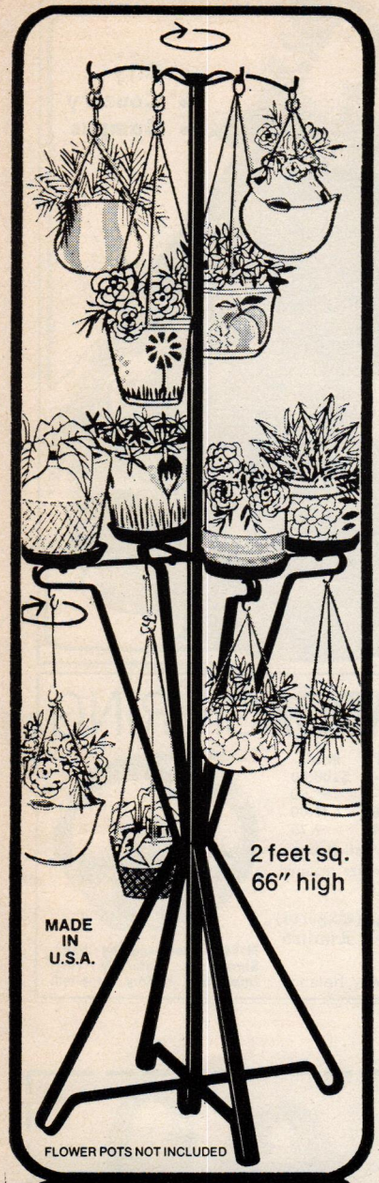

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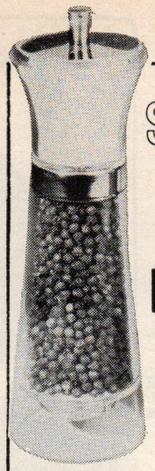

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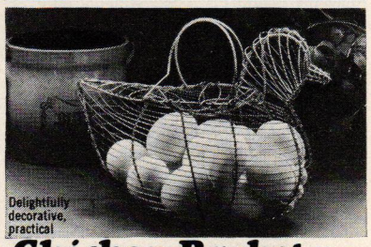

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Calif. residents add 30¢ sales tax.

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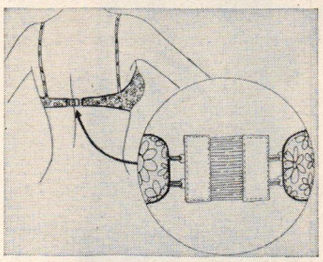
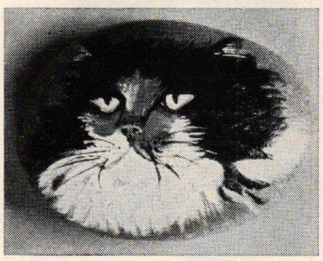
MANY USES

Knotty pine Deacon's bench is also a storage chest. Perfect for foot of bed, underneath window, next to fireplace. 36" w. by 27" h. by 18" d. Ready to assemble and finish. $39.95 plus $4.75 post. Free catalogue, Pridecraft, Dept. H-1, Box 1116, Framingham, MA 01701.



E-X-T-E-N-S-I-O-N

Bra extender enlarges the too small bra or makes an in-between size fit properly. No sewing. Hook to both ends of bra, it's easier to work or play with a good-fitting bra. Specify two or three hooks. $1 ea. plus 20c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.



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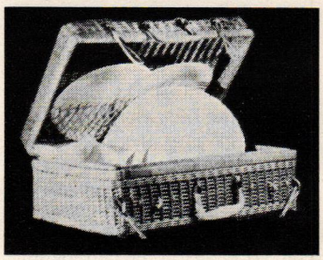
The "paperweight pet" is hand-painted miniature enameled on selected Cotswold stone. Can be any cat type, any dog breed. Specify. $25; or portrait from color photo of pet, $35. Ppd. air. Allow 4 wks. The Cotswold Villager, HG9, 91 Regent St., London, England WIR 7TB.



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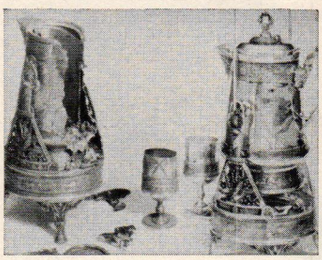

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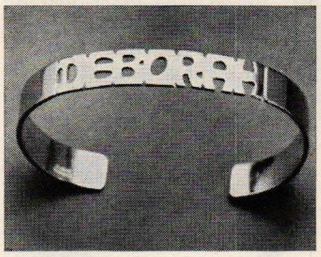
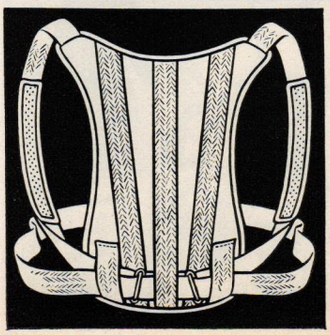
Precious family silver pieces marred by a missing part here, a dent there can be restored by Simmons, fine silver platers, repairers of silver, gold, pewter, brass and copper. Free catalogue. Simmons Silver Plating Co., Inc., HG9, 409 Whitehall St., S.W., Atlanta, GA 30303.



CUFF CHIC

Give her a perfect combination of now fashion and the personal touch. It's a stiff bracelet of sterling silver to wear on her cuff, and has any name up to 7 letters (please print) handsomely cut out of the silver. ⅜" wide. $15 ppd. Bruce Bolind, HG9, Boulder, CO 80302.



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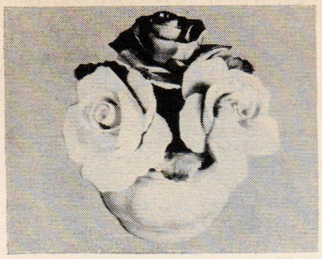
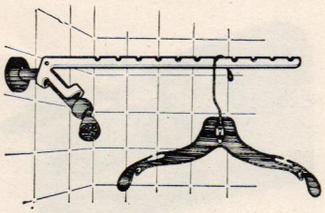
SHOPPING AROUND

LASTING ROSES



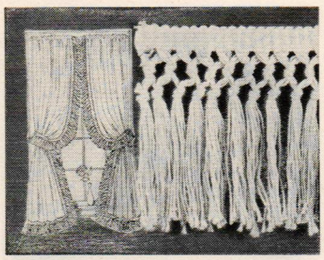
Exquisite little bowl in fine bone china. Its lovely petals, artfully sculptured, are hand-painted by English artisans. A decorative note for your house, a charming gift for Christmas. 4″ high. $3.95 plus $1.25 post. Order from World Art, HG9, 606 E. State, Westport, CT 06880.

HANDY HANG-DRYER



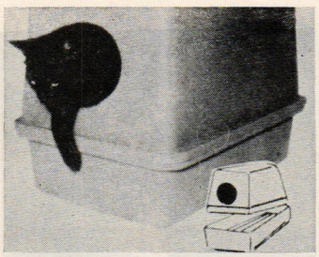
For travel or home use, a sturdy dryer to hold all your washables is a great help. Hooks onto any showerhead, notched shaft holds 11 hangers. Steel construction, rustproof vinyl finish. $3.25; two $5.75. Add 50c post. American Century, HG96, P.O. Box 36232, Los Angeles, CA 90036.

LAVISH LOOK



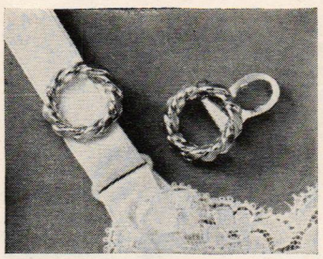
Knotted 4″ fringe on easy-care curtains. Cotton and polyester permanent-press. 90″ wide pair. Natural or white. 30″, 36″, 40″ l. $11.25; 45″, 54″, 63″ $16.50; 72″, 81″, 90″ $19.50; valance 10″ by 80″ $6.25. Add $2 post. Free catalogue. Country Curtains, HG92, Stockbridge, MA 01262.

KITTI-POTTI



This litter enclosure confines odors, hides wastes and stops litter spills. The top removes. Molded plastic. 14″ wide, 20″ long, 17″ high. $18.95 ppd. Colors: blue, beige, yellow, avocado or white. Write to Haugen Products, HG9, 717 W. Huron, Ann Arbor, MI 48106.

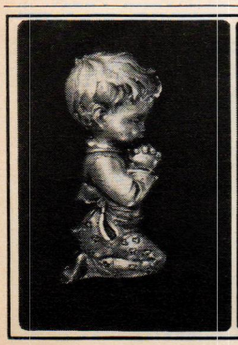
STRAP CLIPS



Gold-finished metal lingerie clips keep bra and slip straps secure in handsome fashion. A smart way to be sure that straps won't tumble down when wearing a low cut gown. Set of two, $1.98 plus 25c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.

SHINES ON

Richly polished Christmas tree of non-tarnishing solid brass. Perfect to have custom-engraved for any relative or dear friend (print name). Unbreakable. 3½″ high. $1.50; six $7.50; 12 for $13.98. Add 50c post. Lillian Vernon, G9E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



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Please rush full details immediately.

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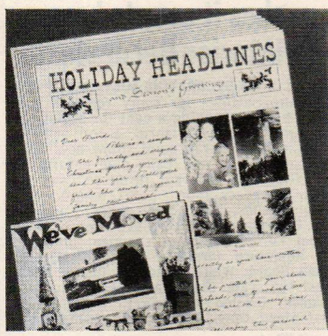

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. . . with Christmas Letters. Your friends and family will welcome your personally written (or typed) holiday message, featuring photos of your family, home and events of the year . . . skillfully photo-lithographed on your choice of 30 Christmas letterheads, cards or French-fold styles. Easy to do! The colorful designs are ours, but the message is yours! 100 greetings, $20; with photos, $25. Guaranteed. Send 25¢ for kit and instructions to Christmas Letters, 2919 Pearl Street, Boulder, Colo. 80302. (Our 17th year of personal holiday greetings!)

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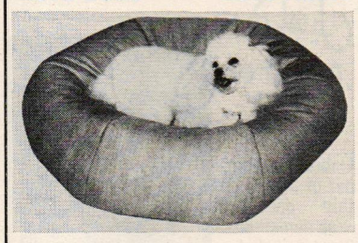

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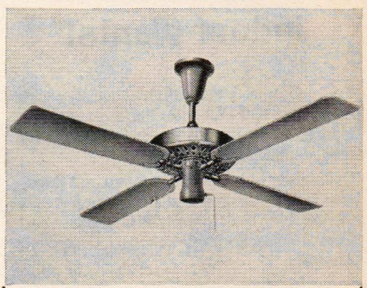

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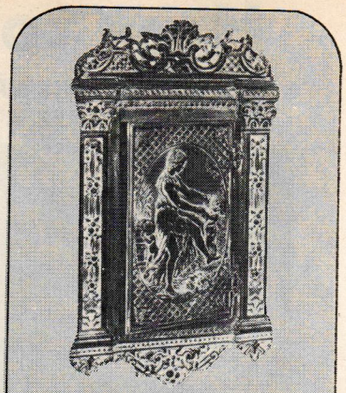

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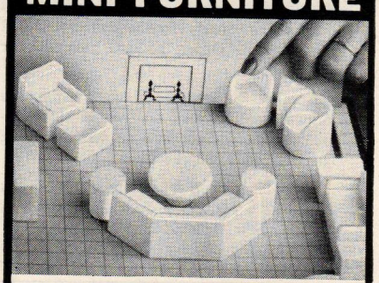

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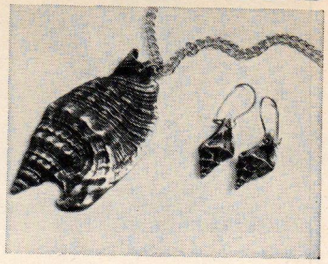
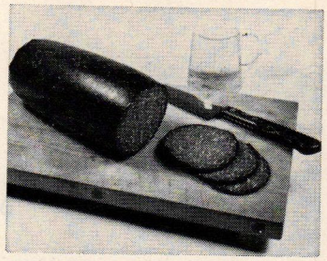


SEA SHAPES

Shell pendant on an 18" chain and tiny conch shells for the ears are fashioned in go-with-everything pewter to become the stars of a fall wardrobe. Earrings for pierced ears or clip-ons. $6.95 a set plus 50c post. New catalogue, 25c. The Tattered Boot, HG9, Lamont, FL 32336.



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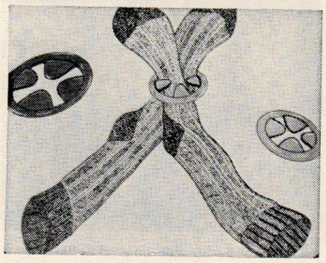
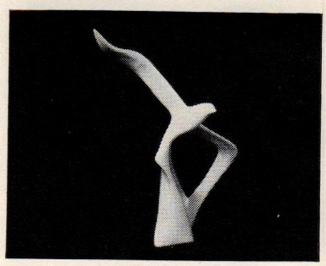
Lebanon Bologna is an authentic Pennsylvania Dutch delicacy, a ready-to-eat all-beef sausage cured in old-fashioned smokehouses. Enjoy it for party hors d'oeuvres, special lunches and snacks. 3½-pound roll. $8.95 ppd. Weaver's, HG9, Box 525, Lebanon, PA 17042.



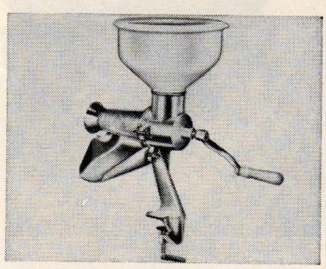
TWO BY TWO

Socks stay together through the washing and drying process with unique plastic rings that keep them paired. An easy solution to that dull hand sorting. Enough sorters for 24 pairs, $1.98 plus 40c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.



SERENE GRACE

Seagull sculpture in gleaming white ceramic with high glaze. Imaginative complement to any setting, perfect gift for any home. "Flight" has non-scratch felted bottom, is about 16" by 11". $16 ppd. Delbar Creations, Dept. HG-16, 16 Laurel Rd., East Northport, NY 11731.



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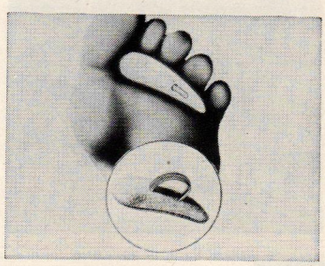

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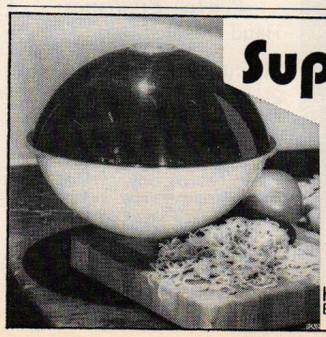
Treatment for tender, bent toes is a self orthopedic pad that rests underneath, held securely with elastic over toe. Alleviates pain, toe tip corns. Washable. Specify shoe size. Pair, $5.98 plus 40c post. Anthony Enterprises, HG8, 556 Mission St., San Francisco, CA 94105.



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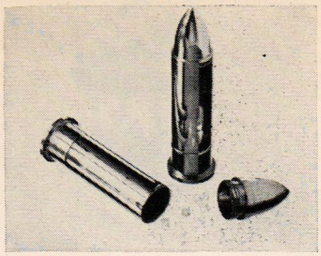

Carry your pills or vitamins in a handsome bullet-shaped holder of chrome and brass. It's sure to be noticed and admired. Very handy as well as good-looking, a novel gift. 2¾" l. From Italy. $6.50 plus 75c post. Sleepy Hollow Gifts, HG9, 6651 Arlington Blvd., Falls Church, VA 22042.

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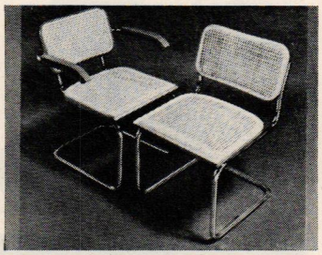
MODERN CLASSICS

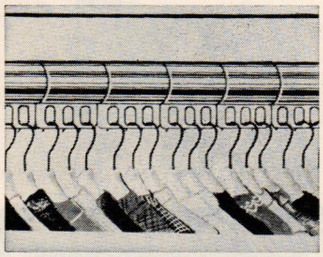


Striking blend of materials in move-about chairs. Natural cane seat and back set in wood. Natural, black, walnut finish. Tubular chrome frame. Armchair, $65; side chair, $55. Exp. Coll. Send $1 for catalogue. J&D Brauner, HG 9, 1331 So. Michigan Ave., Chicago, IL 60605.

NO MORE SNACKING!

Ready to work in needlepoint and hang wherever the urge to nibble is tempting. 7½" by 9" design on canvas. Persian wools, needle, backing, magnets, instructions. $5.95 plus 60c post. 8" by 10" oak frame, $2.25. Classic Corner, 12H Water St., Bryn Mawr, PA 19010.

SPACE RACE



Crushed clothes and tangled hangers are a thing of the past: brass-plated steel hanger spaces snap onto closet rod to hold hangers separately. Set of 6 spaces 36 hangers evenly. $2.98 plus 70c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.

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-JP, Santa Cruz, CA 95062.

CHARMING WIDE-RUFFLED "NO-IRON" MUSLIN CURTAINS!

Enjoy old-fashioned charm PLUS today's easy care with these W-I-D-E ruffled Perma-Press priscilla tieback curtains Styled like those which adorned windows in the Colonies, they're made of modern KODEL® polyester and combed-cotton muslin . . . in natural (eggshell) or white. Full 86" wide to the pair, with extra-wide, extra-full 6" ruffles. Attached ruffled valance. Ruffled tiebacks included.

EASY, EASY CARE! Fabric is specially treated so curtains IRON THEMSELVES in the dryer! BONUS FEATURE! They're pre-shrunk. Maximum shrinkage only 1%.

Avoid delay. Order style "SALEM" Specify Natural or White.

45" long $12.00
54" long 13.00
63" long 14.00
72" long 15.00
81" long 16.00
84" long 17.00
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ADD $2.00 FOR PSTG. & HNDLG!

Extra widths (to 272") Write for prices.

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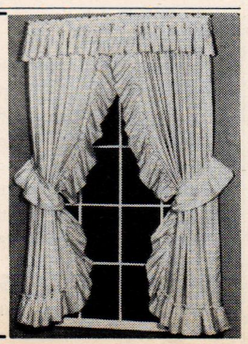

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SHIP'S WHEEL

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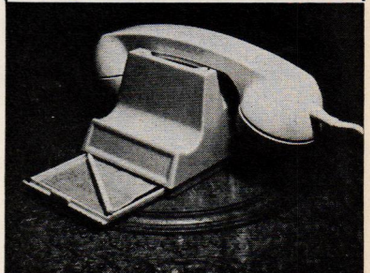
MUSICAL PHONE REST



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Sumptuous needlepoint pillows (approx. 10″ x 10″).
Top. (L.) Greek Revival, (R.) Federal; bottom: (L.) Colonial, Kit Queen Anne.
Kit contains taped 12-guage mono canvas, natural unbleached Paternayan Persian wool, steel needles, fully illustrated instructions.

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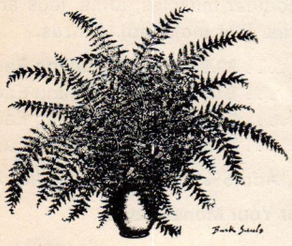
p.o. box 423, G9 — white plains, n.y. 10602



Ferns

The tranquility and serenity of a cool forest glade is captured by Burk Sauls in these two different 10"x12" color lithographs on extra fine white paper.
The set — $11.50 ppd.

Send for our collection of original ideas . . . . . 25¢

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A real discovery for students, teachers, sick bed use.

New all-purpose desk lets you study, read or write with ease in bed, chair . . . anywhere! Large study area—13x 19 inches, yet weighs just 4 lbs. Folds for storage. Of high density plastic in choice of Walnut grain. Just $10.95 + 95¢ postage.

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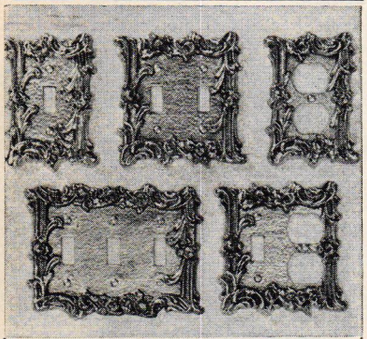
Mail Shopping Service
366 Wacouta, Dept. 309, St. Paul, Minn. 55101



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PLUS 60¢ POSTAGE & HANDLING
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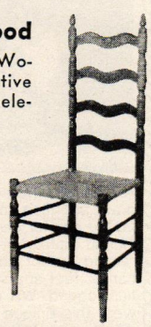
Fibre Rush Seats—Woven by hand. Decorative Turnings—To add elegance.



Weight—10 lbs.
Height—42½ in.
Seat height—17½ in.

Unfinished—Sanded **$21.95**
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Matching Arm Chair—Add **$4.00** to above

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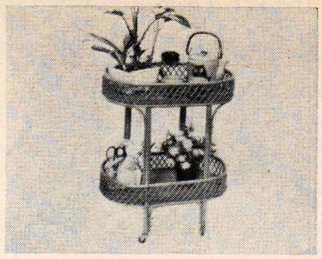
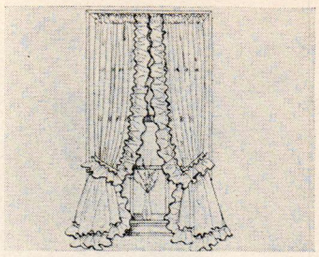


RATTAN WINTER GARDEN

Oval rattan cart with two wooden shelves and graceful galleries is on casters so plants can be moved. Splendid as bar or tea cart, too. 20″ w., 12″ d., 24″ h. $34.95 plus $4 post. (Painted in white add $5). Catalogue, 25c. Fran's Basket House, HG9, Rte. 10, Succasunna, NJ 07876.

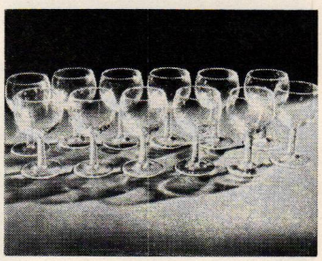


TOUCHED WITH COLOR

Crisp white curtains of permanent press polyester/rayon whipstitched in red, blue, gold or green. 76″ w. per pair; 3″ ruffle, 25″, 30″, 36″ l., $6; 45″, 54″, $7; 63″, 72″, $8.50 a pair; Valance, 11″ by 52″, $3. Add $1.10 post. Country Curtains, HG92, Stockbridge, MA 01262.

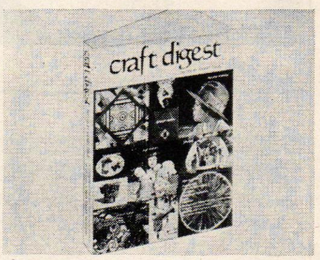
FACE SAVER

Avoid breathing in hair spray or getting it in your eyes. A mask of clear plastic lets you see what you're doing while its triangular shape forms cone to protect face and makeup. $2.98 plus 45c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.



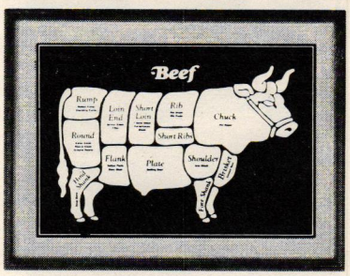
TOUCH OF PARIS

Wine goblets from France identical to those used in cafes of Paris. Blown glass that rings like crystal; yet rugged enough to take it. 5¼″ h. Ideal wedding or housewarming gifts. Doz. $11.98 plus $2 post. American Consumer, WGS-29, Caroline Rd., Philadelphia, PA 19176.



HOW-TO HANDBOOK

Twenty-eight popular crafts such as enameling, china painting, jewelry, and doll making in a fascinating book. Hundreds of pictures, instructions, background material. 288 pages. $5.95 plus 50c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.



BEEF UP YOUR KITCHEN

Beautifully framed picture, 13″ x 17″ overall, shows butcher's cuts of beef. Decorative, informative and just the right touch for your kitchen area. Picture is black on antique white to go with any decor. Sturdy ¾″ wide black frame with full strength glass, ready to hang. Makes an ideal gift. Next time you're invited out to dinner—instead of wine, bring the beef. Only $9.95 plus $1.00 postage and handling. (New York residents add sales tax.) Send to:

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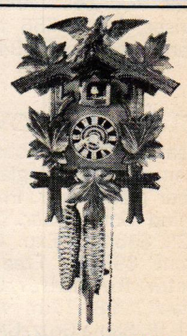

Imported Cuckoo Clocks from the Blackforest of Germany

Beautifully handcarved cuckoo clocks, self-adjusting works. Gaily colored bird opens door and cuckoos full hour and once on half hour, with gong strike. Beautiful Timepiece for any room in your home. Various sizes available:

10″—one day clock	**$34.95**
12″—one day clock	**39.95**
13½″ one day clock	**49.95**
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Above priced are prepaid. State of Wash. Residence add Sales Tax.
Also available: Limited Edition Bi-Centennial bisque figurines produced by W. Goebel Co. Germany. Annual Hummel Plates, years 1971 through 1976 at going prices.
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SHOPPING AROUND

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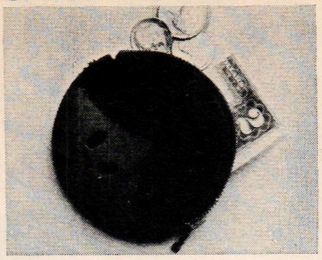
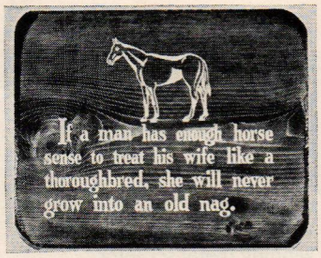
Tiny round coin purse imported from Spain is partially left untanned so it is hairy and sure to foil a would be snatcher plus give its owner a sense of security. 3″ dia. zippered. $6.50 plus 50c post. The Unicorn Gallery, G96, 15111 New Hampshire Ave., Colesville, MD 20904.



THOUGHT PROVOKER

"If a man has enough horse sense to treat his wife like a thoroughbred, she will never grow into an old nag" is lettered on polished Rocky Mt. Ponderosa Pine, 11½″ by 9½″ by ¾″. Self hanger. $4.95 plus 85c post. Catalogue, 25c. Postamatic Co., HG 976, Lafayette Hill, PA 19444.



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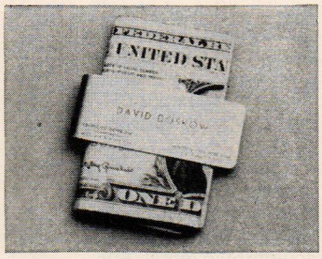
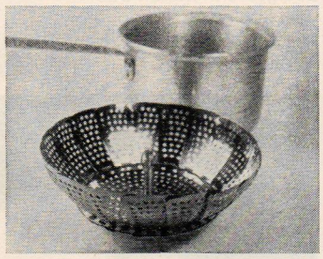
Let it show his business card, company trademark, special logo or lodge emblem. It can be etched on a heavy sterling clip if you send the card you want reproduced or exact design and lettering. $22.98 plus 50c post. Holiday Gifts, Dept. 309-E, Wheat Ridge, CO 80033.



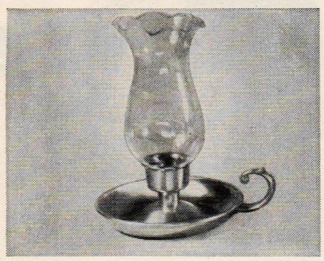
SAUCEPAN STEAMER

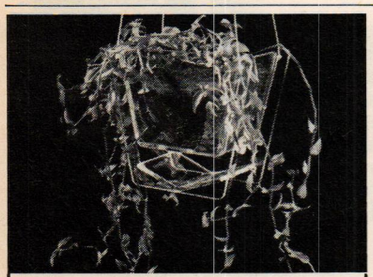
French cooks make vegetables taste good and stay nutritious by keeping them above boiling water in a steamer like this. Stainless steel, 5½″ dia. at bottom; expandable top opens to 9½″. $4.98 plus 75c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.



COLONIAL LIGHT

In the tradition of colonial America. Decorative pewter hurricane lamp handcrafted by Connecticut pewtersmiths. 8″h. by 7″w. $21 ppd. Send $1 for illustrated catalogue of more than 1000 pieces. Adar Pewter Products, HG9, 280H, Ethan Allen Highway, Ridgefield, CT 06877.





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—6″ x 7″ wide x 4¼. Unique clear or smoke Planter hand made with drain. Blends with any decor. Use coloured sand & enjoy the beauty! Send check $8.50 plus $1.00 Post. & Handlg. to

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THESE FLOWERS LAUGH AT WINTER SNOW!

Amazing Winter-Blooming Flowers From Holland Actually Turn Your Garden Into A Bloom-Filled Paradise ALL WINTER LONG... *EVEN IN SNOW!*

TREES ARE BARE BUT FLOWERS BLOOM!

First discovered by plant explorers in icy arctic wastes, then perfected by Dutch bulb scientists, these amazing SNOW-FLOWERING BULBS from Holland are finally here in America. And they are guaranteed to turn your garden into a WINTER WONDERLAND OF BEAUTY this very Winter. In fact, the only garden in your neighborhood so aflame with bloom while snow still blankets the ground!

NOW! PICK FRESH FLOWERS BY THE HUNDREDS ALL WINTER LONG

Just picture this incredible scene a few short months from now: Outside it's a solid sheet of snow. Icicles hang from the trees. Every other garden is a ghostly white. Yet your garden — **and only your garden** — is bursting with color as dazzling masses of red, yellow, purple, orange, and gold flowers erupt in rainbow drifts. Yes, your beds, borders, shrubs, and the walk up to your home will all be lined with a riot of continuous bloom, so warm they seem to melt away the snow.

EACH SNOW-BLOOMING RAINBOW COLLECTION INCLUDES:

GLORY OF THE SNOW — Looks like a magnificent display of orchids blooming in the snow.
ERANTHIS — Solid banks of golden blooms so dazzling bright they make the sun look pale.
SNOWDROPS — Frosty white bell-shaped blooms like a field of lilies framed in banks of snow.
SIBERIAN SCILLA — Velvety purple flowers erupt in blooms by the hundreds in the dead of winter.
MUSCARI — Clusters of showy blue florets even in sub-freezing weather. While neighbors shovel snow you'll pick masses of fresh-cut floral displays.
ALL SENT TO YOU ON FULL MONEY-BACK GUARANTEE OF SATISFACTION

JUST DROP THEM IN THE GROUND — THEY BLOOM ANYWHERE

Best of all they're so easy to grow . . . require virtually no care. And even more amazing because they actually multiply with each passing year. Where you have hundreds of flowers this Winter, you'll see thousands more Winter after Winter, year after year.

FOR BLOOMS THIS WINTER YOU MUST ACT NOW!

However, since now is the time they must be shipped if you want to be the first in your neighborhood to enjoy a parade of SNOW-BLOOMING FLOWERS this very Winter, you must act immediately.

MAIL NO-RISK COUPON TODAY

HOLLAND WINTER BULBS, Dept. JBH-12
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Please send me:

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☐ 1 Rainbow Collection of 25 Snow Bulbs for homes under ¼ acre, $3.95 (plus 35¢ postage & handling)
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(Woven by Pa. Dutch Weavers) **Perfect for tablecloths, placemats and Napkins, HOMESPUN is woven from 100% selected cotton. It's color fast, machine washable, reversible, never needs ironing. Ideal for drapes, bedspreads, too! (Allow for minimal shrinkage.)**

CUSTOM-MADE CLOTHS:		*BY THE YARD:*	
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Placemats (12 x 18″).. Each	1.50	WHITE FRINGE to trim 72″ round, 7 yds.	2.75
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COLORS: White w/Gold, Olive, Red, Blue, Sand, Orange, Brown.
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Goebel

1976 American Wildlife plate
$50.00

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The American Wildlife Collection plates and matching figurines are available at fine gift, jewelry and department stores. For the name of a store near you and a copy of the "American Wildlife" brochure, send 25¢ to: Dept. SA at the address below:

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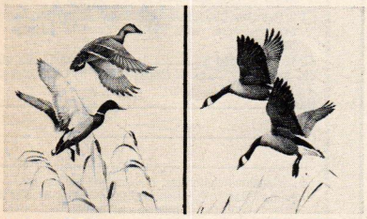

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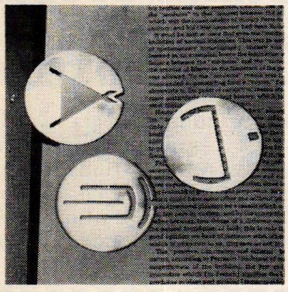

Gift Catalog

The Museum of Modern Art

above: **Book Marks,** designed by Michael Kalil, can be easily clipped onto a page and pointed to the line where you want to begin. Satin-finished spring brass, each measuring 2 inches in diameter. A set of three, gift-packaged: $12.50 (including shipping and handling charges).

The Museum of Modern Art/5300 Lenox Hill Station/New York, N.Y. 10021

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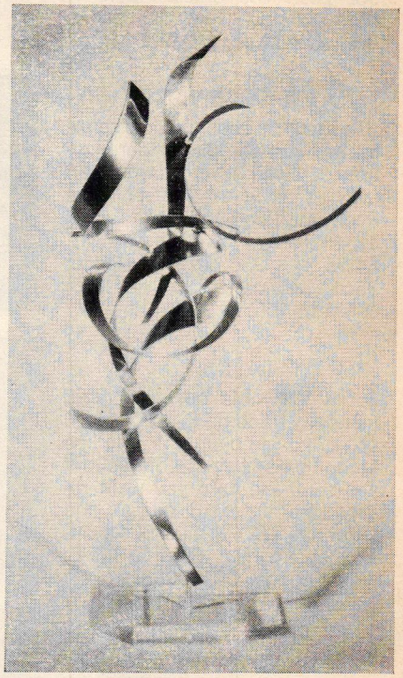
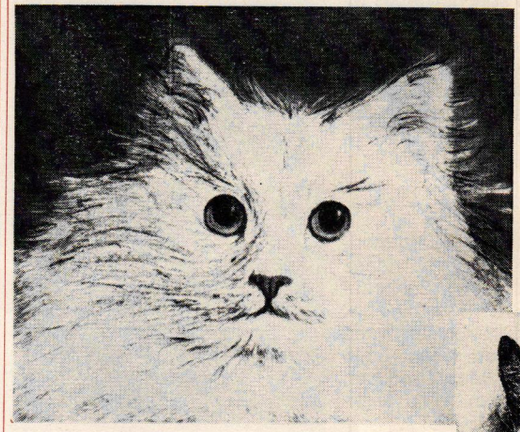
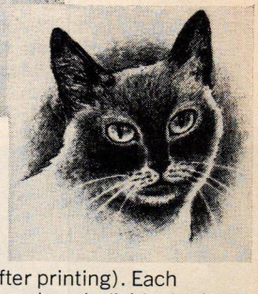
SHOPPING AROUND FOR ORIGINAL ART



CONVOLUTIONS

William Bowie, award-winning metal sculptor, creates "Convolutions", a study in grace, form and motion in stainless steel or gold-leafed steel. Unique dimensional beauty, 27"h. by 12"w. on lucite stand, as shown, $250. May be executed in any size and in other finishes. Write for color brochure featuring wall and free-standing sculpture in metal. 50c. The Sculpture Studio, Inc., HG9, 202 E. 77th St., New York, NY 10021.



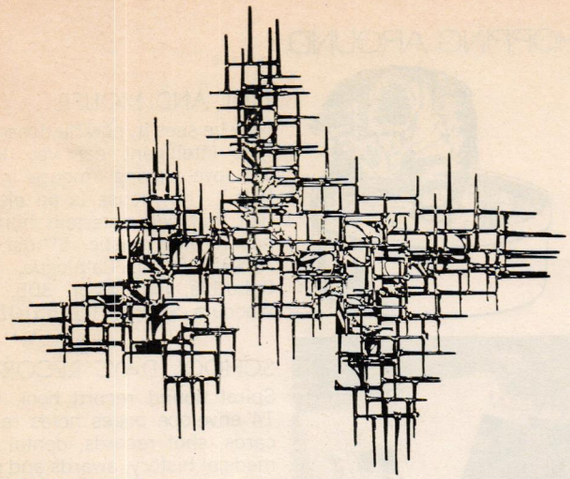


FELINE FAVORITES

Original color lithograph portraits of four popular cats: Tabby, Persian, Siamese and Tortoise-shell. Signed and numbered in pencil by the well-known artist, Roger Milas. The edition, on 100% rag paper, is limited to just 500 prints of each portrait (plates destroyed after printing). Each print measures 13" by 16". Pulled in four to six colors. Individual print, $24.95, any two, $44.95. First 150 reserved as suites of four, $79.95 Ppd. New York Printmakers Studio, HG9, Box 818, New York, NY 10013.

BIRD FANCIERS

A finely detailed robin in the annual wildlife plate series from renowned maker, W. Goebel. Hand-decorated underglaze bas-relief design in porcelain, 7⅝" dia. Limited production. $50 ppd. Series include titmouse and barn owl. Matching figurines of titmouse and robin available. Sends 25c for brochure of Wildlife Collection. Hummelwerk®, HG9, 250 Clearbrook Rd., Elmsford, NY 10523.



WALL SCULPTURE

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AT THE EASEL

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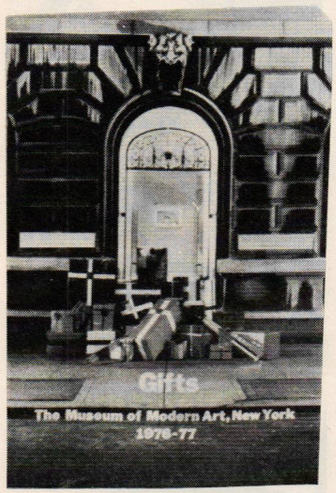
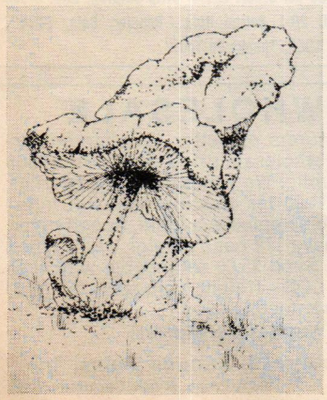


PERFECT PRESENT

Over 140 original cards, distinctive gifts in new 40-page full color catalogue. Prices from 25c to $300. Also available gift memberships entitling recipients to discounts on most items listed. Catalogue, $1. The Museum of Modern Art, HG9, 5300 Lenox Hill Sta., New York, NY 10021.

NATURE STUDY

Charming black and white lithographs of exotic mushrooms from original drawings by talented artist, Dorothy Lawrence. Each is uniquely different, capturing the fascinating formations. Heavy textured stock mounted in a 9″ by 12″ mat. Ideal for grouping. Select one mat color: gold, brown or green. Set of four, $11; set of two, $7 Ppd. Studio Dorothy, HGE, Box 750 Englishtown, NJ 07726.



Special offer for cat lovers!

Original, limited edition color lithographs of some of your favorite felines: (A) Tabby, (B) Abyssinian, (C) Persian Blue and (D) Tabby Point Siamese. Available only from the New York Printmakers Studio.

Special features:

- Only 500 prints of each portrait pulled and the plates destroyed.
- Each plate hand drawn, signed and numbered in pencil by the noted American artist, Joseph Paladino.
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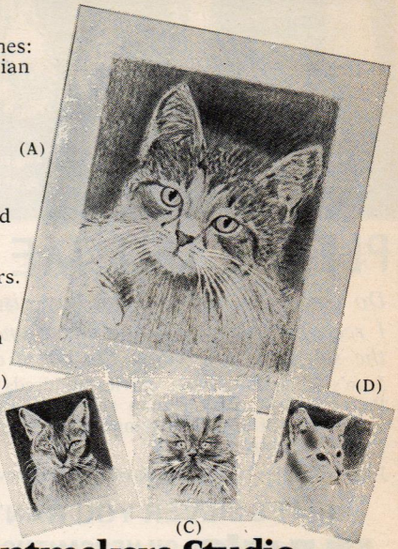

Any one of these loveable cats can be yours for only $29.95. Any two, just $54.95. Limited offer: the first 150 prints of each portrait have been reserved as suites of four for $99.95.

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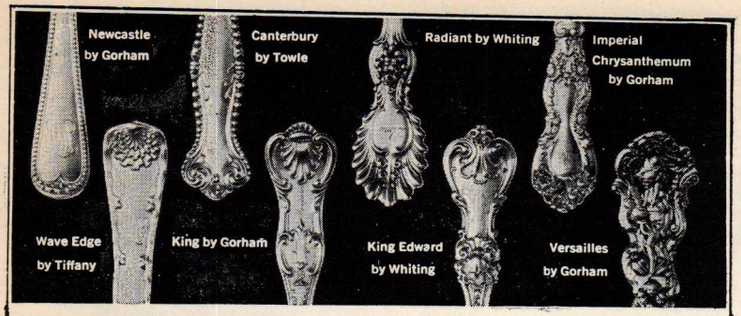

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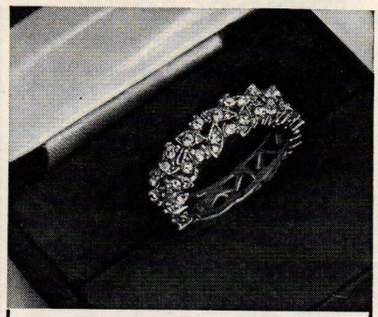

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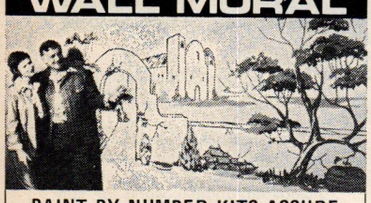

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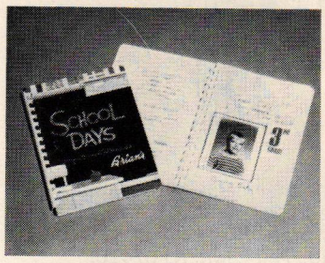

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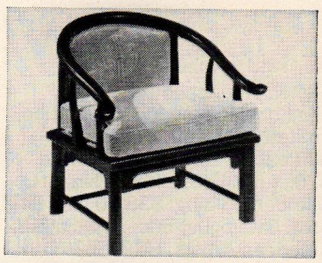
Spiral bound record book with 14 envelope pages holds report cards, shot records, dental and medical history, awards and souvenirs. Space for child's photo and name. $1.39 or, personalized, with first name, $1.69. Ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.



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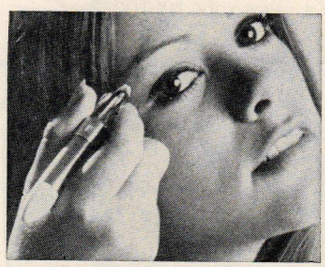
Trapunto design in upholstered back. 29" w., 27" d., 30" h. Finished in walnut, mahogany, teak, fruitwood or add $10 for black or colored lacquer. $145.95 in your fabric; $181.95 in ours, exp. coll. Catalogue, $1. Bryan Robeson, Dept. HG174, Rte. 10, Box 780, Hickory, NC 28601.



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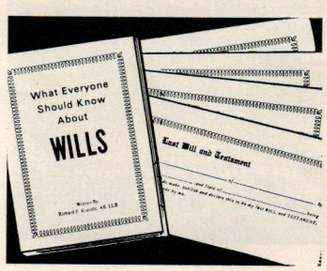

FAMILY PROTECTION

About time to think about making a will to protect the family. "Wills—How to Make and How to Break Them" is written by an attorney. Personal history and asset sheet and four will forms incl. $2.98 plus 40c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.

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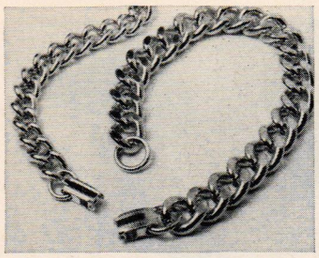

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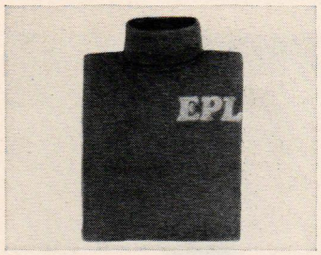

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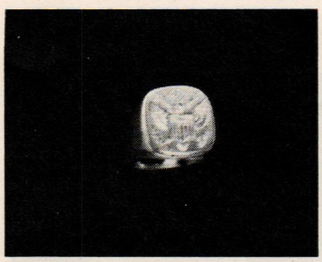

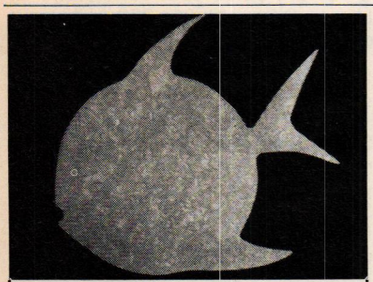

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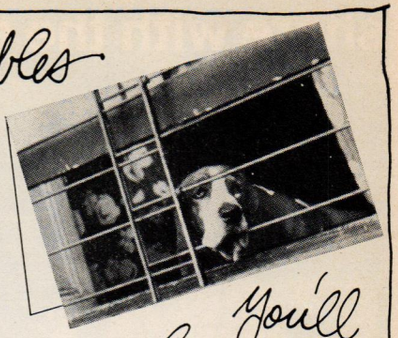

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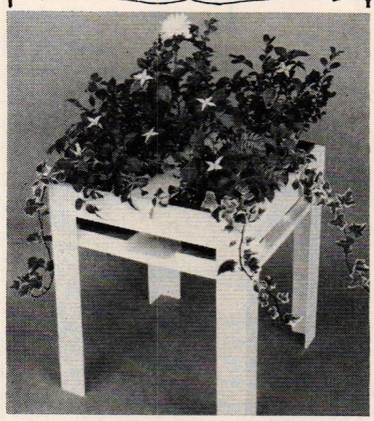

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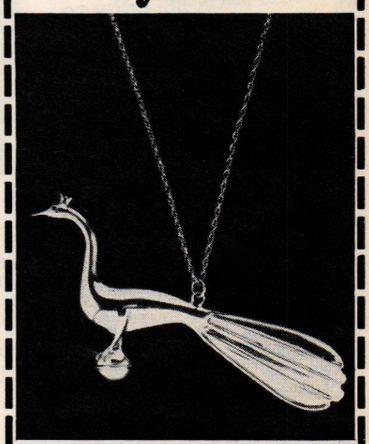

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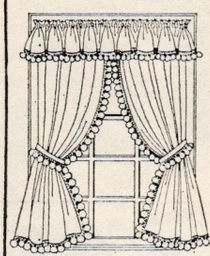

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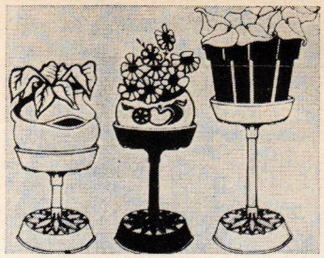

PLANT DISPLAY

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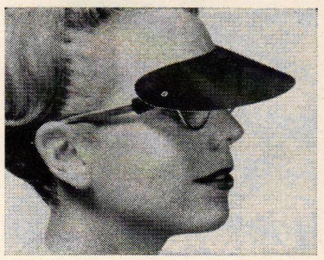

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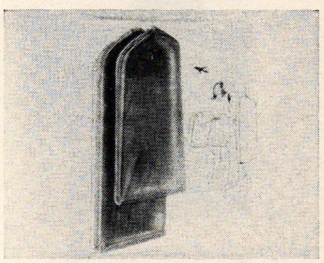
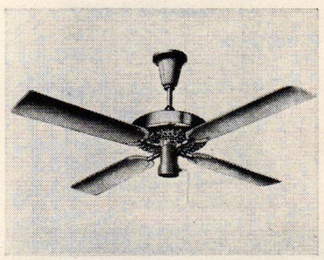


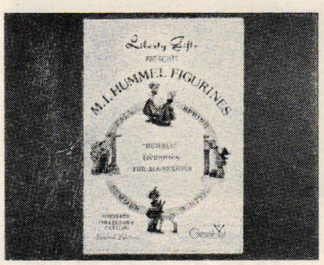
MOTORIST'S DELIGHT

Zippered nylon traveling bag to hang in car has full length zipper to insure that suits or dresses arrive wrinkle free. Man's is 24" by 40" by 4", $6.98; lady's, 24" by 54" by 4". $7.98 plus 50c each post. Showcase Products Co., Dept. GAR-2, Box 1093, West Caldwell, NJ 07006.



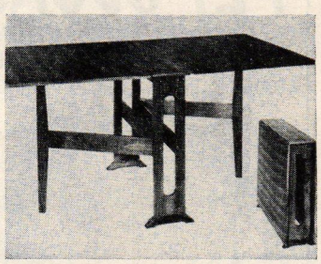
CEILING FAN

Natural air cooling. Adaptair adjusts angle of blades (on 52" only). 2 speeds. 5 yr. guarantee. 52" fan with adaptair lever $279; without, $239. 36" fan $159. Light Adapter kit $16. Free brochure. The Ceiling Fan Gallery, HG9. Indian Neck Lane, Peconic, NY 11958.



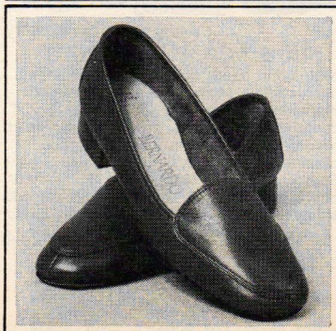
COLLECTORS' AID

Second edition of the "Hummel" catalogue, new for 1976. Every current figurine included, and two newly reinstated. Pictures are larger to show more detail. Black printing on yellow stock. 6" by 9". $2.50 ppd. 1st class. Liberty Gifts, HGE96, 2324 Liberty St., Trenton, NJ 08629.



TO HAVE AND TO FOLD

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. $69.95. Exp. coll. Assembled. Danish catalogue, 50c. Genada Imports, HG9, Box 204, Teaneck, NJ 07666.



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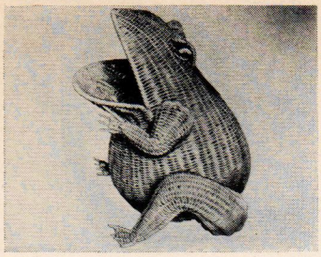
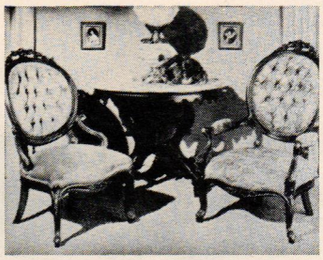


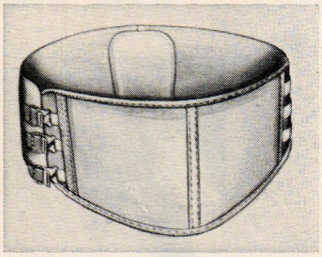
Twinkly marble-eyed frog with big mouth is glad to swallow paper, laundry, needlework or toys. 19″ h. by 16″ w. $14.95 plus $2 post. Painted white, blue, green, orange, yellow, black $2 extra. Catalogue 25c. Fran's Basket House, HG9, Route 10, Succasunna, NJ 07876.

ANTIQUE REPLICAS



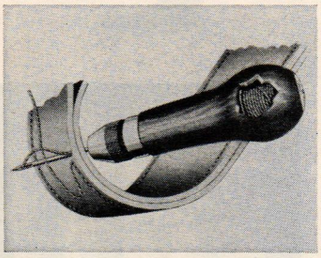
Pierced "rose and leaf" detail on hand-carved solid mahogany. Choice of fabrics (or customer needlepoint used). 25″ w. by 29″ d. Man's 40″ h.; lady's 37″ h. Each $239.95 exp. coll. $1 for catalogue and swatches. Write to Magnolia Hall, HG9, 726 Andover, Atlanta, GA 30327.

THE RELAX-CINCH



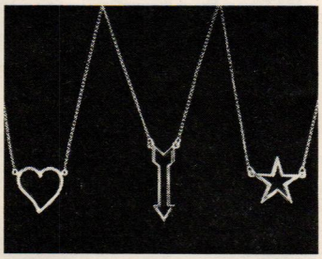
Wear it for firm, comfortable support. Can help posture and relieve minor backache. Good elastic has no stays, gives as you move. Under 8-oz. Invisible under clothing. A sports favorite. $14.50 plus $1 post., Piper Brace Co., HG-96RX, 811 Wyandotte, Kansas City, MO 64105.

SEWS LOCK STITCH



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, HG9, 556 Mission St., San Francisco, CA 94105.

LOVELY TRIO



Pendants crafted in 14k yellow gold on fine chains 15″ long. Heart ¾″, arrow 1⅛″, star ¾″, (approx.), each $14.90. Matching rings in arrow or star, $17.90. Plus $1 post. Free catalogue of rings and things for men, women. The Strongite Co., HG9, 2 W. 47th St., N.Y., NY 10036.

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4634 Low Box (right foreground) Removable lid. 8½x6x2¾″ high. **$2.98**

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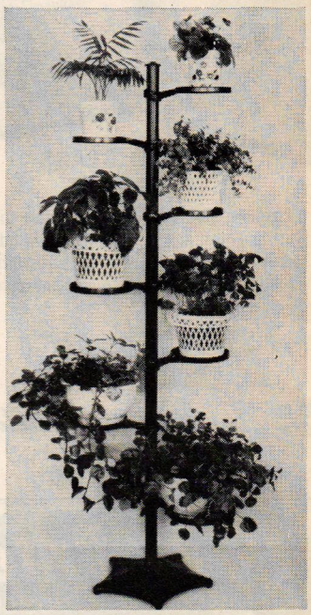

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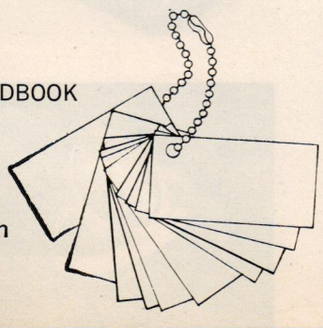

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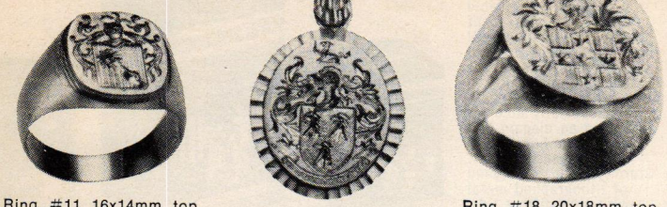

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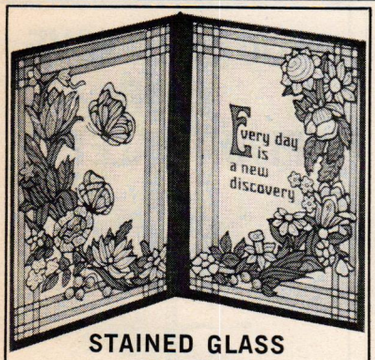

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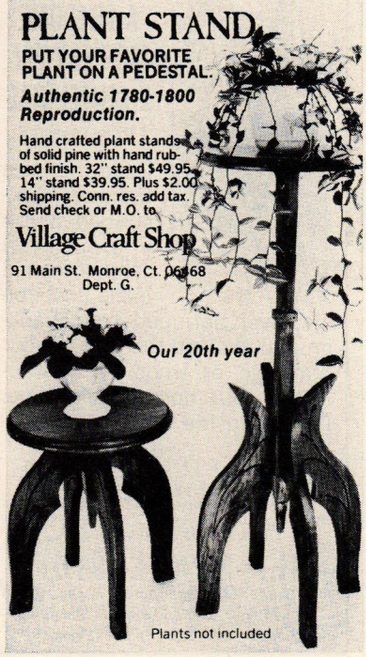

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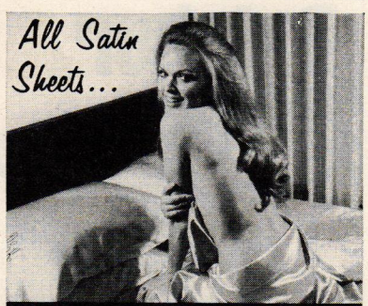

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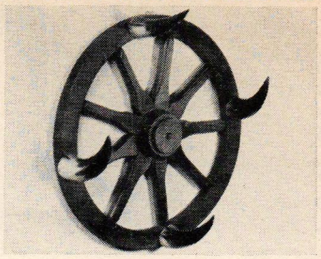
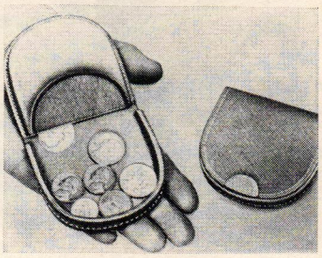


NOTE FROM THE PAST

Salem maple wagon wheel 24" in weathered natural color, for decoration or to hold hats, coats or rifles. With steer horn tips $38.50. Without horns, $29.50. Ppd. Early American and Western catalogue, $2. The Muller Co., HG9, Dogwood Hollow, Miller Pl., NY 11764.



THE CONTINENTAL

Tray purse opens and closes in palm of your hand. Select and count change easily. Two compartments: one can hold bills or tickets and other coins. Brown leather. 3" by 3". $2.98 plus 30c post. Order #700. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.

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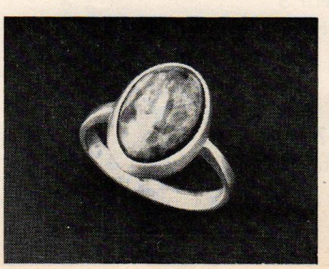

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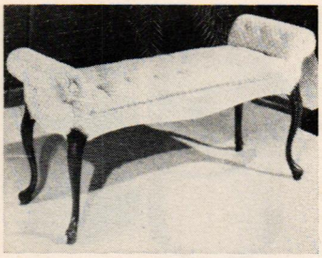
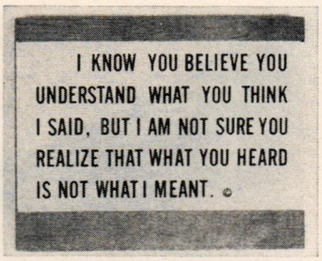
Lithographs on porcelain in Copenhagen blue. Hanging loop. (Shown) Homestead in Winter; also Farmer's House, Old Homestead, Home in Wilderness. 8⅛". $3 plus 50c post.; set of four $9.98 plus $1 post. American Consumer, UH-86, Caroline Rd., Philadelphia, PA 19176.

BENCH BEAUTY



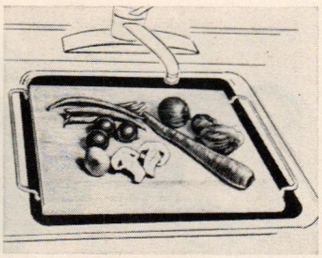
Slightly curved legs topped by brass-nail trim. Seat is hand-tufted, foam filled. 23½" h. by 47" l. by 16" w. Fruitwood finish, grade 5 fabric $60; your 2 yards 54" fabric $45. Exp. coll. Catalogue, free swatches $1.50. Pennsbury Collection, HG769, Box 2581, Hickory, NC 28601.

ATTENTION!



"I know you believe you understand what you think I said, but I am not sure you realize that what you heard is not what I meant." Black letters on golden plate in pine-finish plaque. 4" by 5". $2.98 plus 40c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.

SINKSIDE SERVANT



Natural hardwood cutting board goes from 13½" to 20" wide for over-the-sink use, easy rinsing. Use 12" x 13" board on counter to slice, carve, chop. For meat, cheese, fruit, salads. $8.98 plus 50c post. Colonial Garden Kitchens, HGHE, 270 W. Merrick Rd., Valley Stream, NY 11582.

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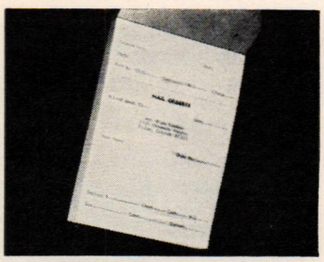
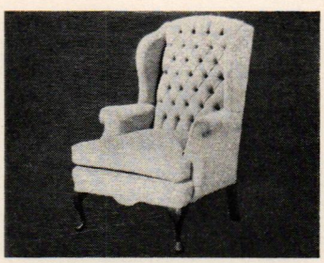


Ordering merchandise by mail is easy with a pad of 100 personalized forms. Sheets bear your name and address in three neat lines and are 3¼" by 4¾", a convenient size for pocket or handbag. $3.25. 200, $6 Ppd. Bruce Bolind, HG9, Boulder, CO 80302.

QUEENLY BEAUTY



Wing chair with tufted back and graceful legs is named Queen Elizabeth. 44" high and 29½" wide. Upholstered in cotton velvet (shown), $176 or your 7 yds of 54", $125. Exp. coll. Send $2 for catalogue, swatches. Hunt Galleries, Inc., HG9, Box 2324, Hickory, NC 28601.

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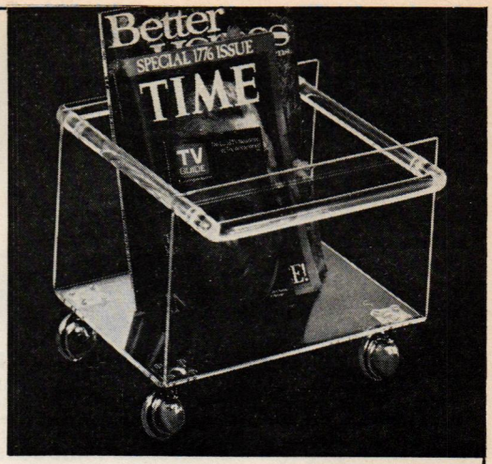

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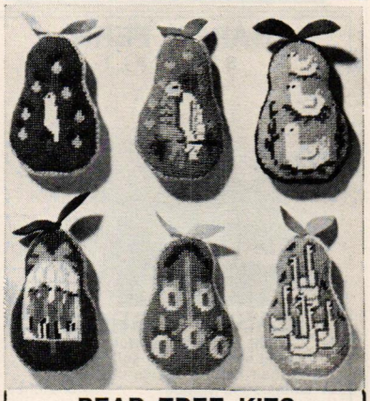

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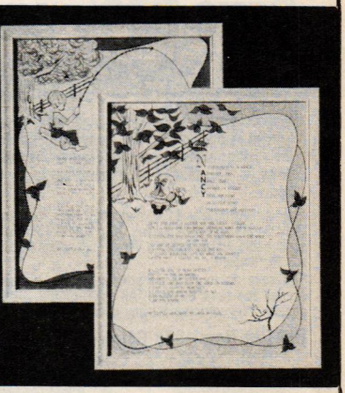
YOUR CHILD'S NAME



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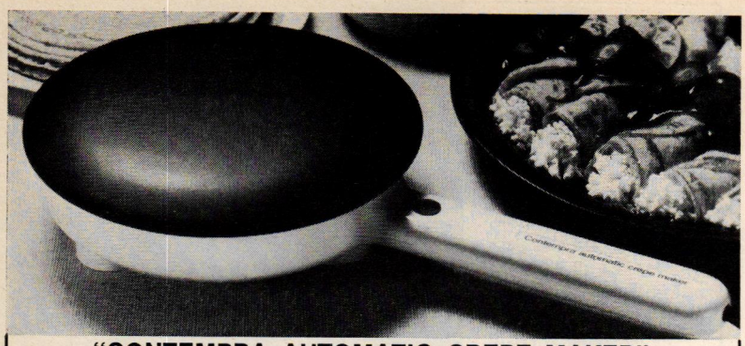

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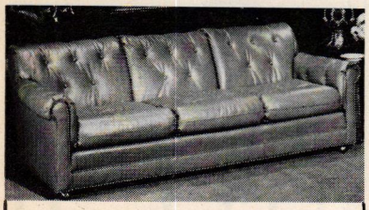

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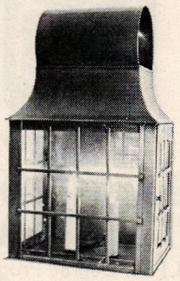

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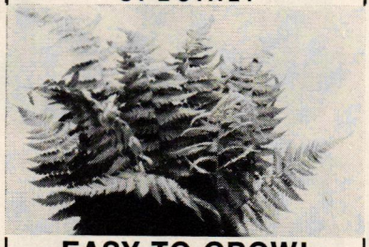

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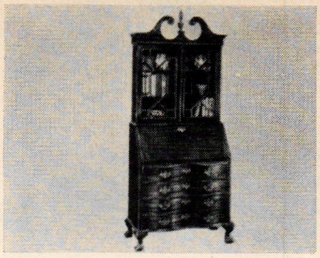

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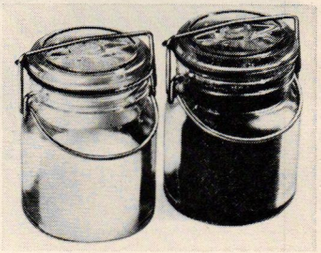
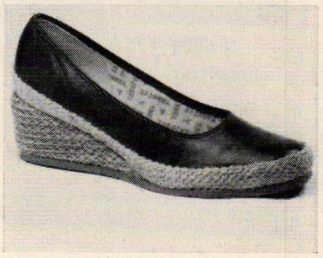


OLD TIME FRESHNESS

Salt and pepper shakers are reproduction Mason jars with wire bails securing lids and rings to lock in freshness. 3¾" high. $1.98 a set, two sets, $3.49 plus 25c post a set. American Consumer, Dept. MJ29, Caroline and Charter Rds., Philadelphia, PA 19176.



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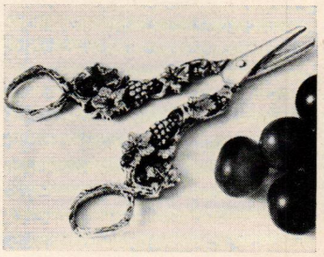
"Brenda" steps along lightly on hemp-trimmed wedges, 1½" high. Leather-like uppers in camel, navy, brown or black. N in 6-10, 11, 12; M 4½-10, 11, 12; W 6-10, (No half sizes over 10.) $12.99 plus $1 post. Morgan's Cove, HG96, 28 W. Prospect St., East Brunswick, NJ 08816.



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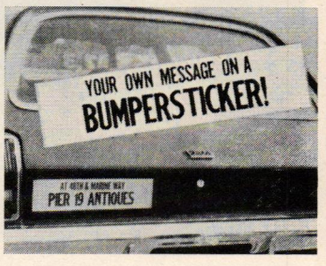
To accompany a bowl-full of luscious grapes, a pair of silver-plated metal shears to snip off a serving. Decorated with grape clusters and antiqued, 5" l. Made in Portugal. $6.98 plus 50c post. Country Gourmet, G9E, 512 So. Fulton Ave., Mt. Vernon, NY 10550.



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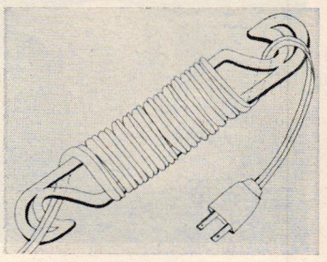
Go forth with your special message in black ink on yellow vinyl bumper sticker. Up to 20 small letters on top line, 14 large letters on bottom. Self adhesive, 3" x 12". $3.25 original; duplicates, 95c each. Ppd. The Writewell Co., 854 Transit Bldg., Boston, MA 02115.



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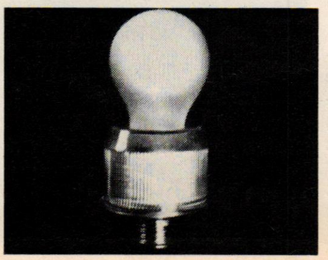

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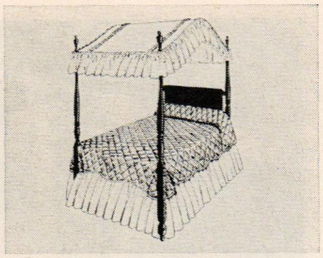

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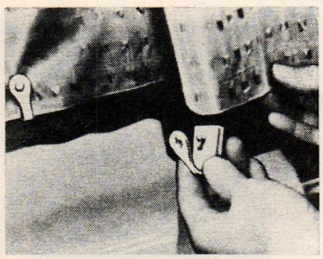
CURTAIN CLAMPS



Shower curtains won't blow out of the tub when plastic magnetic holders are snapped on to the curtain. Permanently magnetized; won't rust or mar. Eliminate wet floors. Set of three, $1.98 plus 30c post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.

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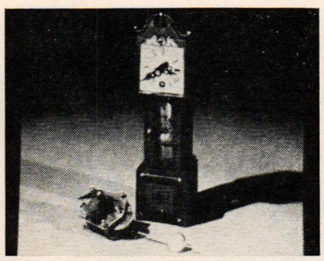

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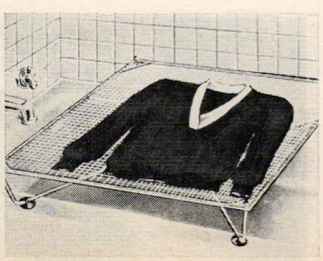

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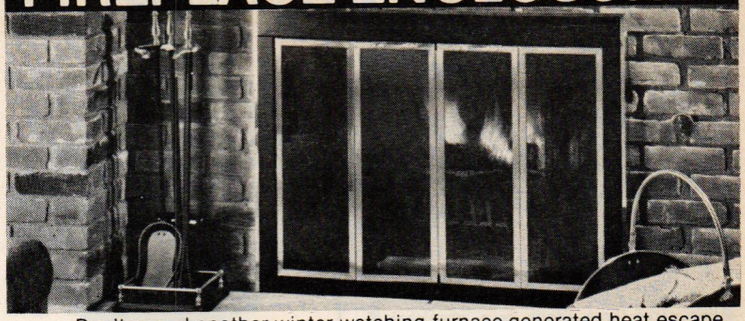

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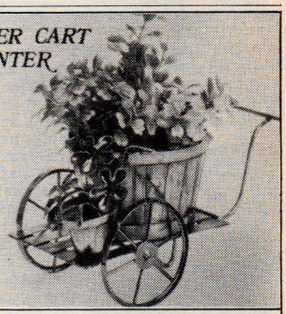

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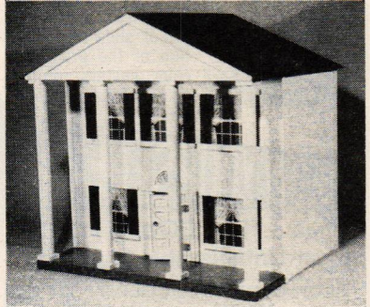

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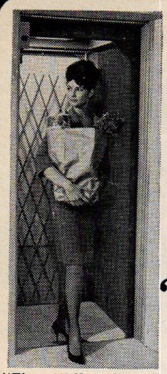

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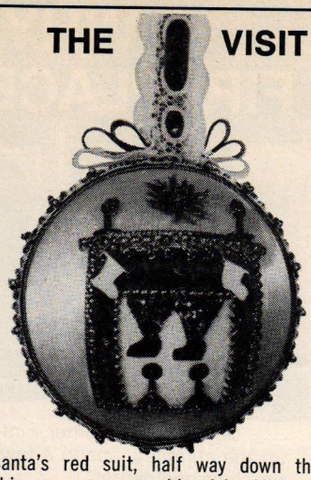

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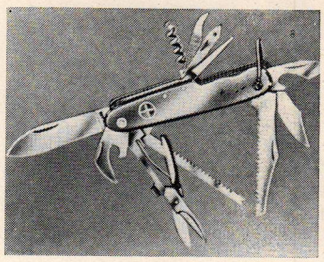

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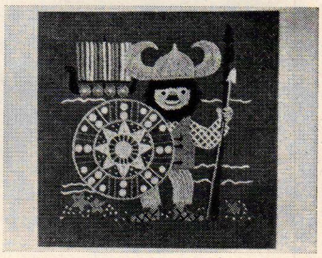

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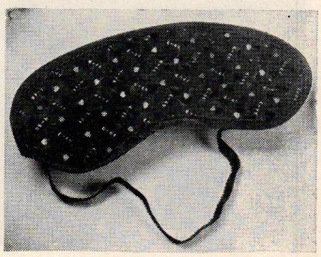

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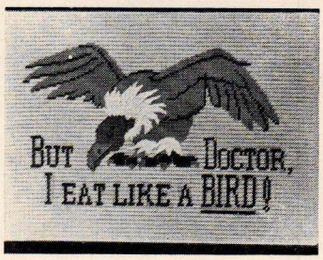

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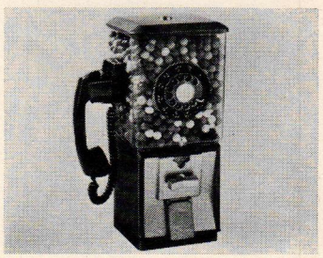

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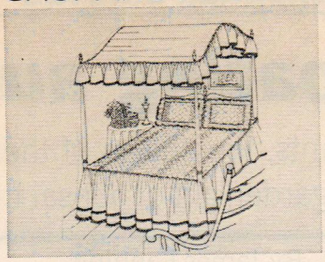

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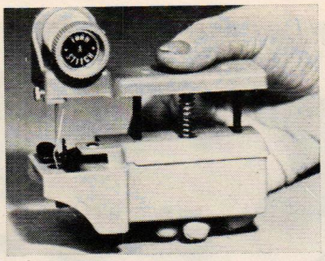

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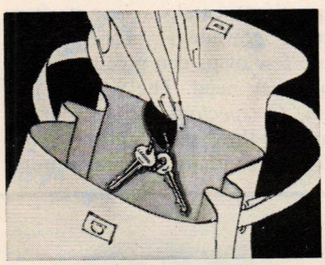

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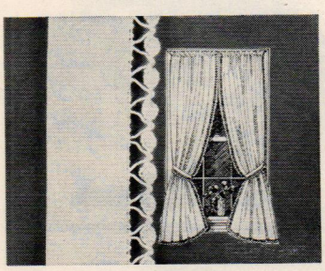

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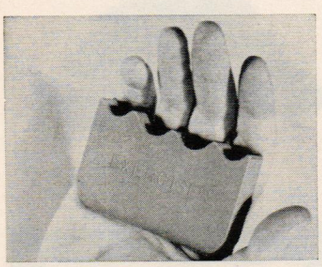

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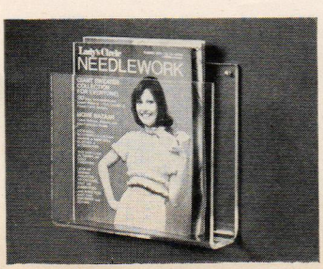

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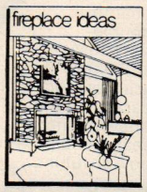

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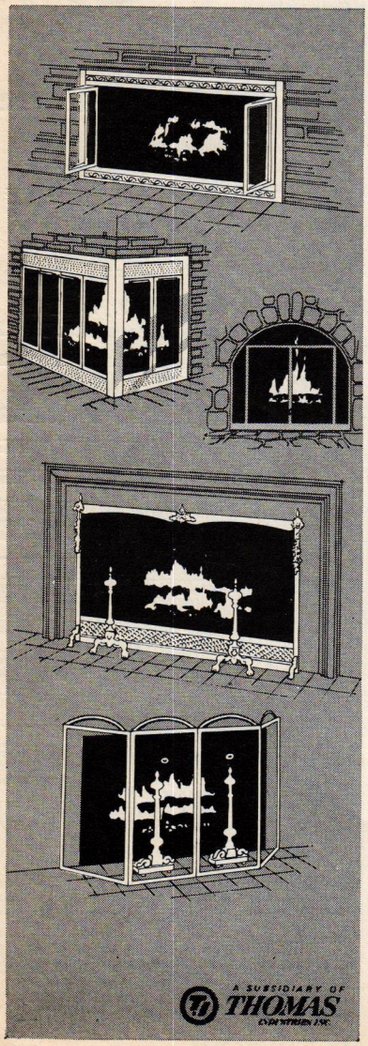

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Anticipating autumn

New books about houseplants, the charm of the neglected catalpa tree, Bicentennial garden gift of bonsai from Japan

By James Fanning

A neglected Victorian

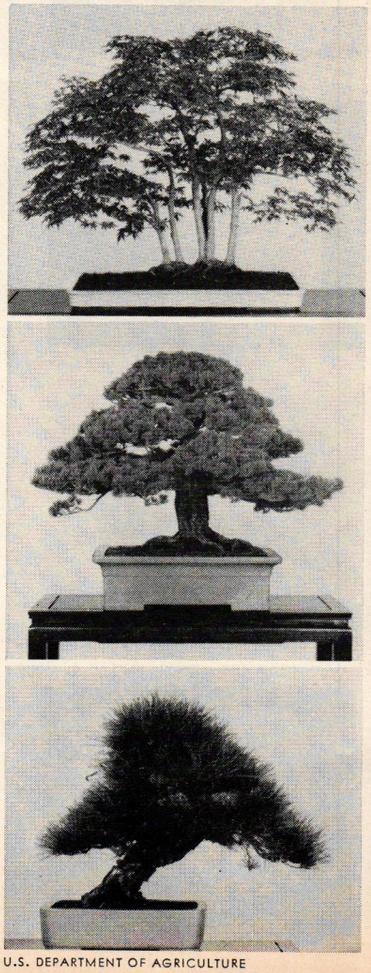
Appropriately enough, native American trees are among those most admired at Thomas Jefferson's home, Monticello. Most conspicuous of these are catalpas, spreading broad branches above the lawns and scattering white blossoms on the paths in late spring. One is *Catalpa speciosa,* a native of the Mississippi Valley brought to eastern gardens by early plant explorers. The other—a slightly smaller tree—is *Catalpa bignonioides,* found growing wild in most of the southern states. Both are long-lived trees, with widely spaced, craggy branches, and big, heart-shaped leaves that cast a dappled shade during the hot months. Not particular about soil, the catalpas are quite drought-resistant, pest-free, and hardy into the northernmost states. The huge clusters of purple-throated white flowers—like tree-borne orchids—

Catalpa flowers resemble clusters of purple-throated white orchids. Avenues of catalpas, planted in Victorian times, still flourish today.

are followed by seed pods that resemble giant, but inedible, string beans. Immensely popular in Victorian times, catalpas are not often planted nowadays, probably because few of us can give them the room they need. The western catalpa, *C. speciosa,* is most often found in the North, and *bignonioides,* the southern catalpa, is more common in the South, although they are equally hardy and have very similar flowers. Most nurseries have a few trees on hand, or can get them if asked.

Bicentennial bonsai

The National Arboretum in Washington now includes a National Bonsai Collection. A Bicentennial gift from the people of Japan, the collection consists of 53 specimens donated by organizations and individuals, including the emperor himself. The plants cover a wide range of types, from evergreens to deciduous and flowering trees and shrubs. They range in age from 30 to 350 years, and each, of course, has its own carefully chosen container. The collection also includes six viewing stones—natural rocks selected for their artistic merit. To house the collection, a special pavilion has been built next to the Administration Building at the National Arboretum, 24th and R Sts., N.E., Washington, D.C. Open to the public since July 10, the National Bonsai Collection is now a permanent part of the National Arboretum, and may be visited any day of the year with the exception of Christmas.



A few of the 53 trees that are in the National Bonsai Collection. Top to bottom, they are Japanese maple, Japanese white pine, and Japanese black pine.

U.S. DEPARTMENT OF AGRICULTURE

House plant encore

Additional information about the house plants listed on page 106 may be found in any of the several indoor plant books currently available. One of the newest—and among the best—is *The World Book of House Plants,* by Russell C. Mott (Funk & Wagnalls, $8.95). Arranged in sections according to plant type and common name, Mr. Mott's book is easy to use and gives full information about each of the plants listed. It is also handsomely illustrated with watercolors by Alan Singer. . . . From Germany comes *The Treasury of Houseplants,* by Rob Herwig and Margot Schubert (Macmillan, $12.95). This is completely up-to-date in nomenclature—most of the popular books are behind the botanical times—and inevitably includes a few things not yet available in the United States. Arrangement is alphabetical, with every plant shown in a color photograph. One of the most informative parts of this "Treasury" is a section on the ideal versus reality, which warns against demanding the impossible or the unnatural and tells what kind of performance we should expect from our plants.

Color shock

continued from page 114

land, that monumental building will yet reflect this trend, as we move in our esthetic toward a southern sensibility, away from architect Mies van der Rohe and the northern latitudes. We will have polychrome skyscrapers, schools, highways. Already in Chicago—the home of Mies—the stark, barren plazas are being flushed with color, in sculpture, tents, murals. Corbusier's cry, ignored 30 years ago, will be heard anew: "We'll get the painters in *to blow up the walls* that stand in our way. Architectural polychromy seizes the entire wall and qualifies it with the powerful throb of the blood, or the freshness of the prairie, or the glow of the sun . . . This is *dynamics*, or I might as well say *dynamite*, having let my painter in the house."

I haven't spoken yet of polychrome bodies, rooms, and furniture, but they are already appearing in virtually every sector of society now except the most fixed, rigid, and staid. They reflect the same sense of style and value that began to come on in art and quickly passed beyond, implemented by photography and television. The style seems to be this: Give up black and white, as negations rather than colors, for *brightness*, in other hues. Mix anything (or almost anything). Try anything, at least once (let lips be purple today, pink tomorrow, like turning the TV dial). The value-system seems to be this: There are more than seven colors in the spectrum (Isaac Newton in 1616 defined the spectrum as having precisely seven colors), and more receptivity in the eye to recognize them. This does not imply that all the absolutes in color have crumbled. Green is still the earth and red is still the fire and blue the sky; these connections are too primal to be shaken, and are renewed on every flight from the city. But around this essential core, the circle of ambiguity is growing. Our senses are expanding in their capacity to ingest and indulge color far beyond the poverty of our language. Our vocabulary still cannot match the Eskimo, for example, who has 17 words for varying shades of white. We can only dimly feel this complexity and subtlety with our eyes, our hands, and our bodies. And of course we sense the excitement of the chase, at the end of which we may yet capture a color unseen before. Who is afraid of red, yellow, and blue, indeed, or of what lies beyond?

Once Barnett Newman told me, struggling to explain the lure of a particular canvas that had absorbed him for more than a year, "I was after, you might say, *reditude*." The mystery, then, is solved. Our indulgence in color has a cause, and an end. We are all searching, like Newman, for reditude, for ultimate color, for beatitude. ■

American medicine

continued from page 94

has taken credit for wiping out the diseases that plagued our ancestors; but affluence and better living may have contributed more to the conquest of disease than the modern medical-technology complex. In fact, despite all that medicine knows now, it has failed to conquer what Nobel Prize winner J. S. Watson aptly called "a collection of well-dug-in diseases against which conventional approaches bounce off as if they were table-tennis balls thrown at walls."

Before today's medical mysteries, the scientist physician stands confounded, but not as humbly as his ineffective predecessors did. Illich is talking about failures of the *curing* functions of medicine; he says nothing about the equally important *caring* function, once practiced with such signal success and so ignored today.

As for Illich's notion of doctor-caused diseases, there is nothing to take exception at. What he has to say has, in fact, been said far more ferociously by others.

There is no question that all aspects of our lives have been medicalized. As an extension of this, Illich feels modern medicine has caused a flight from reality, from feeling the pain of life and of illness, from according the human being the dignity of his experiences —being born at home and dying in one's own bed. Illich deplores the hospitalization of what once were home-centered life events.

The elderly in the United States, he says, have been taught to consider old age akin to a disease and as a consequence have "developed unlimited economic needs in order to pay for interminable therapies, which are usually ineffective, are frequently demeaning and painful, and call more often than not for reclusion in a special milieu."

To counteract the medicalization of our lives, unlimited demands for medical care, manipulated addiction of people to drugs they don't need, increasing mystification of medical knowledge and know-how, dependence on therapists' and patients' roles, what does Illich suggest?

Surprisingly little that is of immediate or practical help. He argues for a return to an earlier day—virtually to the bad old days that so disenchanted my great-uncle. Illich urges radical changes in the present medical industry and a reappropriation by the individual of his own health care.

He urges us all to seek reform.

Continued on page 193

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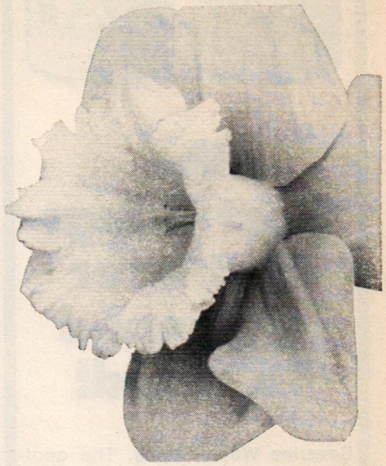

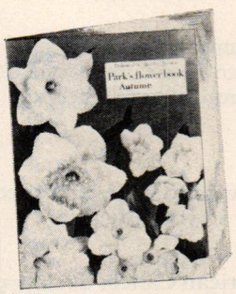

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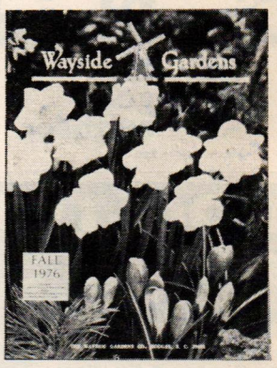

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AT REGINE
continued from page 132

served water to blend smoothly and give the purée a good consistency. The purée may be simmered to reduce it if it becomes too liquid.

Store in a jar in the refrigerator to use in small quantities in many sauces. Makes about ¾ cup. To serve as a vegetable purée, add a touch of lemon juice and a splash of crème fraîche.

Asparagus Feuilleté

Ingredients

12 ounces puff pastry—homemade or store-bought (about 3 ounces per serving)
40 asparagus spears (you can use frozen asparagus)
½ cup sweet butter
½ cup heavy cream
salt, pepper
fresh Italian parsley, chopped, or tarragon, if available
juice of 2 lemons

Method

Roll out the pastry and cut into 4 rectangles about 2 by 3 inches. Bake in a hot oven until puffed and lightly browned. Cut in half horizontally. Keep warm.

Cut the asparagus into 2-inch lengths. Discard the woody ends. Bring a large saucepan of salted water to a rolling boil and add the asparagus tips. Return to the boil over high heat and cook until just tender but still crisp, about 3-5 minutes. Immediately "shock" the tips by plunging into a bowl of ice water.

Cook the remaining asparagus in more boiling salted water until very tender. Drain. Add to a blender and purée.

In a saucepan add 1 tablespoon asparagus purée—or to taste—to the butter and cream. Heat over low heat, and add salt, pepper, parsley or tarragon. In a separate pan, heat the lemon juice and whisk into sauce. Add the asparagus tips and reheat. Fill the pastry shells with 10 tips per person and pour in sauce; replace pastry lid. (If using frozen asparagus, just thaw and heat tips in the sauce—no preliminary cooking necessary.) Serve immediately. Serves 4.

Crêpes with Praline Filling

Ingredients for crêpes

½ pound all-purpose flour
¼ pound confectioners sugar
½ teaspoon salt
3 eggs plus 1 yolk
⅓ cup sweet butter, melted
2½ cups milk

Ingredients for filling

¼ pound sweet butter, softened
¼ pound praline paste (available in gourmet food shops)
1 cup water
1 cup sugar
¼-⅓ cup almonds, blanched and sliced

Ingredients for glaze

½ cup apricot brandy

Method for crêpes

Sift together the flour, sugar, and salt into a large bowl. Make a well in the center and add the eggs, yolk, and butter. Work together into a thick paste. Add milk slowly, beating at low speed. Batter should be the consistency of heavy cream.

Cook the crêpes in a seasoned pan until light brown on both sides. Makes about 25 7-inch crêpes.

Method for filling

Mix together in a bowl the butter and praline paste. Set aside.

In a saucepan, bring the water and sugar to a boil; heat until sugar is dissolved. Put the almonds in a bowl and sprinkle, while tossing the nuts, with just enough of the sugar syrup to coat them lightly. Reserve rest of syrup for glaze. Place on a greased cookie sheet and toast in a hot oven until golden brown. Stir occasionally so the nuts will brown evenly.

Mix almonds and praline mixture together. Spread each crêpe thinly with the praline filling. Fold in half and spread the right half of the folded crêpe with more filling. Fold in half again. Arrange 4 quartered crêpes on each plate.

Method for glaze

Combine the brandy and ½ cup of the remaining sugar syrup in a bowl. Spoon about 2 tablespoons glaze over each serving. Put in a hot oven (400°) for 5 minutes. Serve immediately.

American medicine

continued from page 191

His suggestions include assuming consumer control of hospital boards and forcing doctors to improve their wares. Because health care delivery depends, Illich says, on "patients' money and rank, or on social and medical prejudices which favor, for example, attention to heart disease over attention to malnutrition, patients should press for the nationalization of health production to control the hidden biases of the clinic." The main thrust of present medicine is the individual, in sickness or in health, he points out. But the environment is being ignored as a health factor. It would do more for the health of a population to clean up city air pollution, for example, than to deal individually with each patient's lung problems.

The cure for our proliferating health care industry—and the damage to well-being and the pocketbook—is not to be found here, I fear. But that does not detract from the value of the book, so rich and powerful in its depiction of the problem that needs to be understood before it can be attacked. Will a return to a self-reliant individualism really affect health care? I doubt it. This is rather reminiscent of great-uncle Moritz's advice to my mother. Incidentally, that good lady followed his advice, and has stayed away from doctors—as much as she could—for almost 90 years. The results are a mixed bag—a truly remarkable constitution beset by a welter of infirmities. She definitely is not ennobled by her pains, as Illich suggests we all might be, were we not so insistent against feeling the inevitable onslaught of our failing bodies. In fact, if mother did not so vehemently resist all medications and therapies, she might be more comfortable, or at the least would make those around her more comfortable.

A world of optimal and widespread health is obviously a world of minimal and only occasional medical intervention, Illich concludes, echoing the sentiments I have heard since childhood. "Healthy people are those who live in healthy homes on a healthy diet in an environment equally fit for birth, growth, work, healing, and dying. Healthy people need minimal bureaucratic interference to mate, give birth, share the human condition, and die." Many thoughtful people in medicine today agree with the Illich position—that greater emphasis should be put on preventing illness rather than curing it.

In the final analysis, the Illich message is simple, though powerful. The current confrontation in American medicine, years in the making and reaching some sort of climax in twin crises, the fiscal crunch and the malpractice contretemps, will no doubt prompt reforms. It is no coincidence that, according to *New York Post* writer Robert Bazelle, the only book the very busy governor Jerry Brown of California has had time to read this year is *Medical Nemesis*. You might well do the same. ■

JOHN WYKERT *is a syndicated newspaper columnist specializing in the fields of psychology and psychiatry. He is coauthor of the book* The Truth About Arthritis Care *(McKay, 1971).*

Doctors talk

continued from page 95

as someone seriously concerned with the welfare of his patients, but as a "biological accountant engaged in input/output calculations," sounds like that of a man with a personal vendetta against the entire medical profession. Has Mr. Illich never known anyone who benefited from a doctor's care? I was interested that the author did not attack the field of heart surgery per se; but his statement that there is no evidence to show that differential diagnosis of heart disease by cardiac catheterization prolongs life is not only unfounded but ridiculous.

Without pain, people are deprived of their autonomy, Illich asserts. People should be in touch with their own pain, which cannot be understood or appreciated by anyone else, doctors included. He seems to think that most pain, particularly that associated with childbirth, sickness, and death, can best be treated at home. The "fear" engendered by hospitals only serves to intensify pain and, according to Mr. Illich, without fear there may be no pain. Few would disagree that it would be more pleasant to die peacefully at home than in the hospital, but why should a person with heart valve or coronary artery disease, for example, die at home at 40 years of age, when with corrective surgery or medical treatment he might live comfortably and normally for another 10, 20, or even 30 years?

Mr. Illich has presented some interesting facts in his book. But most of his ideas seem unreasonable, ill-defined, and even dangerous to me. I finished reading *Medical Nemesis* with the distinct impression that the author had done a tremendous amount of research and then twisted the facts to suit his own pre- and ill-conceived ideas. His destructive criticism is totally biased, and represents only one side of the story; it would not surprise me to hear that Mr. Illich had never been inside a hospital nor witnessed the saving of a life. ■

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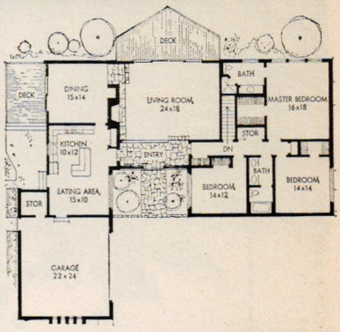

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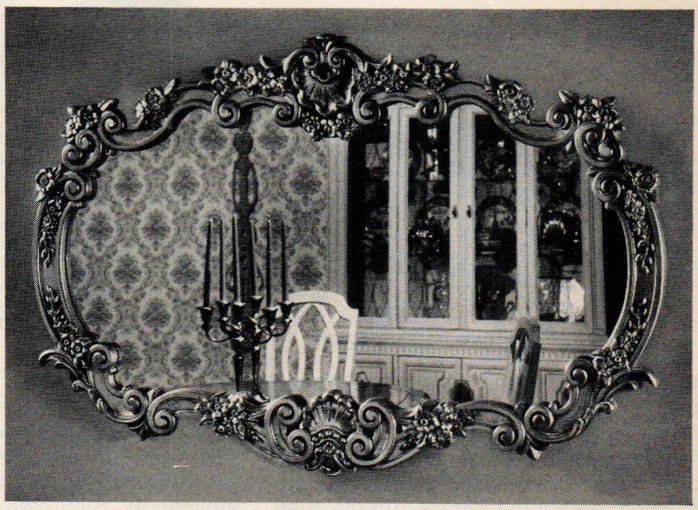

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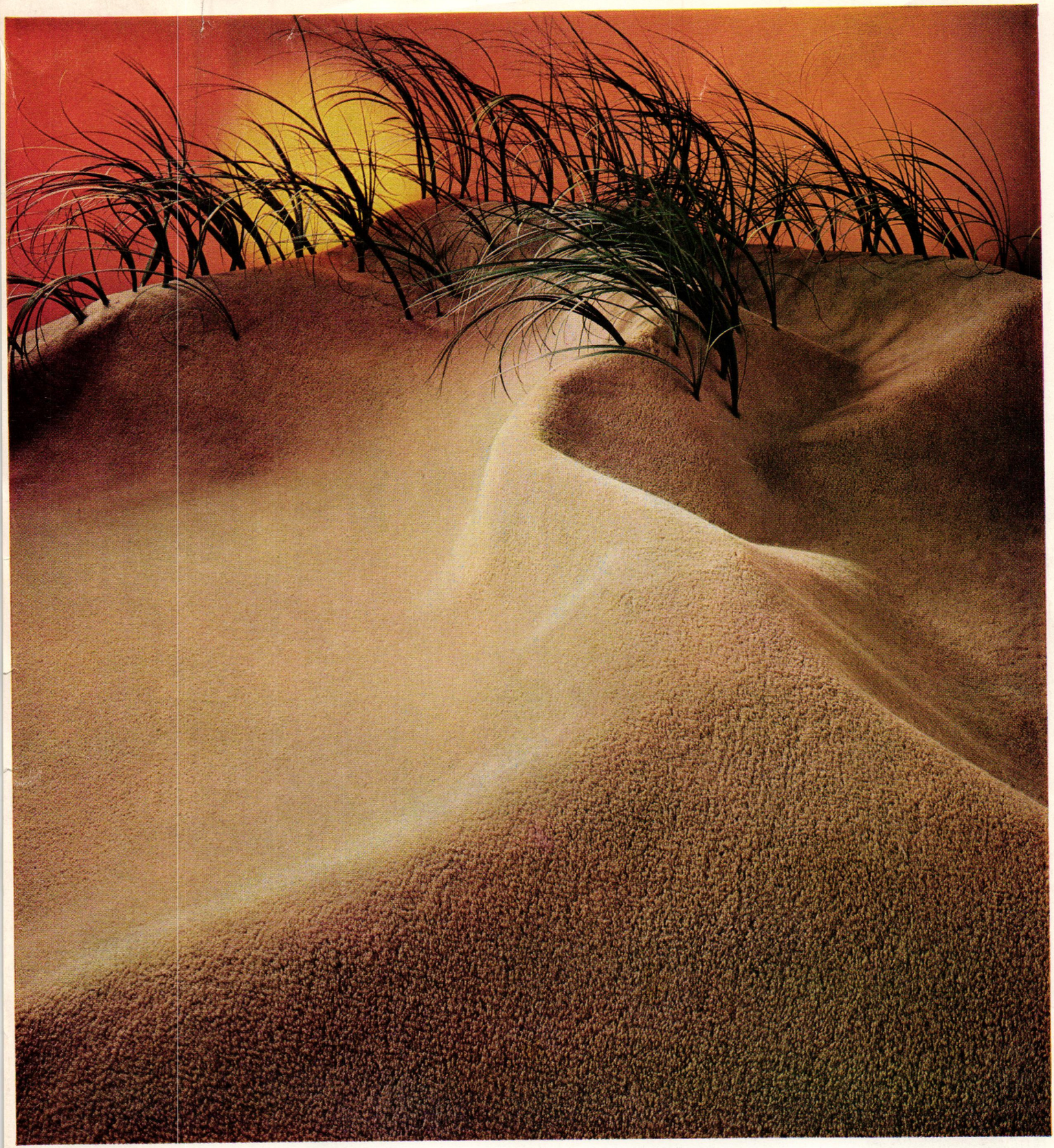

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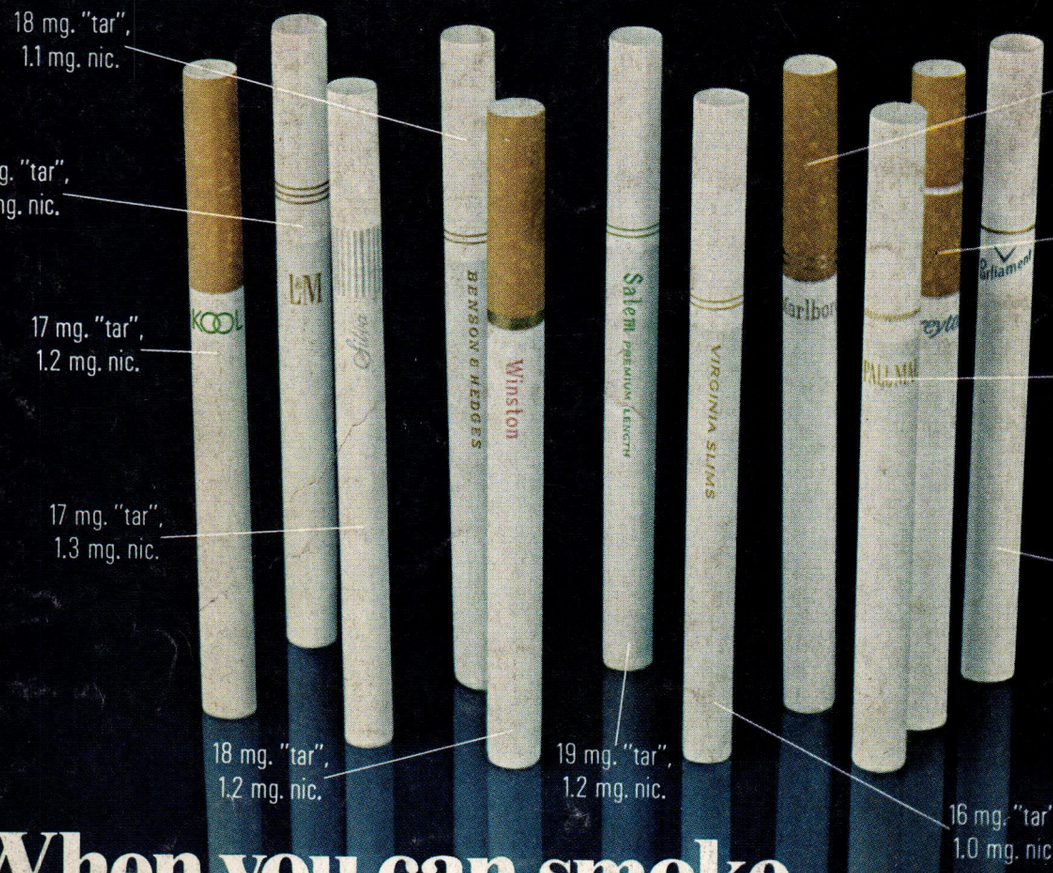

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